

# THE SPENCER HEALTH CLUB

## March 2024 Class Timetable

<u>MONDAY</u>		<u>TUESDAY</u>	
7.30am	Stretch & Flow - 30m	7.30am	Dance cardio - 30m
12.30pm	Body Conditioning - 30m	12.30pm	Body Blast - 30m
6.30pm	Strength & Conditioning - 45m	6.30pm	Pilates Fusion - 45m

<u>WEDNESDAY</u>		<u>THURSDAY</u>	
7.30am	Spin - 30m	7.30am	Circuits - 30m
12.30pm	Pilates Fusion - 30m	12.30pm	Dance Cardio - 30m
6.30pm	Step - 45m	6.30pm	Cardio Attack - 45m

<u>FRIDAY</u>		<u>SATURDAY</u>	
7.30am	Pilates Fusion- 30m		
12.30pm	Arms, Shoulders & Core - 30m	12.30pm	Yoga - 30m
6.30pm	Spin - 45m		

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## STRENGTH AND CONDITIONING

Strength and conditioning 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

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 fitness/coordination 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.

## BODY BLAST

Will sculpt, tone and strengthen your entire body! Body Blast is one of the fastest ways to get in shape as it challenges all of your major muscle groups while you squat, lunge, push and pull. 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.

## Dance Cardio

Let's get fitter while having fun! This class slowly raises your heart rate without massive jumping about and best of all, there are no burpees, squats or lunges!

## CIRCUITS

Circuits is a form of body conditioning using resistance training and high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program.