

# Zest Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
09.15am	Combo	Spin & Trim	Stations of Fitness	Combo	Spin & Trim
10.00am		<u>Aqua Aerobics</u>			
12.45pm	Bums & Tums	Ab Attack	Bums & Tums	Abs Attack	Bums & Tums
5.30pm			<u>Children Swimming Lessons</u>		
6.00pm	Ab Attack	Bums & Tums	Ab Attack	Bums & Tums	Ab Attack
7.30pm	Spin	Pilates	<u>Aqua Aerobics</u> Spin	<u>Adult Swimming Lessons</u> Guerilla Cardio	

## Spin + Trim

Take the ultimate ride! Spin incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride . (45 min class)

## Bums & Tums

This class mainly consists on exercise for muscle tone, balance & co-ordination improvement. Toning the core ensures good posture, joints protection and helps prevent injury in strenuous situations.

## Instructors Own Combo

This class is totally up to the instructor, anything goes. A variety of combinations, may include spin, fit ball, body pump, abdominal work, could be very cardio orientated or resistance orientated. Whatever it may be your guaranteed a complete workout!! Enjoy!

## Guerrilla Cardio

Looking for a fun way to lose weight? Why not try our new Thursday night class, it's a guaranteed way of dropping the pounds in only 20 minutes a week!!!

## Abs Attack

A blitz on Abs. A 20—30 minute class to help you out with your abdominal exercises. It won't take up much of your time and you can still get your gym programme in.

