

# THE SPENCER HEALTH CLUB

## September 2023 Class Timetable

<u>MONDAY</u>		<u>TUESDAY</u>	
7.30am	Stretch & Flow - 30m	7.30am	HIIT - 30m
12.30pm	Wall Pilates - 30m	12.30pm	Spin - 30m
6.30pm	Strength & Conditioning - 45m	6.30pm	Pilates Fusion - 45m

<u>WEDNESDAY</u>		<u>THURSDAY</u>	
7.30am	Push & Lift- 30m	7.30am	Spin - 30m
12.30pm	Cardio & Core - 30m	12.30pm	B.L.T - 30m
6.30pm	Step - 45m	6.30pm	Cardio Attack - 45m

<u>FRIDAY</u>		<u>SATURDAY</u>	
7.30am	Pilates Fusion- 30m		
12.30pm	Push & Lift - 30m	12.30pm	Yoga - 30m
6.30pm	Upper body blitz - 45m		

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## **STRENGTH AND CONDITIONING**

Box-fit is a high-intensity exercise class that combines resistance training with aerobic exercise. You will perform both strength lifts alongside endurance and cardio based movements for an overall cross-training outcome.

## **PILATES FUSION/WALL PILATES**

This is the class that concentrates on strengthening the body with an emphasis on the core. Concentrating on balance, posture and flexibility, this class improves general fitness and overall well-being. Wall Pilates is done against the wall, concentrating even more on the core.

## **STEP**

Step is a fun way of getting your cardio workout done. It's a dance-type class where you step on and off a step (of different heights, depending on our level). Watch your footwork improve and your energy levels rise!

## **CARDIO ATTACK**

Cardio attack is a high energy, challenging cardio based workout where we combine athletic movements like squats, jumps, lunges, crawls, burpees and ski movements and we also add in combat movements such as kicks and punches and core work to improve your stamina, agility, CV fitness and bring out the beast mode in you!

## **HIIT**

High intensity interval training. It's that simple! Quick bursts of lighter weight resistance or cardio work followed by a break and you go again. This form of training improves your cardio-vascular health as well as muscular health.

## **PUSH & LIFT**

Push and Lift will sculpt, tone and strengthen your entire body! Push and Lift is one of the fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. So with your choice of weight and highly-trained instructors you can get the group effect and the results you've been looking for!

## **SPIN**

This is the ultimate indoor cycling experience which has an equal amount of sprints and uphill climbs but its all systems go with quick bursts and short recoveries. It triggers a high metabolic response and allows for your body to burn extra calories after the class and throughout the day.

## **STRETCH AND FLOW/YOGA**

Here we help stretch out those tired, tight muscles while also strengthening the body. We slow down our breathing while we move, creating a flow.

## **UPPER BODY BLITZ**

This class will enable you to build a lean, defined upper body using free weights and your own bodyweight. We achieve this by doing exercises such as shoulder presses, bicep curls, tricep extensions, chest presses, reverse flys and more!

## **B.L.T**

This class will enable you to build a lean, defined stronger lower body using free weights and your own bodyweight. We achieve this by doing exercises such as squats, lunges, RDL's, kickbacks and more!