

Studio TIMETABLE

18:03:19 - 21:07:19

Day	Type	Class	Instructor
Monday	06:30	H.I.I.T (30m)	♥♥ Team
	09:30	Zumba Strong	♥♥ Nicola
	10:30	Pilates & Barre (60m)	♥ Ashleigh
	17:00	H.I.I.T (30m) Ⓢ	♥♥ Joe
	17:30	Box-a-FIT	♥♥ Richard
	18:30	Step'n'Tone	♥♥ 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	CircuitTRAINING (30m)	♥ Becci
	17:30	CircuitTRAINING	♥♥ Joe
	17:30	PiYO	♥♥ Linzi
	18:30	SPIN	♥♥ Richard
19:30	TapFit Ⓢ	♥ Heidi	
Wednesday	06:30	CircuitTRAINING	♥♥♥ Becci
	09:30	Disco Aerobics	♥♥ Richard
	10:30	Pilates	♥ Leann
	14:00	H.I.I.T (30m)	♥ Joe
	16:00	Box-a-FIT kids 6-12YRS £	♥ Steve
	17:00	H.I.I.T (30m) Ⓢ	♥♥♥ Noel
	17:30	Body Conditioning	♥♥♥ Joe
	18:15	Pilates	♥ Dan
18:30	BOOTCAMP Ⓢ	♥♥ Joe	
Thursday	06:30	PUMP IT UP	♥ Laura
	09:30	CircuitTRAINING	♥ Richard
	10:15	Simple Fit (30m)	♥ Richard
	18:00	H.I.I.T (30m)	♥♥ Becci
	18:30	Body Conditioning	♥♥♥ Becci
	19:30	Pilates for Back Care (60m) £ C	♥ Dan
	19:30	BOOTCAMP Ⓢ	♥♥ Dan
Friday	06:30	CircuitTRAINING (30m)	♥♥ Richard
	09:00	SexyABS (30m)	♥ Richard
	09:30	SPIN	♥♥ Richard
	18:00	SPIN	♥♥♥ Paul
	18:00	SPIN	♥♥♥ Paul
Saturday	09:00	SPIN	♥♥♥ Nicky
	09:30	BOOTCAMP Ⓢ	♥♥ Joe
	09:45	Step'n'Tone	♥♥ Nicky
	13:30	SPIN WARRIOR (30m) Ⓢ	♥♥♥ Noel
	13:30	SPIN WARRIOR (30m) Ⓢ	♥♥♥ Noel
Sunday	09:00	SPIN	♥♥ Laura
	10:00	PUMP IT UP	♥ Laura
	11:00	H.I.I.T (30m) Ⓢ	♥♥ Team
	11:00	H.I.I.T (30m) Ⓢ	♥♥ Team



KEY:
 ♥ = Suitable for beginners. ♥♥ = Experience recommended. ♥♥♥ = Tough class.
 £ = Charge applies. C = 5 Week course £40. All 45-minutes, unless stated (30m) (60m).
 Ⓢ = Family Class – Children free with an adult member (10-14 years).

PRICE GUIDE

MEMBERS: FREE to all full adult members

NON-MEMBERS:

WELLNESS PASS: Single Pass £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



Sweat

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

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 your body strong and powerful. 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. Arribal!!!

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.

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. See **Box-a-FIT kids** every Wednesday for 6 to 12 year olds.

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!**



Speciality

Signature classes to help you stay motivated and inspired.

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.

PIYO

PIYO is a combination of Pilates, Body Conditioning and Yoga style exercises all delivered in a safe and effective environment to strengthen the whole body from the inside out.

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!

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. Monday mornings **Pilates & Barre** includes Ballet style exercises as well. **Pilates for back care** is a 5 week course. Register for this at mindbodyonline.com
See reception for details of next start dates. 5 weeks = £40

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.