



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 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

**AUTUMN
2023**

Day	Time	Class	Instructor	Room
Monday	5.30pm-6.15pm	Group Cycle	Ria	Studio
Monday	6.15pm-7pm	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	7.45pm-8.30pm	Aqua	Julie	Pool
Monday	8pm-9pm	Yogalates Fusion	Carolyn	Gymnasium
Tuesday	6pm-7pm	Boot Camp	Glen	Gymnasium
Tuesday	6pm-6.45pm	Group Cycle	Lucy	Studio
Tuesday	7pm-7.45pm	Group Cycle	Hannah	Studio
Tuesday	7pm-8pm	Absolute Conditioning	Lucy	Gymnasium
Tuesday	8pm-9pm	Pilates	Julie	Gymnasium
Wednesday	6pm-7pm	Vinyasa Yoga	David	Gymnasium
Wednesday	6.15pm-7pm	Target Zone	Sue	Sports Hall
Wednesday	7pm-7.45pm	Group Cycle	David	Studio
Wednesday	7pm-7.30pm	Core Intensity	Sue	Gymnasium
Wednesday	7pm-8pm	Zumba Toning	Carolyn	Sports Hall
Wednesday	8pm-9pm	Pilates	David	Gymnasium
Wednesday	8pm-8.45pm	Group Cycle	Natalie	Studio
Thursday	5.30pm-6pm	Kettlebell Express	Glen	Gymnasium
Thursday	6pm-6.30pm	Kettlebell Express	Glen	Gymnasium
Thursday	6pm-7pm	Power and Cycle	Emily	Studio
Thursday	6.15pm-7pm	Legwarmers Not Included!	Sue	Sports Hall
Thursday	6.45pm-7.45pm	Feel Good Yoga	Dimi	Gymnasium
Thursday	7.15pm-8.15pm	Line Dancing	Najma	Sports Hall
Thursday	7.45pm-8.30pm	Aqua	Glen	Pool
Friday	5.15pm-6pm	Group Cycle	Ria	Studio
Friday	6pm-6.45pm	Group Cycle	Carolyn	Studio
Friday	7pm-8pm	Barre	Carolyn	Studio
Saturday	7.45am-8.30am	Group Cycle	David	Gymnasium
Saturday	8.30am-9.30am	Pilates	David	Gymnasium
Saturday	8.30am-9.30am	Hatha Yoga	Maria	Studio
Saturday	9.30am-10.15am	Paracise	Maggie	Sports Hall
Saturday	9.45am-10.45am	20:20:20	Naz	Gymnasium
Sunday	8.45am-9.45am	Zumba Gold	Maggie	Sports Hall
Sunday	9am-9.45am	Group Cycle	Hannah/Sue	Studio
Sunday	9.45am-10.30am	Sunday Combo	Hannah/Sue	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.

ABSOLUTE CONDITIONING This popular class provides a total body workout! Toning and conditioning using hand weights, body bars and kettlebells with elements of cardio.

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 and toning class combining aerobics and hand-weights and resistance bands.

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.

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!

HATHA YOGA Bring peace to the mind and body through yoga postures and breathing.

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

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.

LINE DANCING A fun and modern dance class combining many dance styles from popular genres including

pop, Latin, Irish, Rock, Swing, Rhythm and Blues and Jazz.

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 AND CYCLE An extended group cycle class to include strength and stretching 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!

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!

PLEASE DO NOT BE LATE FOR A CLASS!

If you arrive late for a class please don't be offended if you are turned away at reception or by the Instructor. Missing the warm up can increase chance of injury and disrupts the class.

020 8657 9313

www.croydonsportsclub.co.uk