



## FITNESS CLASS TIMETABLE

### BOOKINGS

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

Day	Time	Class	Instructor	Room
Monday	6pm-6.45pm	Group Cycle	Chloe	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
Tuesday	6pm-7pm	Boot Camp	Glen	Gymnasium
Tuesday	7pm-7.45pm	Group Cycle	Ria	Studio
Tuesday	7pm-8pm	Body Bar	Lee	Gymnasium
Tuesday	8pm-9pm	Bounce & Tone	Lee	Gymnasium
Tuesday	8.15pm-9pm	Aqua	Karen	Pool
Wednesday	6.15pm-7.15pm	Sivananda Yoga	Sei	Gymnasium
Wednesday	6.15pm-7pm	Target Zone	Sue	Sports Hall
Wednesday	7pm-8pm	Zumba Toning	Carolyn	Sports Hall
Wednesday	7.15pm-8pm	Core De Force	Verena	Gymnasium
Wednesday	8.10pm – 8.55 pm	Group Cycle	Ria	Gymnasium
Thursday	5.30pm-6pm	Kettlebells	Glen	Studio
Thursday	6pm-6.45pm	Kettlebells	Glen	Studio
Thursday	6.15pm-7pm	Padmania	Sue	Gymnasium
Thursday	7pm-8pm	Feel Good Yoga	Dimi	Studio
Thursday	7pm-7.45pm	Official drum 'n' bass workout	Sue	Gymnasium
Thursday	7.55pm-8.25pm	Group Cycle HIIT	Emily	Gymnasium
Thursday	8.25pm-8.55pm	Group Cycle HIIT	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	8.15am-9.00am	Group Cycle	David	Studio
Saturday	9am-10am	Body Tone Max	Naz	Gymnasium
Saturday	9.00am-10.00am	Pilates	David	Studio
Saturday	10am-11am	Cardio Burn	Lee	Gymnasium
Sunday	9.15am-10am	Group Cycle	Various	Studio
Sunday	10am-11am	Sunday Combo	Various	Gymnasium

**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 BLITZ** A calorie-busting class using gliders, dumbbells, ropes and mini-bands, finished with 10 minutes meditation and stretch.

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

**BODY TONE MAX** A low-impact focused tone and conditioning regime. Floor mats, hand weights and stability balls all used; like Mondays class but for an hour!!

**BOOTCAMP** Includes drills designed to enhance agility, speed, power and strength (indoors & outdoors).

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

**BOUNCE & TONE** Using a small individual trampoline jump and twist your way to cardio health and a toned body!

**CARDIO BURN** A high energy cardio workout including use of the steps followed by a hard core upper body workout.

**CORE DE FORCE** Dynamic MMA inspired workout divided into 3-minute rounds, each with a cardio spike within. Kicks, punches and standing rotational moves which target your core.

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

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

**GROUP CYCLE HIIT** Smash your fitness goals fast with high intensity intervals on a bike!

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

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

**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.

**OFFICIAL DRUM 'N' BASS WORKOUT** This High Intensity interval class is tough but brilliant fun with easy to follow exercises and combinations.

**PADMANIA** Improve cardio fitness and coordination with easy to follow calorie-burning combinations using pads and gloves. Great fun for all levels.

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

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

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

**020 8657 9313**

[www.croydonsportsclub.co.uk](http://www.croydonsportsclub.co.uk)