

EASTER STUDIO TIMBETABLE 2019

FRIDAY 19TH

0800 FUNCTIONAL FITNESS
0845 James

0845 SPIN
0930 James

1115 TOTAL BODY WORKOUT
1215 Jackie

1800 HIIT
18:30 Barry

SATURDAY 20TH

0845 SPIN
0930 Barry

0900 HITT CIRCUITS
0930 Gym Team

0930 BODY ATTACK
1030 Charley

1030 FITNESS PILATES
1130 Brenda

1140 BODY PUMP
1240 Charley

1800 BOXERCISE
1900 Barry

SUNDAY 21ST

1000 CIRCUITS
1100 Gym Team

MONDAY 22ND

1130 POWER YOGA
1300 Angela

1745 BODY PUMP TECHNIQUE
1800 Barry

1800 BODY PUMP
1900 Barry

POWER YOGA

Very active form of Yoga, follows a series of postures, designed to improve strength, balance and flexibility.

PROGRESSIVE FLOW YOGA

A dynamic class suitable for those with more experience that includes some challenging postures and flowing sequences working with strength and stamina whilst still retaining breath awareness and focused exploration. Suitable for intermediate level and regularly practicing Yogis.

YOGA FOR ALL

A breath-centered yoga class suitable for all levels encouraging self-awareness and exploration through a range of postures, simple pranayama (breath work) and relaxation techniques with some relevant philosophy woven in to give a focus for our practice. Suitable for all abilities.

YOGA FLOW

A dynamic class designed to increase stamina, strength, balance, flexibility, enhance focus and relaxation by holding both challenging and relaxing poses and focusing on the breath. Suitable for all abilities.

GENTLE YOGA

Wednesday's class is a gentle yoga practice with the aim of loosening up the body whilst stretching, relaxing and breathing. Suitable for all abilities including beginners.

DYNAMIC YOGA FLOW

This class focuses on waking up the whole body from head to toe. With hamstring combined core warm ups, through to yoga salutations, standing poses for strength and opening the hips through twists, to kick start your morning. Suitable for all abilities.

VINYASA FLOW YOGA

This class places emphasis on synchronising breath and movement to bring body and mind into balance, Carolyn's classes combine uplifting flow sequences which encourage strength and flexibility with relaxing restorative postures, pranayama and meditation promoting a deeper connection to yourself and an overall sense of wellbeing. This class is suitable for all levels.

PILATES

Developed by Joseph Pilates. Interconnected movements with a breathing pattern, integrating mind & body, enhancing energy and relaxation by working through all planes of movement.

FITNESS PILATES

Attacks the routes of bad posture by toning little used muscle groups in the abdomen, torso, upper and lower back, while incorporating a slow breathing technique to energise the body.

MINDFULNESS

An introduction to mindfulness including, meditations, mindful activities and breathing awareness. The session will follow the same structure each week to help those wanting to build a steady practice, giving you a routine and structure to take away.

CONDITIONING

A general shaping up session that uses light hand weights to help tone the whole body.

FUNCTIONAL FITNESS

A class to challenge and improve all aspects of your fitness. Especially good for knees, ankles, hips and backs. Moderate intensity but can be altered to suit you.

CIRCUITS

Trim your waist and strengthen your core muscles with this fun, furious circuit class. It never gets boring a different class every week.

TOTAL BODY WORKOUT

A fun low impact fitness class, using different equipment. Suitable for all standards.



AQUA FIT

Exercise to music in the swimming pool. Great for everyone, particularly joint/mobility problems. Great for non swimmers.

STEP

Using height adjustable steps, this is the step workout that makes you feel liberated and alive without over-dosing on complicated choreography. This is a serious high gear fat burning workout. It will shape and tone your body.

SPIN

Let the music be your tour guide in this invigorating indoor cycling class, using static bikes exploring different terrains. Suitable for all levels as you control the intensity.

ZUMBA

Dance based, fun class for everyone. Infectious music makes the time fly. Turns frowns upside down. This class is for everybody who wants a fun workout.

FITSTEP

This is a fitness class delivered through dance, designed by dancers from Strictly Come Dancing. It is the first time that classic Latin and Ballroom dances have been brought together with proven fitness techniques and principles. This class has an emphasis on helping people towards fitness, the class is structured to deliver real, measurable, fitness results. It is suitable for people of all different levels of fitness from beginner to advance as the Instructor is able to deliver the steps in varying degrees of intensity.

STUDIO ETIQUETTE

Wear clothing and trainers that are appropriate for the class.

Take regular sips of water during exercise/classes to prevent dehydration.

Inform the instructor of any medical conditions, if you are new or returning to exercise.

Please arrive 5 minutes before the class starts. This is for your own health and safety and disruption to other members.

Please switch off your mobile phones during all classes.

CLASS BOOKINGS

Class bookings can be made online at combegrove.com/club/book/ or

COMBE GROVE

LES MILLS SH'BAM

SH'BAM - A FUN LOVING DANCE WORKOUT

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

LES MILLS BODYATTACK

BODY ATTACK - GET FIT, STAY FIT, GET FITTER

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.

LES MILLS BODYBALANCE

BODY BALANCE - CALM AND CENTRED, LONG AND STRONG

Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE™ an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

LES MILLS BODYPUMP

BODY PUMP - GET LEAN, TONE MUSCLES, GET FIT

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

STUDIO TIMETABLE 2019
MEMBERS & GUESTS WELCOME

PLEASE BOOK ONLINE AT
WWW.COMBEGROVE.COM
01225 834644