

# CLASS TIMETABLE AUGUST 2010



MONDAY	
07:00 - 07:45	BREAKFAST CLUB
09:30 - 10:30	CIRCUIT TRAINING
17:30 - 18:00	AB BLAST
18:00 - 19:00	BODY CONDITIONING
19:00 - 19:30	KICKBOX BLAST
19:30 - 20:00	SWISSBALL CORE TRAINING
20:00 - 21:00	SPARTAN TRAINING
20:00 - 20:45	SPIN BIKES

TUESDAY	
07:00 - 07:45	BREAKFAST CLUB
09:30 - 10:30	SPIN BIKES
12:30 - 13:15	LEGS BUMS & TUMS
17:30 - 18:00	BODY CONDITIONING
18:00 - 18:45	SPIN BIKES
19:00 - 20:00	CIRCUIT TRAINING
20:00 - 21:00	PILATES

WEDNESDAY	
07:00 - 07:45	BREAKFAST CLUB
09:30 - 10:30	KICKBOX FITNESS
16:30 - 17:30	KIDS CIRCUIT TRAINING
16:30 - 17:30	BODY CONDITIONING
17:30 - 18:00	KETTLEBELLS BEGINNERS
18:00 - 19:00	CARDIO COMBAT
19:00 - 20:00	BOOTCAMP - BOURNE PARK
19:00 - 20:00	WEIGHTS TRAINING
20:00 - 20:45	SPIN BIKES

THURSDAY	
07:00 - 07:45	BREAKFAST CLUB
09:30 - 10:30	LEGS BUMS & TUMS
12:30 - 13:15	BODY CONDITIONING
17:30 - 18:00	SWISSBALL CORE TRAINING
18:00 - 18:30	KETTLEBELLS
18:00 - 18:45	SPIN BIKES
18:30 - 19:00	WEIGHT MANAGEMENT
19:00 - 20:00	LEGS BUMS & TUMS
18:45 - 19:30	RUNNING CLUB
20:00 - 21:00	SPARTAN TRAINING

FRIDAY	
07:00 - 07:45	BREAKFAST CLUB
09:30 - 10:30	STEP & TONE
18:00 - 19:00	CIRCUIT TRAINING

**PLEASE BOOK ALL CLASSES IN ADVANCE**

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**WE CANNOT GUARANTEE YOU A PLACE IF YOU HAVE NOT BOOKED.**

SATURDAY	
08:00 - 09:00	BODY CONDITIONING
09:00 - 10:00	BOOTCAMP - FELIXSTOWE BEACH
09:00 - 10:00	CARDIO COMBAT
10:00 - 11:00	BIKE CIRCUITS
11:00 - 12:00	WEIGHTS TRAINING

SUNDAY	
10:00 - 11:00	BOOTCAMP - CHRISTCHURCH PARK

CLASS DESCRIPTIONS	
AB BLAST	Ab exercises to work your mid-section, gain stability and increase flexibility.
BIKE CIRCUITS	A combination of spin bikes and circuit training, to give you the ultimate crossfit experience.
BODY CONDITIONING	Conditioning and toning for the whole body using free weights, kettlebells, medballs, powerbags, your own body weight and resistance bands.
BOOTCAMP FITNESS	One hour of Military Style training in the local parks and Felixstowe Sea front, suitable for all levels.
BREAKFAST CLUB	A blend of all our classes with complimentary coffee, tea & toast
CARDIO COMBAT	This is a High Energy aerobic class full of punches and kicks.
CIRCUIT TRAINING	A combination of exercise stations and cardio to give you cross training at its best.
KICKBOX FITNESS	Using martial art techniques to condition and tone the body
KIDS CIRCUIT TRAINING	Kids Circuit Training - Combines bodyweight exercises and drills
KETTLEBELLS	Increase strength, endurance and stamina using a Kettlebell. Beginners class available
LEGS BUMS & TUMS	Shape up the lower body as well as gaining stronger abs.
PILATES	Pilates targets the deep abdominal (Core) muscles and strengthens the body from the inside.
RUNNING CLUB	A supervised run suitable for distances 3 miles plus. Beginners please see notice board for times.
SPARTAN TRAINING	Train like a "300" Spartan Warrior! Using logs, tractor tyres, kettlebells, ropes, powerbags and body weight exercises, making it fully functional training.
SPIN BIKES	Lose yourself in the music, ride with the pace whilst the legs take the strain.
STEP & TONE	Half an hour of Step Aerobics followed by a bodyweight toning session.
SWISSBALL CORE TRAINING	Learn how to use the Swissball effectively for core stability and as an addition to any workout routine.
WEIGHT MANAGEMENT	Weigh in and monitor your progress together with nutritional advice and support
WEIGHTS TRAINING	Learn how to lift Weights and train for your specific goals! Build Strength, Muscle tone & Growth.

* ADDITIONAL CLASSES extra fees payable	
* BURLESQUE DANCE FITNESS	Come and join us to shimmy, smoulder and burn those calories!! A great girlie night of fun!
* DIET & NUTRITION COURSE	A 6 week course covering * Foods to eat before & after training * Fats * Chocolate * Food Diary * Eating Out & BBQs
* WOMENS SELF DEFENCE	A 6 week course aimed at teaching women * Personal Safety Awareness

Timetable correct at time of printing, please refer to website or contact us for current classes.