

AEROBIC TIMETABLE

TIMETABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.10AM	**Spin Express					
7.10AM			Spin Express		Circuits	
9.30AM	Spin	Gym S+C *Pilates	Spin	Kettle Bells	Body 360	
10.00AM						AMRAP
10.30AM	HIIT		Core & Flex	Fit Ball		
11.00AM		Aqua			Aqua	*Yogalates
6.00PM	Body Pump	Spin	Spin	Kettle Bells		
7.00PM	Step	15/15/15	Suspension Training	B.L.T *Fit2Box	300 Club	
8.00PM	Suspension Training	Aqua	ABS	Aqua		

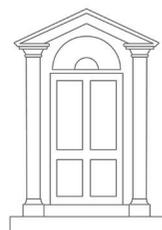
*Paid Course of Classes

**Classes are 30 minutes long

Classes require a minimum of 2 people

All Classes 45 minutes except for **Classes

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THE
JOHNSTOWN
ESTATE ★ ★ ★ ★
HOTEL & SPA

CLASS DESCRIPTION

Suspension Training: Bodyweight exercise class that develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete 100s of exercises.

Aqua: Shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. This is a full body workout; a combination of cardio respiratory, muscle conditioning and interval training.

Kettlebell: Centuries-old training tool that looks like a cannon ball with a handle. Kettlebell exercises are whole-body exercises requiring full body integration and core stabilization.

Circuits: Stations based class set up in the functional training area on the gym floor. We use a wide range of equipment including battle ropes, TRX straps, medicine balls, sleighs and landmines.

Body Pump: This is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, Body Pump gives you a total body workout.

300 Club: Composed of just three exercises - the squat, the push-up, and the sit-up, but requires that you crank out 300 reps in as little time as possible. It's a fast way to challenge every muscle in your body and skyrocket your heart rate when you don't have the luxury of spending hours in a gym.

Core/Flex: Short and sharp class focusing on strengthening and toning your stomach muscles. The class is short enough to fit in the busiest of schedules. Abs, Core & Flex. A fantastic mix of core strength, flexibility and abdominal conditioning.

15/15/15: This 45-minute workout consists of three 15-minute sections varying from functional movements, weight training, cardio, boxing, spinning, TRX and Kettlebells.

Pilates Mat: Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Pilates mat is a challenging yet safe method to sculpt your body and to feel increased agility in your everyday movements

Fit 2 Box: Cardiovascular workout with classes lasting between 45 mins to one hour. It is based on the training used for boxing so it includes skipping, boxing drills including foot work and abdominal workouts all focusing on fitness and toning.

Body 360: Complete the Body 360 Circuit Training by finishing our stations combining cardiovascular and strengthening exercises in a full body workout in just 45 minutes.

Gym S&C: Challenging workout based on your cardiovascular capacity along with strength and conditioning for the whole body. A large array of equipment is used in our functional training area as well as cardio equipment. An excellent class for all to try.

A.M.R.A.P: Form of High Intensity Interval Training (HIIT). The AMRAP acronym stands for As Many Reps/Rounds as Possible. Perform as Many Reps/Rounds as Possible in this time period. Good form is, of course, essential.

Spin: With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an express workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

HIIT: High intensity interval training a short class working aerobic and anaerobic fitness levels. A great fat burning workout.

Fitball: Resistance class using the stability ball. A lot of focus on working and strengthening the core.

B.L.T: Resistance and conditioning class working the Bum, legs and tummy.

Step: Fantastic Aerobic based class based on a choreographed routine on the step.

ABS: Focusing on training the core muscles on the mat. Great for improving posture and defining the abs.