



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

**WINTER
2020**

Day	Time	Class	Instructor	Room
Monday	6pm-6.45pm	Group Cycle	Carolyn	Gymnasium
Monday	6.15pm-7pm	Spiked	Sue	Sports Hall
Monday	7pm-8pm	ZUMBA!	Carolyn	Sports Hall
Monday	7.15pm-8pm	Body Tone	Naz	Gymnasium
Monday	7.45pm-8.30pm	Aqua Fit	Julie	Pool
Monday	8.15pm-9.15pm	Yogalates	Carolyn	Sports Hall
Tuesday	7am-7.45am	Sunrise Group Cycle	Sue	Gymnasium
Tuesday	6pm-6.45pm	Bootcamp	Glen	Sports Hall
Tuesday	6pm-6.45pm	Group Cycle	Lucy	Gymnasium
Tuesday	7pm-7.45pm	Body Bar	Lucy	Sports Hall
Tuesday	7pm-7.45pm	Group Cycle	Laura	Gymnasium
Tuesday	8pm-9pm	Pilates	Lisa	Gymnasium
Wednesday	6pm-6.45pm	Bootcamp	Sue	Sports Hall
Wednesday	6pm-7pm	Vinyasa Yoga	David	Gymnasium
Wednesday	7pm-8pm	Zumba Toning	Carolyn	Sports Hall
Wednesday	7.15pm-8pm	Group Cycle	David	Gymnasium
Wednesday	8.15pm-9.15pm	Pilates	David	Sports Hall
Wednesday	8.15pm-9pm	Group Cycle	Natalie	Gymnasium
Thursday	5.30pm-6pm	Kettlebell Express	Glen	Gymnasium
Thursday	6pm-6.45pm	Legwarmers Not Included!	Sue	Sports Hall
Thursday	6.15pm-6.45pm	Kettlebell Express	Glen	Gymnasium
Thursday	7pm-7.45pm	Fitness Pilates	Sue	Sports Hall
Thursday	7pm-8pm	Feel Good Yoga	Dimi	Gymnasium
Thursday	7.45pm-8.30pm	Aqua Fit	Glen	Pool
Thursday	8.15pm-9.15pm	Power & Cycle	Emily	Gymnasium
Friday	7am-7.45am	Sunrise Group Cycle	Carolyn	Gymnasium
Friday	6.15pm-7.15pm	Barre	Carolyn	Sports Hall
Saturday	7.45am-8.30am	Bootcamp	Gary / Chloe	Sports Hall
Saturday	7.45am-8.30am	Group Cycle	David	Gymnasium
Saturday	8.45am-9.45am	Pilates	David	Sports Hall
Saturday	8.45am-9.15am	Express Cycle	Gary / Chloe	Gymnasium
Saturday	9.45am-10.45am	20:20:20	Naz	Gymnasium
Saturday	10am-10.45am	Paracise	Lisa	Sports Hall
Sunday	8.45am-9.45am	Zumba Gold	Maggie	Gymnasium
Sunday	9am-10am	Sunday Combo	Various	Sports Hall
Sunday	10am-10.45am	Group Cycle	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 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.

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.

SPIKED An Outdoor class introduced especially for our summer programme. Spike the heart rate with imaginative cardio training and inventive body weight work.

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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