

THE SPENCER HEALTH CLUB

June 2025 Class Timetable

<u>MONDAY</u>		<u>TUESDAY</u>	
7.30am	Stretch & Flow - 30m	7.30am	Strength and Cardio - 30m
12.30pm	Strength & Cond. - 30m	12.30pm	Spin - 30m
6.30pm	Strength and Core - 45m	6.30pm	Pilates Fusion - 45m

<u>WEDNESDAY</u>		<u>THURSDAY</u>	
7.30am	Spin - 30m	7.30am	Full Body Circuits - 30m
12.30pm	Push & Lift - 30m	12.30pm	Pilates Fusion - 30m
6.30pm	Step - 45m	6.30pm	Spin - 45m

<u>FRIDAY</u>		<u>SATURDAY</u>	
7.30am	Pilates Fusion - 30m		
12.30pm	Spin - 30m	12.30pm	HIIT & Abs - 45m
6.30pm	BLT - 45m		

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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 aerobics is a fun way of getting your cardio workout done. It's a dance-type, exercise to music class where you step on and off a step (of different heights, depending on our level). Watch your footwork, coordination and fitness levels improve along with your energy – all to the beat of your favourite songs!

STRENGTH & CORE

Strength & Core will sculpt, tone and strengthen your entire body, through all your different muscle groups! Strength and Core is a great way to get in shape as it challenges all of your major muscle groups while you squat, press, lift & press with a variety of different resistance equipment. So with your choice of weight and highly-trained instructors you can get the group effect and the strong 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 it's 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

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.

FULL BODY CIRCUITS

This class will enable you to build a lean, defined and stronger lower and upper body using free weights and your own bodyweight. We achieve this by doing exercises such as squats, lunges, RDLs, kickbacks for lower body and then presses, pulls, arms and shoulders for upper, done in a circuit style format to vary the exercises throughout.

STRENGTH AND CARDIO AND/OR CONDITIONING

A class that combines resistance based exercises alongside cardio and conditioning ones. Here you will get a cross-training effect for both strength and cardiovascular gains.

BLT

It's all about the Bums, Legs and Tums for this one! A strength and toning class specifically targeting the 3 areas we love to work. It will strengthen areas that are important in targeting the right posture and technique for all other exercises in strength and conditioning. A combination of weights and mat work to really hone in on these specific muscles with joint strengthening along the way!

HIIT & ABS

A high intensity, cardio/conditioning style fitness class to really get in to the fat loss and calorie burning aspects of your exercise routine with your abs/core worked at the end to strengthen an area that will then help with form and posture for other exercises used for the rest of the body.