



## 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)

**OUTDOOR  
2021**

## Outdoor Group Exercise Programme 12th April to 16th May

Members Book Online up to 8 days in advance; Non-members book up to 7 days in advance by emailing [croydonhighsportsclub@cry.gdst.net](mailto:croydonhighsportsclub@cry.gdst.net)

If a class is cancelled due to extreme weather conditions, we will aim to email those who have booked at least an hour before the class starts. Register and pay on arrival at sports club reception, contactless payments please. Non-Member class price £6 per class.

Day and Time	Class and instructor	Court
Monday 6pm-6.45pm	Paracise - Lisa	Court 4
Monday 6.15pm-7pm	Boot Camp - Chris	Court 1
Monday 7pm-8pm	Zumba - Carolyn	Court 1
Monday 6.30pm-7.30pm	Fitness Pilates – Julie	Junior Court
Tuesday 6pm-7pm	Boot Camp - Glen	Court 4
Tuesdays 6pm-7pm	Body Bar - Lucy	Junior Court
Tuesdays 7pm-7.45pm	HIIT - Laura	Junior Court
Wednesdays 6pm-6.45pm	HIIT - David	Junior Court
Wednesdays 6pm-6.45pm	Cardio Blast - Carolyn	Court 4
Wednesdays 6.45pm-7.45pm	Pilates - David	Junior Court
Wednesdays 6.45pm-7.45pm	Zumba - Carolyn	Court 4
Thursdays 5.15pm-6pm	Kettle Bell - Glen	Court 4
Thursdays 6pm-6.45pm	Body Bar - Lucy	Junior Court
Thursdays 6.15pm-7pm	Kettle Bell Boot Camp -Glen	Court 4
Thursdays 6.45pm-7.45pm	Feel Good Yoga - Dimi	Junior Court
Friday 6pm-7pm	Aerobic HIIT - Chloe	Court 1
Saturday 8.30am-9.15am	HIIT - David	Junior Court
Saturday 9.15am-10.15am	Pilates - David	Junior Court
Sunday 8.30am-9.15am	Insanity - Laura	Junior Court
Sunday 9.15am-10am	Fitness Pilates - Julie	Junior Court
Sunday 10am-11am	Zumba Gold - Maggie	Junior Court

## OUTDOOR CLASS DESCRIPTIONS

### AEROBIC HIIT

High Intensity Interval Training with a focus on aerobic fitness – burn calories and improve all round fitness

### BODY BAR

An all over toning and cardio class using body bars and resistance bands

### BOOT CAMP

Includes drills designed to enhance agility, speed, power and strength

### CARDIO BLAST

Aerobics and Conditioning

### FEEL GOOD YOGA

A strength building, flexibility enhancing, fat burning and core building class

### FITNESS PILATES

A more functional and dynamic approach to traditional Pilates

### HIIT

High intensity interval training – brilliant for all round fitness and calorie-burning

### INSANITY

The famous class including body weight exercises and High Intensity Interval training

### KETTLEBELL

Functional cardiovascular exercise and core stability

### KETTLEBELL BOOTCAMP

Fun general fitness class incorporating kettlebells

### 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

### 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. Introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

**020 8657 9313**

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

