



# 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)

**WINTER  
2024**

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-7.45pm	Body Blitz	Sue	Gymnasium
Monday	7pm-8pm	Zumba <b>New Class Content</b>	Carolyn	Sports Hall
Monday	7.45pm-8.30pm	Aqua	Julie	Pool
Monday	8pm-9pm	Yogalates Fusion	Carolyn	Gymnasium
Tuesday	6pm-6.45pm	Pump <b>New Class</b>	Ria	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	5.45pm-6.45pm	Vinyasa Yoga <b>New Time</b>	David	Gymnasium
Wednesday	6.15pm-7pm	Target Zone	Sue	Sports Hall
Wednesday	6.45pm-7.45pm	Pilates <b>New Time</b>	David	Studio
Wednesday	7pm-7.30pm	Core Intensity	Sue	Gymnasium
Wednesday	7pm-8pm	Zumba Toning	Carolyn	Sports Hall
Wednesday	7.45pm-8.45pm	Pump <b>New Class</b>	Sue	Gymnasium
Wednesday	7.45pm-8.30pm	Group Cycle <b>New Time</b>	Natalie	Studio
Thursday	5.30pm-6pm	Kettlebell, Cardio & Core <b>New Class</b>	Glen	Dance Studio
Thursday	5.45pm-6.30pm	Pump <b>New Class</b>	Emily	Gymnasium
Thursday	6pm-6.30pm	Kettlebell, Cardio & Core <b>New Class</b>	Glen	Dance Studio
Thursday	6.30pm-7.15pm	Legwarmers Not Included!	Hannah	Sports Hall
Thursday	6.45pm-7.45pm	Feel Good Yoga	Dimi	Gymnasium
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
Saturday	2pm-2.45pm	Group Cycle <b>New Class</b>	Natalie	Studio
Sunday	8.45am-9.45am	Zumba Gold	Maggie	Sports Hall
Sunday	9am-9.45am	Group Cycle	Ria/Sue	Studio
Sunday	9.45am-10.30am	Sunday Combo	Ria/Sue	Gymnasium
Sunday	4pm-4.45pm	Aqua Fit <b>New Class</b>	Carolyn	Pool

**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.

**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.

**NEW CLASS**

**KETTLEBELL, CARDIO & CORE**

An express class combining kettlebells and bodyweight exercises with elements of cardio.

**NEW TEACHER**

**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.

**NEW CLASS**

**PUMP** Improve tone and strength with this energetic workout using barbells.

**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.

**NEW CLASS CONTENT**

**ZUMBA** Dance fitness classes that are fun,

energetic and make you feel amazing. Spicing up the classes for 2024, join the Zumba party enjoying the latest rhythms, learning new moves and dance techniques.

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