

# CLASS TIMETABLE 2012



MONDAY	
07:00 - 07:45	BREAKFAST CLUB
09:30 - 10:30	CIRCUIT TRAINING
10:00 - 11:00	BUGGY WORKOUT (Christchurch Park)
12:30 - 13:15	BODY CONDITIONING
17:30 - 18:00	AB BLAST
18:00 - 19:00	BODY CONDITIONING
19:00 - 20:00	BOXFIT
19:00 - 20:00	BOOTCAMP - WOODBRIDGE
20:00 - 21:00	SPARTAN TRAINING
20:00 - 20:45	BIKES

TUESDAY	
07:00 - 07:45	BREAKFAST CLUB
09:30 - 10:30	BIKES
10:00 - 11:00	BUGGY / BOOTCAMP (Felixstowe)
12.30 - 13.15	ZUMBA Fitness
17:30 - 18:00	BODY CONDITIONING
18:00 - 19:00	CROSS FITNESS
18:00 - 18:45	BIKES
19:00 - 20:00	CIRCUIT TRAINING
20:00 - 21:00	CORE CONDITIONING

WEDNESDAY	
07:00 - 07:45	BREAKFAST CLUB
09:30 - 10:30	BOXFIT
10:00 - 11:00	BUGGY WORKOUT (Bourne Park)
12:30 - 13:15	LEGS BUMS & TUMS
16:30 - 17:30	FAMILY BODY CONDITIONING
17:30 - 18:30	KETTLEBELLS
18:30 - 19:30	BOXFIT
19:00 - 20:00	BOOTCAMP - BOURNE PARK
19:30 - 20:30	WEIGHTS TRAINING
20:00 - 20:45	BIKES
20:30 - 21:15	ZUMBA Fitness

THURSDAY	
07:00 - 07:45	BREAKFAST CLUB
09:30 - 10:30	LEGS BUMS & TUMS
10:00 - 11:00	BUGGY WORKOUT (Holywells Park)
17:30 - 18:00	SWISSBALL CORE TRAINING
18:00 - 19:00	CROSS FITNESS
18:00 - 18:45	BIKES
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 BOXFIT
09:30 - 10:30	STEP & TONE
12:30 - 13:15	CARDIO BLAST
18:00 - 19:00	CIRCUIT TRAINING

SATURDAY	
09:00 - 10:00	BOOTCAMP - FELIXSTOWE BEACH
09:00 - 10:00	BOOTCAMP - WOODBRIDGE
09:00 - 10:00	BOXFIT
10:00 - 11:00	BIKE CIRCUITS

SUNDAY	
09:00 - 10:00	CIRCUIT TRAINING
09:30 - 10:30	BOOTCAMP - CHRISTCHURCH PARK

CLASS DESCRIPTIONS	
AB BLAST	Ab exercises to work your mid-section, gain stability and increase flexibility.
BIKES	Lose yourself in the music, ride with the pace whilst the legs take the strain.
BIKE CIRCUITS	A combination of bikes and circuit training, to give you the ultimate workout.
BODY CONDITIONING	Follow the trainer through basic exercises and techniques 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.
BOXFIT	Using boxing techniques to condition and tone the body. Including aerobic and pad & bag work
BREAKFAST CLUB	A blend of all our classes with complimentary coffee, tea & toast
BUGGY WORKOUT	A 2mile route with exercises and activities in various outdoor locations for parents with their children in buggies
CARDIO BLAST	45 minutes of pure cardio work to increase your aerobic fitness, a great class to monitor your fitness progression
CIRCUIT TRAINING	A combination of exercise stations and cardio exercises for a complete workout
CORE CONDITIONING	Combination of Swissball Pilates, Yoga exercises to target the deep abdominal (Core) muscles.
CROSS FITNESS	Train like an athlete to make you fitter, faster and stronger
FAMILY BODY CONDITIONING	A class for the whole family using your own body weight, med balls & dumbbells Ages 7+
KETTLEBELLS	Increase strength, endurance and stamina using a Kettlebell.
LEGS BUMS & TUMS	Shape up the lower body as well as gaining stronger abs.
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.
STEP & TONE	Half an hour of Step Aerobics followed by a bodyweight toning session.
SWISSBALL CORE TRAINING	Use the Swissball effectively for core stability and as an addition to any workout routine.
WEIGHTS TRAINING	Learn how to lift Weights and train for your specific goals! Build Strength, Muscle tone & Growth.
ZUMBA Fitness	Latin-inspired dance fitness, with people of all ages falling in love with its infectious music, easy-to-follow moves.

* ADDITIONAL CLASSES extra fees payable	
* DIET & NUTRITION COURSE	A 6 week course covering * Foods to eat before & after training * Fats * Chocolate * Food Diary * Eating Out & BBQs
* POLE FITNESS	A 6 week course. Great for building upper body and core strength. Great for Hen Parties too!
* BURLESQUE DANCE FITNESS	Come and join us to shimmy, smoulder and burn those calories!! A great girlie night of fun! Great for Hen Parties!
Friday 7:30-8:45	

**PLEASE BOOK ALL CLASSES IN ADVANCE**

(t) **01473 715 243**

(e) [info@thefitnessunit.co.uk](mailto:info@thefitnessunit.co.uk)

(w) [www.thefitnessunit.co.uk](http://www.thefitnessunit.co.uk)

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

Timetable correct at time of printing,29/12/11 please refer to website or contact us for current classes.