

Times	Studio	7.00 - 9.00	9.00 - 10.30	10.00 - 11.00	11.00 - 12.30	12.00 - 13.00	13.00 - 14.00	17.00 - 18.30	18.00 - 19.00	19.00 - 20.00	20.00 - 21.00	
MON	1		<b>Body Pump</b> 9.30 - 10.25	<b>Body Balance</b> 10.30 - 11.25	<b>Sh'Bam</b> 11.30 - 12.15		<b>Iyengar Yoga</b> 13.00 - 14.30	<b>Abs Buster</b> 17.30 - 18.00	<b>Body Pump</b>	<b>Metafit</b> 19.00 - 19.30	<b>Boxercise</b> 19.30 - 20.00	<b>Iyengar Yoga</b> 20.00 - 21.00
	2		<b>Pilates</b> 9.30 - 10.30		<b>Pilates</b> 11.00 - 12.00				<b>Spin</b> 18.00 - 18.45	<b>Pilates</b> 19.15 - 20.15		
	Pool					<b>Aqua</b> 12.30 - 13.30						
TUES	1	<b>Iyengar Yoga</b> 7.00 - 8.00	<b>Dance Fusion</b> 9.30 - 10.25	<b>Body Pump</b> 10.30 - 11.25	<b>Modern Line</b> 11.35 - 12.35		<b>Tai Chi</b>		<b>Boot Camp</b> 18.00 - 18.55	<b>Cardio Blast</b> 19.00 - 19.45		
	2		<b>Golf Yoga</b> 9.30 - 10.30						<b>Spin</b> 18.15 - 19.00			
	Pool				<b>Aqua</b> 11.00 - 12.00							
WEDS	1	<b>Body Pump</b> 7.00 - 8.00	<b>Sh'Bam</b> 9.30 - 10.15	<b>Iyengar Yoga</b> 10.30 - 12.00		<b>Mind &amp; Body</b> 12.30 - 13.15		<b>Metafit</b> 17.30 - 18.00	<b>Body Pump</b> 18.00 - 19.00	<b>Body Combat</b> 19.00 - 19.45	<b>Hatha Yoga</b>	
	2		<b>Spin &amp; Core</b> 9.00 - 10.00		<b>Pilates</b> 11.00 - 12.00				<b>Pilates</b>			
	Pool											
THUR	1	<b>Vinyassa Flow Yoga</b> 7.00 - 8.00	<b>Hi-Low Aerobics</b> 9.30 - 10.25	<b>Pilates Conditioning</b> 10.30 - 11.10	<b>Hatha Yoga</b> 11.15 - 12.45		<b>Pilates</b>	<b>Metafit</b> 17.45 - 18.15	<b>Iyengar Yoga</b> 18.15 - 19.25	<b>Sh'Bam</b> 19.30 - 20.15		
	2											
	Pool				<b>Aqua</b> 11.00 - 12.00				<b>Run Club</b>			
FRI	1		<b>Body Pump</b> 9.30 - 10.25	<b>LBT</b> 10.30 - 11.15	<b>Body Balance</b> 11.20 - 12.15			<b>Body Pump</b> 17.30 - 18.30	<b>Pilates</b> 18.30 - 19.30			
	2	<b>Spin</b> 7.00 - 7.45	<b>Ashtanga Yoga</b> 9.15 - 10.25	<b>Pilates</b> 10.30 - 11.30					<b>Spin</b> 18.00 - 18.45			
	Pool					<b>Aqua Circuits</b> 12.45 - 13.30						
SAT	1		<b>Cardio Blast</b> 9.15 - 10.00	<b>Boot Camp</b> 10.00 - 10.45	<b>Iyengar Yoga</b> 10.45 - 12.15							
	2		<b>Spin &amp; Core</b> 8.55 - 9.55									
	Pool					<b>Children's Swimming Lessons - 12.00 - 16.30</b> <b>Family Swim - 15.00 - 18.00</b>						
SUN	1		<b>Body Pump</b> 9.30 - 10.30	<b>Metafit</b> 10.35 - 11.05								
	2		<b>Spin</b> 8.55 - 9.25	<b>Core Pilates</b> 10.30 - 11.30								
	Pool							<b>Family Swim</b> 15.00 - 18.00				

\*Members must book a 15 minute studio technique session for spin & body pump before attending their first class. This session can be booked in the Gym at a time suitable for you.

Bookings can be made up to seven days in advance of the class, in person or by telephone or online. Numbers are limited. Please make every effort to cancel your classes online or via the club reception.

Book online at: [www.theclubatmeyrickpark.com](http://www.theclubatmeyrickpark.com)

● Outdoor Classes - please wear appropriate attire to suit weather conditions

Meyrick Park Class Descriptions	DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS	
	<b>LEGS BUMS &amp; TUMS</b>	45mins	aerobics to music, light weight or no weights for toning	avg. <b>400</b> kcals	dumbbells, bodyweight, mat	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	<b>HI LOW AEROBICS</b>	55mins	aerobics to music, light weight or no weights for toning	avg. <b>450</b> kcals	none	the latest inspirational and motivational tunes	improves heart & lung fitness increases muscle strength and tone
	<b>CARDIO BLAST</b>	45mins	high intensity cardio workout	avg. <b>600</b> kcals	none	the latest inspirational and motivational tunes	improves heart & lung fitness increases muscle strength and tone
	<b>BODY COMBAT</b>	45mins	martial arts inspired cardio	avg. <b>740</b> kcals	none	the latest fun & funky tunes	tones & shapes, increases strength & endurance, builds self confidence
	<b>META FIT</b>	30mins	high intensity interval training	up to <b>600</b> kcals	none	none	bodyweight training targeting all major muscle groups to burn body fat, increase strength and metabolic rate
	<b>PILATES</b>	55mins	holistic	avg. <b>390</b> kcals	mat	relaxing & calming music	increases core strength, mobility & flexibility
	<b>YOGA</b>	60/90mins	variety of yoga styles	up to <b>300</b> kcals	yoga mat	relaxing & calming music	increases core strength, improves joint flexibility & range of motion, enhances well being
	<b>TAI CHI</b>	55mins	martial arts inspired holistic	avg. <b>200</b> kcals	mat	relaxing & calming music	improves balance & general mobility increases muscle strength in the legs
	<b>BODY BALANCE</b>	55mins	inspired by yoga, tai chi & pilates	avg. <b>390</b> kcals	yoga mat optional	soulful, calming & inspiring	improves joint flexibility & range of motion tones & shapes, enhances well being
	<b>MIND &amp; BODY</b>	45mins	low intensity aerobic & conditioning	avg. <b>400</b> kcals	hand weights & mat	a mix of old & new tunes	improves joint mobility and tones all over including heart and lungs
	<b>BODY PUMP</b>	55mins	weight based resistance training	avg. <b>560</b> kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	increases strength & endurance, tones & shapes, helps maintain bone health
	<b>ABS BUSTER</b>	30mins	conditioning	avg. <b>150</b> kcals	mat, hand weight & soft ball	upbeat & motivating	improves core stability and conditions abs
	<b>BOXERCISE</b>	30mins	cardio & conditioning	avg. <b>400</b> kcals	box gloves, mitts, steps & mat	highly motivating tunes	increases heart & lung fitness, increases upper body & core strength
	<b>SPIN</b>	30/45/55 mins	cardio group cycling	avg. <b>600</b> kcals	indoor stationary exercise bike	upbeat & motivating tunes taking you on a cycle journey	improves heart & lung fitness, increases strength & endurance
	<b>SH'BAM</b>	45mins	moderate intensity dance inspired cardio	up to <b>506</b> kcals	none	chart topping popular hits	fat burning, improve co-ordination, have fun & improve cardiovascular fitness
	<b>DANCE FUSION</b>	55mins	low impact cardio	up to <b>500</b> kcals	none	dance music of all styles, from Dirty Dancing to the latest floor fillers	improves coordination & cardiovascular fitness gives you the feel of being in a dancing group
	<b>MODERN LINE</b>	55mins	dance	avg. <b>360</b> kcals	none	lots of your favourite upbeat tunes old & modern music	a low impact class, improves cardio fitness and memory
	<b>BOOT CAMP</b>	45/60mins	high intensity circuit training	up to <b>600</b> kcals	outdoor elements	upbeat & motivating tunes	improves core strength, heart and lung fitness, balance, stability
	<b>RUN CLUB</b>	60mins	outside group cardio workout	up to <b>700</b> kcals	outsidewear	none	improves endurance improves heart & lung fitness
	<b>AQUA</b>	45/60mins	water resistance aerobics	avg. <b>400</b> kcals	woggles	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body