

Ipswich Studio

SPORTS CLUB

BOOK IT... DO IT... BENEFIT!

MONDAY

7.00 - 7.45 SPIN

9.35 - 10.35 BODYPUMP®

10.45 - 11.45 BODYBALANCE®

13.30 - 14.30 HATHA YOGA

17.15 - 17.45 CIRCUITS

17.50 - 18.50 BODYPUMP®

18.55 - 19.55 BODYCOMBAT®

20.05 - 20.50 SPIN

TUESDAY

7.00 - 7.45 BODY EXTREME

9.35 - 10.20 SPIN

10.25 - 11.10 LATINOFIT

11.15 - 12.00 PILATES

17.20 - 17.50 CARDIO CORE

17.55 - 18.40 DANCEFIT

18.45 - 19.45 BODYPUMP®

19.50 - 20.50 BODYBALANCE®

WEDNESDAY

7.00 - 7.45 BODY TONING

9.35 - 10.20 CARDIO TONE

10.25 - 11.10 FITBALL

13.30 - 14.15 PILATES

17.15 - 17.45 INSANITY®

17.50 - 18.50 BODYPUMP®

18.55 - 19.55 BODYCOMBAT®

20.00 - 21.00 HATHA YOGA

THURSDAY

7.00 - 7.45 BODY EXTREME

9.35 - 10.35 BODYPUMP®

10.40 - 11.25 BODYCOMBAT® EXPRESS

13.30 - 14.15 DANCERCISE

17.30 - 18.15 STOTT PILATES®

18.20 - 19.05 HIIT

19.15 - 20.00 SPIN

20.10 - 21.10 BODYBALANCE®

FRIDAY

7.00 - 7.45 SPIN

9.35 - 10.35 HATHA YOGA

10.40 - 11.25 FIT2DANCE

11.30 - 12.00 CORE CIRCUITS

17.45 - 18.15 COREWORKS

18.25 - 19.25 BODYPUMP®

19.30 - 20.30 BODYBALANCE®

SATURDAY

9.00 - 10.00 BODYPUMP®

10.05 - 10.35 COREWORKS

10.40 - 11.40 BODYCOMBAT®

SUNDAY

9.00 - 10.00 BODYPUMP®

10.15 - 11.00 SPIN

11.15 - 12.00 PILATES

February 2019

OPEN
TO NON-
MEMBERS

All classes are **FREE** for Members* (subject to Membership Category)

Book Online www.ipswichsportsclub.co.uk - or call Club Reception on **01473 251143**

NON-MEMBERS*:

Peak 60 minute classes	£7.00	Off-Peak 60 minute classes	£5.00
Peak 45 minute classes	£5.50	Off-Peak 45 minute classes	£5.00
Peak 30 minute classes	£3.50	Off-Peak 30 minute classes	£2.50

Call Club Reception to book on **01473 251143**

WARNING: Flashing lights may be used during Spin, dance style and high energy classes.





BODYBALANCE®

Drawing from the disciplines of Yoga, Tai Chi and Pilates, this holistic workout is designed to improve flexibility and core strength. A carefully structured series of stretches, moves and poses to music bring the body into a state of harmony and balance. A great stress buster!

BODYCOMBAT®

A vigorous cardio workout inspired by martial arts. Choreography draws moves from Karate, Boxing, Tai Chi, Taekwondo and Muay Thai. The aim is to take you to an anaerobic level with some strength and flexibility benefits thrown in for good measure.

BODY EXTREME

An intense but varied workout using just your own body weight, alongside cardio exercise to improve aerobic fitness, burn fat and shape your body.

BODYPUMP®

A weighted workout that strengthens the entire body. Challenge all major muscle groups in an organised routine to music with exercises like squats, presses, lifts and curls. Resistance training promotes a healthy skeletal system and is proven to be the most effective path to fat reduction.

BODY TONING

Body Toning is a full body toning class which will vary week to week but will utilise equipment such as hand weights, resistance bands and kettlebells to ensure upper body toning whilst also focusing on legs, glutes and abdominals. There will be no cardio content and alternative exercise options will be given to enable all ability levels to participate.

CARDIO CORE

Cardio Core is a 30 minute workout designed using specific intelligent exercises targeting core, abs, back and legs whilst raising your heart rate into the fat burning zone. This dynamic and motivating class offers options for all exercises with around 300 calories burned per class!

CARDIO TONE

A combination of mid tempo steady aerobics with or without hand weights for upper and lower body toning, conditioning and fat burning followed by specific toning and conditioning exercises which vary from week to week to ensure variety and multiple benefits.

CIRCUITS

A varied and adaptable workout with a wide variety of different exercises for cardio, strength, balance and toning benefits using a range of fitness and conditioning equipment and methods. Easily adapted to individual levels of fitness and conditioning and intensity desired. An all round, full body workout.

CORE CIRCUITS

An intense 30 minute workout using a combination of cardio and core exercises to create a fun and challenging circuit that will change weekly to improve both your cardiovascular fitness and your core strength.

COREWORKS

Your core is everything from your shoulders to your hips including muscles in the front, back and sides of your body. These muscles work as stabilizers for the whole body and it is important to keep them strong. CoreWorks will specifically develop and strengthen these stabilizer muscles with precise moves using body weight and resistance equipment. Suitable for all levels of fitness.

DANCEFIT

This class is a fusion of many dance styles using a variety of upbeat well known music. It is a must for anyone who loves to dance! You do not need to be a dancer or have a partner to participate as it is very much about getting fit doing something you really enjoy. A great calorie burner!

DANCERCISE

Take to the floor and have fun whilst getting an effective workout learning and dancing popular moves from all your favourite ballroom styles. This class will include a variety of easy-to-follow moves to good music which will provide you with a great workout focusing on core muscle strength and toning. No partner or dance experience required.

FITBALL

A fun way to keep in shape! With the use of a swiss ball you work on core strength, total body tone and balance!

FIT2DANCE

In this energetic class you will dance yourself fit to great soundtracks. This workout is both fun and addictive and will help you burn off those calories! It includes a whole selection of dance type moves which will change each week. No partner required and absolutely no dance experience required!

HATHA YOGA

Yoga means union, referring to the connection of body, spirit and mind improving strength and flexibility and toning of the body. Yoga also benefits the functioning of the respiratory, circulatory, digestive and hormonal system leading to a sense of peace and well being.

HIIT

In this high intensity interval training class you will give 100% effort through quick and intense bursts of exercise followed by short recovery periods. Carefully designed blocks of exercises, both freestyle and equipment based will ensure you keep your heart rate up and burn more fat in less time. A fun and varied workout, with low impact options always given.

INSANITY®

This is an explosive, cardio based total body conditioning class focused on MAX interval training which combines longer periods of high intensity activity with shorter periods of rest. Exercisers will therefore experience faster increases in cardiovascular fitness and burn fat more effectively. The class is intense but fun and modifications can be provided.

LATINOFIT

The format of this class is based on traditional Latino style moves and music. The class caters for those who want to dance, move their hips and most importantly have fun. You do not need to be a dancer to join in or to have a high level of fitness. Come along to have fun and burn some calories at the same time.

PILATES / STOTT PILATES®

Pilates is a full body workout. It is an exercise repertoire that challenges strength and flexibility to achieve stronger, leaner muscles and a more dynamic core. Through its direct emphasis on intelligent exercise, optimum results are achieved. The largest point of difference between Stott and Joseph Pilates' method is the approach to postural alignment. While the classical method utilises an imprinted spine, or flat back, during exercise, the Stott method focuses on maintaining a neutral spine, or natural curvature of the back. Stott, as well as other proponents of a modernised version of Pilates still adhere to the basic principles of the method. These include breathing, concentration and fluidity of movement. The sequencing of exercises, the postural alignment, and the addition of props are the major differences between the two methods.

SPIN

An indoor cycle exercise class with great music with a powerful beat; a workout for the heart, lungs and legs.