

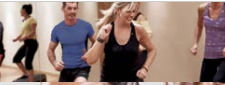
















Times	Studio	6.30 +	8.30 - 9.25	9.30 - 10.25	10.30 - 11.25	11.30 - 12.25	12.30 - 13.25	13.30 - 14.25	14.30 - 15.25	17.30 - 18.25	18.30 - 19.25	19.30 - 20.25	20.30 - 21.30	
MON	1	Hatton ABC 6.35 - 7.20	Body Balance	Step	Body Pump	Pure Stretch	Pilates	Zumba	Pilates		Body Combat	Body Pump	Yoga 20.35 - 21.35	
	2	Spin 6.35 - 7.20		Spin 9.30 - 10.15							Spin 18.30 - 19.15	Spin 19.30 - 20.15		
	3 & Pool				Aqua 10.15 - 11.00					Aqua 18.15 - 19.00		Body Balance	Pilates	
TUES	1	Functional Fitness 6.45 - 7.15	Yoga	Step & Tone	Zumba	Body Balance	Pilates	Pure Stretch	Pilates	Pilates	Step	Body Pump	Zumba 20.35 - 21.35	
	2	Spin 6.35 - 7.20		Spin 9.30 - 10.15	Spin 10.30 - 11.15						Spin 18.45 - 19.30			
	3	Pilates 6.35 - 7.35							Aqua 14.30 - 15.15		Yoga	Stretch & Relax	Pilates 20.35 - 21.35	
WEDS	1	Body Pump 6.35 - 7.20	Body Sculpt 8.00 - 8.25	Fast Fit	Body Combat	Body Pump	Body Balance	Pilates	Yoga		Yoga	Body Pump	Body Combat	Body Balance
	2	Spin 6.35 - 7.20			Spin 9.30 - 10.15							Outside Bootcamp	Spin 19.30 - 20.15	
	3 & Pool				Aqua 10.00 - 10.45							Pilates	Yoga	Pilates
THUR	1	Ab Attack 6.45 - 7.15	Pilates	Body Pump	Body Balance	Zumba	Yoga	Pilates			Body Pump 18.00 - 19.00	Hatton ABC 19.00 - 20.00	Yoga 20.00 - 21.00	
	2	Spin 6.35 - 7.20		Spin 9.30 - 10.15	Nordic Walking 10.15 - 11.15							Spin 19.00 - 19.45		
	3 & Pool	Yoga 6.35 - 7.35			Aqua 10.15 - 11.00					Aqua 14.30 - 15.15		Pilates 19.00 - 20.00		
FRI	1	Body Pump 6.35 - 7.20	Pilates	Aero Tone	Body Pump	Body Balance	Pilates	Yoga			Step 18.00 - 18.45	Pure Stretch 18.45 - 19.30		
	2	Spin 6.35 - 7.20	Spin 9.15 - 10.00		Spin 10.30 - 11.15									
	3 & Pool				Aqua 10.15 - 11.00									
SAT	1		Step	Body Pump	Body Combat	Body Balance	Yoga							
	2	Spin 8.00 - 8.45	Spin 9.15 - 10.00											
	3													
SUN	1		Pilates	Body Combat	Body Pump	Pilates	Yoga							
	2		Spin 9.00 - 9.45											
	3													

*Members must book a 15 minute studio technique session for spin & body pump before attending their first class. This session can be booked in the Gym at a time suitable for you.

Bookings can be made up to seven days in advance of the class, in person or by telephone or online. Numbers are limited. Please make every effort to cancel your classes online or via the club reception.

Book online at:
www.theclubatmapledurham.com

● Outdoor Classes - please wear appropriate attire to suit weather conditions

Mapledurham Class Descriptions	DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS	
	AERO TONE	45mins	aerobics to music, light weight or no weights for toning	avg. 500 kcals	hand weights	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	BODY COMBAT	55mins	martial arts inspired cardio	avg. 740 kcals	none	the latest fun & funky tunes	tones & shapes, increases strength & endurance, builds self confidence
	STEP	55mins	step based cardio	avg. 600 kcals	height adjustable step	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	BODY BALANCE	55mins	inspired by yoga, tai chi & pilates	avg. 390 kcals	yoga mat optional	soulful, calming & inspiring	improves joint flexibility & range of motion tones & shapes, enhances well being
	PILATES	55mins	holistic	avg. 390 kcals	mat	relaxing & calming music	increases core strength, mobility & flexibility
	PURE STRETCH	55mins	flexibility & mobility	avg. 200 kcals	mat	relaxing & calming music	relaxes & stretches tired muscles, promotes a sense of well being, improves flexibility & mobility
	STRETCH & RELAX	45mins	flexibility, mobility & strength	avg. 200 kcals	mat	relaxing & calming music	improves flexibility & mobility focuses on relaxation through stretch
	YOGA	60/90mins	variety of yoga styles	up to 300 kcals	yoga mat	relaxing & calming music	increases core strength
	BODY SCULPT	25mins		up to XXX kcals			
	BODY PUMP	55mins	weight based resistant training	avg. 560 kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	increases strength & endurance, tones & shapes, helps maintain bone health
	HATTON ABC	55mins	group boxing cardio	avg. 700 kcals	boxing gloves & bag focus pads & mat	upbeat & motivating	improves core conditioning, increases coordination improves heart & lung fitness
	SPIN	45/55mins	cardio group cycling	avg. 600 kcals	indoor stationary exercise bike	upbeat & motivating tunes taking you on a cycle journey	improves heart & lung fitness, increases strength & endurance
	ZUMBA	55mins	dance inspired cardio	avg. 450 kcals	none	latin inspired fitness party	increase heart & lung fitness, improves muscle tone & coordination, increases energy
	FAST FIT	35/40mins	small group funtional training	up to 500 kcals	ViPR, kettlebell, dumbbells, medicine ball, swiss balls, BOSU, & barbells	upbeat & motivating	improves strength, agility, core stability, cardio fitness, coordination & balance
	NORDIC WALKING	60mins	outside group cardio workout	avg. 450 kcals	poles & outdoor wear	none	improves heart & lung fitness, tones the upper & lower body, reduces pressure on the knees & joints
	BOOT CAMP	60mins	high intensity circuit training	up to 700 kcals	tyres, sand bags, wooden logs, water cannisters, hammers, Viprs, Kettlebels, Dumbbells, etc;	upbeat & motivating	improves core strength, heart and lung fitness, balance, stability.
	AQUA	45mins	water resistance aerobics	avg. 400 kcals	woggles	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
HOTSPOTS	a fantastic opportunity to try new classes allowing flexibility for a variety of classes, especially the addition of the new classes to the timetable. Please check the booking system for class availability.						