



FORMBY HALL
GOLF RESORT & SPA

CLASS TIMETABLE

WINTER 2019

MONDAY

AM

6:45am	Body Pump	30mins
7:30am	Body Combat	30mins
8:30am	Core Inferno	30mins
9:15am	Circuit Training	45mins
10:15am	Step & Tone	45mins
11:30am	Aqua Aerobics	45mins

PM

1:00pm	Body Pump	30mins
2:00pm	Body Combat	30mins
3:00pm	CX Worx	30mins
4:30pm	Body Balance	30mins
6:00pm	Body & Core	45mins
7:00pm	Body Pump	45mins
8:00pm	Pilates	60mins

TUESDAY

AM

7:00am	Bootcamp	30mins
8:30am	Ab Attack	30mins
9:30am	Body Combat	60mins
10:30am	PiYo Workout	60mins
11:45am	Tai Chi	60mins

PM

1:00pm	Body Combat	30mins
2:00pm	Body Balance	30mins
3:00pm	Body Pump	45mins
4:00pm	CX Worx	30mins
5:30pm	Core Inferno	30mins
6:00pm	Yoga	60mins
7:00pm	Sh'Bam	30mins
8:00pm	Body Balance	30mins

WEDNESDAY

AM

6:45am	Body Combat	30mins
7:45am	Sh'Bam	30mins
8:30am	Core Inferno	30mins
9:15am	Circuit Training	45mins
10:15am	Body Conditioning	45mins
11:30am	Aqua Aerobics	45mins

PM

1:00pm	Body Balance	30mins
2:00pm	Body Pump	30mins
3:00pm	Sh'Bam	30mins
4:00pm	Body Combat	30mins
5:00pm	CX Worx	30mins
6:15pm	HIIT	30mins
7:15pm	Tai Chi	60mins
8:30pm	Body Balance	30mins

THURSDAY

AM

6:45am	Body Pump	30mins
7:30am	Bootcamp	30mins
8:30am	PiYo Workout	30mins
9:15am	Kettle Blast	45mins
10:00am	Yoga with Jools	60mins
11:30am	Body Combat	30mins

PM

1:00pm	Body Pump	30mins
2:00pm	Sh'Bam	30mins
3:00pm	Body Pump	45mins
4:30pm	Body Balance	30mins
5:30pm	CX Worx	30mins
6:30pm	Body Combat	60mins
7:30pm	Body Conditioning	45mins
8:30pm	Body Balance	30mins

FRIDAY

AM

6:45am	Body Pump	45mins
7:45am	Body Combat	30mins
8:30am	Core Inferno	30mins
9:30am	PiYo Workout	60mins
10:30am	Body Combat	60mins
11:30am	Aqua Aerobics	45mins

PM

12:30pm	Sh'Bam	45mins
1:30pm	Body Pump	30mins
2:30pm	Body Balance	30mins
3:30pm	CX Worx	45mins
5:00pm	Body Combat	30mins
6:00pm	HIIT	30mins
7:00pm	CX Worx	30mins

SATURDAY

AM

8:15am	Body Pump	45mins
9:30am	Khai Bo	60mins
10:30am	Pump & Tone	60mins
11:30am	Yoga	60mins

PM

12:45pm	Body Pump	30mins
2:00pm	Body Combat	30mins
3:00pm	Sh'Bam	30mins
4:00pm	CX Worx	30mins
5:00pm	Body Balance	30mins
6:00pm	Sh'Bam	30mins
7:00pm	CX Worx	30mins

SUNDAY

AM

8:15am	Body Pump	30mins
9:30am	Sh'Bam	30mins
10:30am	LBT	45mins
11:30am	Yoga Fusion	60mins

PM

12:45pm	Body Balance	30mins
1:30pm	Body Pump	30mins
2:30pm	CX Worx	30mins
3:30pm	Body Combat	30mins
5:00pm	Sh'Bam	30mins
6:00pm	Body Pump	30mins
7:00pm	CX Worx	30mins

■ = LES MILLS VIRTUAL CLASSES

Please turn up 5 minutes before Les Mills Virtual Classes

Turn over for a full description of all classes.



TIMETABLE CLASSES

HIIT

A total body, aerobic and strength conditioning workout. This rigorous interval-based class combines strength conditioning with heart pumping cardio designed to tone your body and increase your endurance.

BOOTCAMP

These classes mix aerobic and body weight exercises with interval and strength training.

TAI CHI

Tai Chi is a low-impact class and aims to increase your flexibility and improve your balance.

PiYO

A unique core-strengthening workout inspired by Yoga and Pilates with upbeat music. It's a rhythmic, dynamic, and intense workout designed to build strength and flexibility.

CORE INFERNO

A short class dedicated to toning and strengthening the muscles in the abdominal area and lower back, using minimal equipment, this intense workout will help support and enhance your core area and stabilize it.

CIRCUIT TRAINING

It is a combination of exercises performed with short rest periods with a set number of repetitions or a prescribed amount of time. One circuit is when all of the chosen exercises have been completed. Multiple circuits can be performed in one training session.

STEP AND TONE

An aerobic based routine of stepping up and down on a step box. Stepping gets your heart and lungs in shape and tones your legs and glutes(bottom) stepping to funky music. Step aerobics is a great activity for people of all abilities.

AQUA AEROBICS

Get your body moving to the beat whilst giving yourself an energizing workout in the water. Our fun and friendly aqua aerobics classes give you all the benefits of cardiovascular exercise and provides low-impact resistance that's gentle on the joints.

BODY AND CORE

Body and core is a non-aerobic, muscle-toning class, usually focused on core strength. Most classes use weight bars, exercise bands, or dumbbells, or a combination of these gadgets. You perform traditional weight-training moves in a class setting.

PILATES

Pilates aims to strengthen the body with particular emphasis on core strength to improve general fitness and wellbeing. Pilates can improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension.

AB ATTACK

A strong core helps the rest of the body function at its best and can help develop a firmed middle section, improve posture and reduce back pain. Ab Attack gives you all the benefits in one concise, no-nonsense workout.

YOGA

This mixed ability class include postures (asana) which will stretch and strengthen your body. It also includes breathing exercises (pranayama) to help calm your body and focus your mind.

YOGA FUSION

A mix of traditional yoga poses incorporated with another form of fitness, such as Pilates or resistance training. This blending of techniques focuses on combining mind and body exercises with the benefits of strength, aerobics, balance and flexibility.

KHAI BO

This version of martial arts is a stylised choreography of kicks and punches to music that gives a non-stop cardio workout.

BODY COMBAT

In BODYCOMBAT you'll punch and kick your way to fitness. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round.

BODY PUMP

The original barbell class that strengthens your entire body by using light to moderate weights with lots of repetition. This workout challenges all your major muscle groups.

BODY BALANCE

This is a yoga-based class that will improve your mind, your body and your life. During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

CX WORX

A fast paced workout focusing on different areas of your core. It's ideal for tightening your tummy and glutes, while also improving functional strength and assisting in injury prevention.

SH'BAM

This is the ultimate fun and sociable way to exercise. Each class is vibrant, unique and varied, featuring 12 tracks of chart-topping popular hits and simple but seriously hot dance moves. SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged.

BODY CONDITIONING

Body Conditioning is a whole body workout that can improve your overall fitness. Focusing on strength, muscular endurance and fitness conditioning, these classes will help to develop a strong and toned physique. It involves high energy and typically involves a combination of aerobics and toning.