

07:01:19 - 21:04:19

Day	Type	Class	Instructor
Monday			
06:30		H.I.I.T Circuit** (30m)	Team
09:30		Zumba Strong**	Nicola
17:00		H.I.I.T ** (30m) F	Joe
17:30	NEW	Box-a-FIT *	Richard
18:30	NEW	Body Conditioning*	Nicky
19:15		SPIN **	Nicky
Tuesday			
06:30		SPIN WARRIOR ** (30m)	Becci
09:00		Body Conditioning** (30m)	Becci
09:30		Simple Fit*	Becci
09:30		Step'n'Tone *	Richard
14:00		Circuit TRAINING* (30m)	Becci
17:30		Circuit TRAINING*	Joe
18:30		SPIN **	Richard
19:30	NEW	TapFit* F	Heidi
Wednesday			
06:30		Circuit TRAINING*	Becci
09:30		Disco Aerobics *	Richard
14:00		H.I.I.T Circuit** (30m)	Joe
16:00		Box-a-FIT kids 6-12YRS £	Joe / Steve
17:00	NEW	H.I.I.T ** (30m) F	Noel
17:30		Body Conditioning*	Joe
18:15	NEW	Pilates*	Dan
18:30		BOOTCAMP ** F	Joe
Thursday			
06:30		PUMP IT UP *	Laura
09:30		Circuit TRAINING*	Richard
10:15		Simple Fit* (30m)	Richard
18:00		H.I.I.T ** (30m)	Becci
18:30		Body Conditioning**	Becci
Friday			
06:30		Circuit TRAINING* (30m)	Richard
09:00		SexyABS* (30m)	Richard
09:30		SPIN **	Richard
18:00	NEW	SPIN **	Paul
Saturday			
09:00	NEW	SPIN **	Nicky
09:30		BOOTCAMP ** F	Joe
09:45	NEW	Box-a-FIT *	Nicky
13:30	NEW	SPIN WARRIOR ** (30m) F	Noel
Sunday			
09:00	NEW	SPIN **	Laura
10:00		PUMP IT UP *	Laura
11:00	NEW	H.I.I.T ** (30m) F	Team



Studio TIMETABLE

KEY: * = Suitable for beginners. ** = Tough class. £ = Charge applies
 30m = 30 minute class. All 45-minutes, unless stated.
 F = Family Class – Children free with an adult member (10-16 years).

PRICE GUIDE MEMBERS: FREE to all full adult members

NON-MEMBERS:

WELLNESS PASS: Single Class £10 / 5 Class Pass £40 / 10 Class Pass £70
 A wellness pass entitles you to Gym, Yoga or Studio Classes for a 2-hour visit

BOOKINGS:

Maximum of 7 days in advance. Call 01132 887666 or book online: iveridge.co.uk



Strength

Conditioning classes to help you to stay in great shape

Body Conditioning

This is a mix of Barbell, Kettlebells, and Bodyweight exercise to help get your body in great shape. This session is varied week to week to keep that body strong and powerful. Tues 900am & Thurs. 630pm are advanced sessions but adaptations can be offered to new starters. We recommend to do at least 3 strength sessions a week to keep your body strong and keep your metabolic rate

PUMP IT UP

This 45-minute session uses the barbell system to develop strength and muscular endurance. Using 10 routines, 1 for each major muscle group, this session is perfect for driving up that metabolic rate and getting that athletic look. It is recommended to do the 2 sessions each week for at least 6 weeks to start getting strength results. Beginners welcome.

ZUMBA STRONG

Join in our new body challenge every Monday morning. Targeting all major muscle groups to the beat of ZUMBA MUSIC. A great vibrant workout for all levels. This is cardio & bodyweight training and modifications can be offered for beginners. Arriba!!!

Sexy Abs

Try a range of core conditioning exercises using balance, strength and floor work to really work upon those core areas. Try and take away some exercises from this class and put them into your other gym workouts each week. Perfect for all levels every Friday morning.



Speciality

Signature classes to help you stay motivated when all else fails

Disco Aerobics.

NO DANCE EXPERIENCE NEEDED. Join in this fun, fitness session and learn the basics of how to move and groove to the finest disco tracks. This is a full on cardio session designed to get that heart pumping and your body boogieing.

H.I.I.T

IVERIDGE offers the ultimate in High Intensity Interval Training. These are a great way to get fit quick. Short bursts of cardio really help to get your heart and lungs healthy. These sessions also help to release the 'feel good factor' in the body making these sessions perfect for improving mental and physical health.

Simple FIT

These sessions are designed for the young at heart. Challenging cardio and conditioning exercises designed to help keep your joints mobile and your heart healthy. Great Fun!



Sweat

Fun and energetic classes to get your heart pumping and your body rocking

Step'n'Tone

This session combines basic step box work with strength activities using hand weights for a full body workout. Some experience of step is good but not essential.

Box-a-FIT

This session includes pad and bodyweight work giving you the ultimate cardio workout. Some sessions also includes elbows, knees & kicks on pads. We can provide gloves although it is more hygienic to use your own if you have them. No experience is necessary.

Box-a-FIT kids. 6-12YRS

This session is perfect for children 6-12 years wanting to make a start towards learning the art of boxing. This includes bag and pad coaching as well as footwork coaching. The emphasis is based on fun and development. Courses run term time. See desk for current availability.

Circuit TRAINING

This versatile class includes stations of exercises to a set time. The session includes cardio, strength, bodyweight and floor based activities to give you an all-round session of exercise.

SPIN

Our indoor cycling programme is the ultimate calorie burner. These sessions are the ultimate way to stay fit and motivated. Look out for SPIN WARRIOR, which also includes high intensity interval methods off the bike for the ultimate fitness class. BOOKING ESSENTIAL!

BOOTCAMP

Bootcamp sessions include a variety of outdoor drills and circuit style exercises in the grounds of the hall and on the assault course. The perfect way to get in great shape the fresh air way. These sessions require some experience as these are tough. Doing these every Wednesday & Saturday are perfect for getting in great shape. You'll notice fitness results after just 6-weeks.

Pilates

Traditional floor and standing exercises to help improve posture, core strength and joint stability. Perfect for those wanting a strong back and a strong core. Wednesday morning is ideal for beginners.

TAP FIT

This session is perfect for those that want to learn the basic of tap dance while staying in great shape. The class is run by our resident IDTA teacher Heidi who will teach you the basics of how to tap your way to better health. Great to help improve your leg strength and co-ordination. Beginners welcome.