



## FITNESS CLASS TIMETABLE

### BOOKINGS

Members and non-members can book up to 7 days in advance either by email, phone or at reception.

Members can book online up to 8 days in advance – contact the club for more details.



Ask for details of our Fitness Classes at reception, call 020 8657 9313 or visit [www.croydonsportsclub.co.uk](http://www.croydonsportsclub.co.uk) for more info.



## WELCOME

to Croydon High Sports Club, providing you with the opportunity of enjoying a healthier and more active lifestyle.



Call us for more info on **020 8657 9313** or visit [www.croydonsportsclub.co.uk](http://www.croydonsportsclub.co.uk)

**SPRING  
2020**

Day	Time	Class	Instructor	Room
Monday	6pm-6.45pm	Group Cycle	Carolyn	Studio
Monday	6.15pm-7pm	Bodytone	Naz	Gymnasium
Monday	7pm-8pm	Body Blitz	Sue	Gymnasium
Monday	7pm-8pm	Zumba	Carolyn	Sports Hall
Monday	8pm-9pm	Yogalates Fusion	Carolyn	Gymnasium
Monday	8.15pm-9pm	Aqua	Glen / Sue	Pool
Tuesday	6pm-7pm	Boot Camp	Glen	Gymnasium
Tuesday	6.15pm-7pm	Group Cycle	Lucy	Studio
Tuesday	7pm-7.45pm	Group Cycle	Giedre	Studio
Tuesday	7pm-8pm	Body Bar	Lucy	Gymnasium
Tuesday	8pm-9pm	Insanity	Laura	Gymnasium
Tuesday	8pm-9pm	Pilates	Lisa	Studio
Wednesday	6pm-6.45pm	Paracise	Lisa	Studio
Wednesday	6pm-7pm	Vinyasa Yoga	David	Gymnasium
Wednesday	6.15pm-7pm	Target Zone	Sue	Sports Hall
Wednesday	7pm-8pm	Zumba Toning	Carolyn	Sports Hall
Wednesday	7pm - 7.45 pm	Group Cycle	David	Studio
Wednesday	7.15pm - 7.45 pm	Core Intensity	Sue	Gymnasium
Wednesday	8pm-9pm	Pilates	David	Gymnasium
Wednesday	8pm - 8.45 pm	Group Cycle	Giedre	Studio
Thursday	5.30pm-6pm	Kettlebell Express	Glen	Studio
Thursday	6pm-6.45pm	Kettlebell Mix	Glen	Studio
Thursday	6.15pm-7pm	Legwarmers Not Included!	Sue	Gymnasium
Thursday	7pm-8pm	Feel Good Yoga	Dimi	Studio
Thursday	7pm-7.45pm	Fitness Pilates	Sue	Gymnasium
Thursday	8pm to 9pm	Power & Cycle	Emily	Gymnasium
Thursday	8.15pm-9pm	Aqua	Glen	Pool
Friday	6.30pm-7.15pm	Group Cycle	Carolyn	Studio
Friday	7.20pm-8.20pm	Barre	Carolyn	Studio
Saturday	7.45am-8.30am	Target Zone	Chloe / Sue	Sports Hall
Saturday	8.15am-9.15am	Pilates	David	Gymnasium
Saturday	8.45am-9.15am	Express Group Cycle	Chloe / Sue	Studio
Saturday	9.15am-10.00am	Group Cycle	David	Studio
Saturday	9.30am-10.30am	20:20:20	Naz	Gymnasium
Sunday	9am-10am	Zumba Gold	Maggie	Gymnasium
Sunday	9.15am-10am	Group Cycle	Various	Studio
Sunday	10am-11am	Sunday Combo	Various	Gymnasium

**20:20:20** 20 minutes of cardio using step and weights, followed by 20 minutes of strength training and finally 20 minutes of toning. An all-round class to give you a full body workout.

**AQUA AEROBICS** A low impact class ideal for all levels of fitness, based in the water.

**BARRE** Isometric strength and toning class using postures inspired by Ballet, Yoga and Pilates.

**BODY BAR** An all over toning and cardio class using body bars and hand weights!

**BODY BLITZ** A calorie-busting and toning class combining aerobics and hand-weights.

**BODY TONE** A 45-minute focus on toning and conditioning with hand weights, floor mats & stability balls.

**BOOTCAMP** Includes drills designed to enhance agility, speed, power and strength.

**CORE INTENSITY** A concentrated 30 minute Abs & Core class using weights and bands.

**EXPRESS GROUP CYCLE** Fast paced high intensity cycle for 30 minutes.

**FEEL GOOD YOGA** A strength building, flexibility enhancing, fat burning, and core building class.

**FITNESS PILATES** A more functional approach to the traditional Pilates Class.

**GROUP CYCLE** A challenging cardio workout inspired by cycling to the beat of the music. Increase the resistance and the fun!

**INSANITY** The legendary high intensity interval class. Cardio, toning and strength workouts combined for the ultimate calorie burning workout.

**KETTLEBELL EXPRESS** Functional cardiovascular exercise, core stability set at a faster than average pace.

**KETTLEBELL MIX** A combination of HIIT training drills with kettle bells body weight cardio drills and core stability training.

### LEGWARMERS NOT INCLUDED!

Old school high-velocity aerobics to 70's and 80's music; you'll have a blast with this New Year retro workout designed to burn calories fast.

**PARACISE** Gentle on the joints, yet effective. Paracise flows smoothly through movements to improve posture, balance and mobility.

**PILATES** Balance, posture, strength & flexibility in this class for all levels.

**POWER & CYCLE** A challenging combination of group cycle and resistance exercises using weights and body-weight exercises

**VINYASA YOGA** Release tension from the mind and body; stretch and tone muscles and joints improving posture, self-confidence and physical health.

**SUNDAY COMBO** A different class each week! See our website for an up to date schedule!

**TARGET ZONE** Burn maximum calories in minimum time - Functional Fitness meets Cross Training in this high intensity class.

**YOGALATES FUSION** A Fusion fitness class that combines postures from yoga and pilates into a routine with upbeat music.

**ZUMBA** A mix of different music and dance flavours are used to create a hi-intensity workout which feels more like a party!

**ZUMBA GOLD** Aimed at active older adults. A modified Zumba class that recreates the original moves you love at a lower-intensity.

**ZUMBA® TONING** Uses toning sticks to make it the perfect way to sculpt your body naturally while having a total blast!

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