



SPRING 2019 Group X Timetable



Monday

09:15 - 10:15	HIIT	Will
10:15 - 10:30	Core and Stretch (15 Mins)	Will
17:30 - 18:30	Karate Kids	Mike***
18.30 - 19.30	Kettlebell Clinic	KB

Tuesday

09.15 - 10.15	Kettlebell Clinic	Blair
10:15 - 10:30	Ab Blast (15 min)	Blair
19.00 - 20.00	Fat Meltdown	Silvia
20:00 - 21:00	Yoga (courses - see posters for dates)	Natalie

Wednesday

09.15 - 10.15	Circuit Training	Blair
18:30 - 19:30	Box-Fit (courses - see posters for dates)	Blair**
20:00 - 21:00	Pilates (courses - see posters for dates)	Jacqui*

Thursday

09:30 - 10:15	Spin	Blair
10.15 - 10.30	Ab Blast (15 min)	Blair
19.00 - 20.00	Circuit Training	KB

Friday

09:15 - 10:15	Fitness Bootcamp	Will
10.15 - 10.30	Core and Stretch (15 min)	Will

Saturday

08:30 - 09.15	Spin	Blair****
09.15 - 09.30	Ab Blast (15 min)	Blair
10.30 - 11.30	Interval Training	Silvia

Sunday

10:00 - 11:00	Pilates (courses - see posters for dates)	Yasmin*
11.00 - 12.00	Core Rush	Gym Team

* Resident/Guest Charge - Pilates. £48 six week course or £10 drop in.

** Resident/Guest Charge - Box-Fit. £30 six week course or £8 drop in.

*** Resident/Guest Charge - Karate for kid's. £5 resident. £8 guest.

**** Resident Charge - £2 per class

Guests pay £8.00 to participate in all other classes except £10 drop in Pilates.

The residents shall have priority over the guest.

Please call, email the club or write your name in the register to book your place which are limited. Leisure@kew-riverside.co.uk or 020 8392 9404



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CLASS DESCRIPTIONS

Spin: On yer bike! Calorie killing at its best without the stress of any complicated moves, Great music and a chance to burn up to 450 calories per 30mins will complete your journey to calorie burning heaven.

Circuit Training: Are you up to it! A whole body workout for those who like a challenge. Circuit training will be held in the studio only.

Body Conditioning: A full body workout in 55 mins that will challenge your body and give you the results you're looking for – fast! All fitness levels welcome

Kettlebell Clinic: Kettlebells are designed to provide a cardiovascular and resistance workout in order to increase core strength and to provide definition and toning of muscles. A brilliant workout!

Core Rush: Class focusing on the most important part of your body, your core. This challenging class will put your core through its paces, elevate your heart rate and Work on your co-ordination, stability and strength.

Interval Training: One of the best ways to burn calories, high intensity exercise followed by low intensity exercise repeated in a number of sets. Interval Training can supercharge your fitness and boost your metabolism.

Fat Meltdown: Short high intensity class focusing solely on fat burning, 30mins class only – recommend to warm up for a few minutes before joining class

HIIT: An hour long Class which will consist of 30 minutes of High Intensity Interval Training. Work hard for brief intermittent spells of max effort whilst enjoying even more brief intermittent spells of rest.

Core and Stretch: Does exactly what it says on the tin with 15 minutes of localised core work incorporated with Static stretches.

Pilates: A class to improve your core strength, posture and flexibility. Designed also to help those stress levels and give you greater body awareness

Box-Fit: Box-Fit is a low impact, high-energy workout that incorporates solid pad work, weight training & conditioning, functional & circuit training with an emphasis placed on boxing. Box-Fit is the best stress buster & fat burner around. It is considered one of the most effective forms of cross-training available today.

Bootcamp: is a challenging outdoor & indoor group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training. Great fat burner.

Vinyasa Flow Yoga: Vinyasa classes use the linking together of movement & breath to create a 'vinyasa flow'. Every class will be different, because the postures can be put in any order. Open to all experience levels & individual modifications will be available.