

THE JOHNSTOWN ESTATE LEISURE CLUB

AEROBIC TIMETABLE

TIMETABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.30 (30 mins)	B.L.T	Body Pump	Body 360	Body Pump	Assault 2020	
10.30 (30 mins)	Spin	Aqua	Fitball	Spin	Aqua	Boot Camp
6.00 (30 mins)	Spin	Body Pump	Body 360	Spin		
7.00 (30 mins)	B.L.T	Assault 2020	Body Pump	B.L.T	Spin	
8.00 (30 mins)	Aqua			Aqua		

* PAID COURSE OF CLASSES | ** CLASSES ARE 30 MINUTES LONG | *** OUTDOOR CLASS WEATHER PERMITTING | CLASSES REQUIRE A MINIMUM OF 2 PEOPLE | ALL CLASSES 45 MINUTES EXCEPT FOR ** CLASSES

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FITNESS CLASS DESCRIPTIONS

BODY PUMP

A Resistance based fitness class targeting every muscle in the body. Great for improving muscle tone, increasing bone density and shaping up.

SPINNING

Jump on one of our bikes and start peddling! These classes provide an intense cardio workout while still catering to participants of all fitness levels. Our instructors will lead you through a challenging series of courses to maximize results. The best part is that you are in control of the resistance and speed allowing you to continuously progress forward from your current fitness level.

BODY 360

To tone all 360 degrees of your body. The workout rolls from exercise to exercise without a break using the different pieces of equipment so you never burn out one muscle group or get bored. Designed to strengthen the cardiovascular system, tone muscle, improve balance, flexibility, endurance and speed. Exercises can be modified to accommodate all fitness levels.

FITBALL

A low intensity fitness class performed with the swiss ball. Focusing on complete body workouts.

AQUA

Consists of cardiovascular and resistance exercises performed with barbells and dumbbells in the water. This is Low intensity class which keeps impact to a minimum.

BOOTCAMP

A tough fitness class done outdoors. Lots of bodyweight movements performed in a fun but challenging way

ASSAULT 2020

This fitness class will be one of the most challenging classes we have to offer. time to kick into high gear and re gain any fitness/strength lost to 2020.

B.L.T

The focus of this class is to use resistance exercises to improve tone and strength in the Bum, Legs and tummy.