

<p>AEROBICS : An energetic workout to music for hips, bums and tums.</p>
<p>SPINNING: Outdoor cycling brought indoors. A non-impact workout using simulated real cycling. The perfect exercise for a more efficient and fun way to get into shape</p>
<p>CIRCUIT TRAINING: A combination of exercises to work your heart, lungs and major muscles. Circuits of exercise activities are timed with increased & decreased intensity.</p>
<p>BODY DESIGN, BODY BLITZ and PUMP and TONE Lively motivating warm up and pulse raiser with total toning & muscle conditioning for upper & lower body using a combination of resistance bands, body bars and free weights. Suitable for all. Legs, Bums and Tums – <i>target the lower body.</i></p>
<p>PRIME TIME: Ideal class for the more mature person. No bouncing or jumping with the emphasis on improving flexibility, toning the arms, tummy, legs and working the heart and lungs just that little bit harder.</p>
<p>NOT INCLUDED IN NIRVANA MEMBERSHIP PACKAGE</p>
<p>STEP AEROBICS: When you do step aerobics you are primarily exercising heart and lungs for improved cardiovascular fitness. You'll also be giving your lower body muscles a good workout: strengthening and toning your bottom, thigh and abdominal muscles.</p>
<p>TIGHTEN N TONE: Using light or moderate resistance can help women achieve toned arms. In addition, a lot of repetition can tone and strengthen target muscle groups rather than using heavy weights.</p>
<p>BOOT CAMP: An intense cardio workout total body conditioning class using body weight, plyometric exercises and weight based training.</p>
<p>CRÈCHE FACILITIES AVAILABLE: For 6 weeks to pre-school (5 years old) The crèche runs Monday to Friday 9.30am – 11.30am. £1.70 per child</p>

NEW YOU

AEROBIC & FITNESS PROGRAMME



JULY - AUGUST 2010



ADDITIONAL INFORMATION

Please check with Reception as classes may vary from the published programme and cancelled at short notice during this period. (Tel. 028 9127 0271)

CLASS CLOSURE
MONDAY 12 JULY 2010 – FRIDAY 16 JULY 2010

AEROBIC & FITNESS PROGRAMME

MONDAY				CIRCUIT TRAINING 5.30pm - 6.30pm	SPINNING 6.30pm - 7.15pm	AEROBICS 7.30pm - 8.30pm	
TUESDAY	SPINNING 10.00am – 11.00am	* PRIME TIME 11.00am–12 noon				BODY DESIGN 6.30pm – 7.30pm	SPINNING 7.45pm – 8.30pm
WEDNESDAY					CIRCUIT TRAINING 6.30pm – 7.30pm	AEROBICS 7.30pm – 8.30pm	TIGHTEN N TONE 8.30Apm – 9.30pm
THURSDAY	LEGS, BUMS & TUMS 10.00am – 11.00am			STEP AEROBICS 5.45pm – 6.45pm	BOOT CAMP 6.30pm – 7.30pm (Main Hall)	BODY BLITZ 6.45pm – 7.45pm	
FRIDAY		SPINNING 10.45am – 11.30am			SPINNING 7.00pm – 8.00pm		
SATURDAY							
SUNDAY							

* PRIME TIME & HATHA YOGA not included in the Nirvana Membership Package
NOTE: A free swim can be taken immediately after a class if the pool is available