



All classes are subject to change.

Classes are free to all CBX Gym members

MONDAY	Class	Instructor
9.30 - 10.15am	*New Class* HOG Fitness	Jen
12.15 - 12.45pm	Box Fitness	Jo
5.30 - 6.00pm	*New Class* Shift	Jo
6.10 - 6.55pm	*New Class* Lift	Peter
TUESDAY		
6.00 - 6.45am	Bootcamp	Jo
9.30 - 10.15am	Kettlebell Fusion	Jo
12.15 - 12.45pm	*New Class* Lift	Jo
6.00 - 6.30pm	Cycle Fit - Wattbike Class	Bruce
6.00 - 6.45pm	Extreme HIIT and Abs	Peter
7.00 - 8.00pm	Vinyasa Warm Yoga	Becky
WEDNESDAY		
9.30 - 10.15am	*New Class* Strength and Stretch	Sarah
12.15 - 12.45pm	Ab Attack	Jen
5.30 - 6.30pm	*New Class* P90X	Jo
6.45 - 7.30pm	*New Class* STRONG by Zumba	Danielle
THURSDAY		
6.00 - 6.45am	Bootcamp	Jo
12.15 - 12.45pm	Circuits	Peter
5.30 - 6.15pm	Pilates	Su
6.00 - 6.30pm	Cycle Fit – Wattbike Class	Bruce
6.45 - 7.30pm	*New Class* Silent Disco Dance Aerobics	Jo
FRIDAY		
6.00 - 6.45am	*New Class* Boxing, HIIT and Abs	Peter
9.30 - 10.15am	*New Class* Full Body Toning	Jo
12.15 - 12.45pm	Cycle Fit - Wattbike Class	Bruce
SATURDAY		
8.15 - 9.00am	Bootcamp	Sarah
9.05 - 10.05am	Pilates	Su
SUNDAY		
6.00 - 7.00pm	Slow Yoga	Becky

Class Descriptions

HOG Fitness - The HOG is a multi-functional piece of equipment designed to improve flexibility, balance and core strength. This small group training session allows the instructor to fully focus on each individual and is perfect for those wanting to improve technique, increase movement, improve posture and reduce back pain

Strength and Stretch - Be prepared for 30 minutes of non-stop, low impact, high intensity strength work but don't worry, you will be rewarded with 15 minutes of deep stretching to relieve stiffness and muscle soreness.

Bootcamp – Indoors in the winter, outdoors in the Spring/Summer. Bootcamp is a full Body workout. You'll train your cardiovascular system, build strength, muscle and work on speed, power and agility. Do not fear the word Bootcamp – these sessions can be done at your level and all exercises can be modified.

P90X – One hour split into 4 sections: Cardio, Core, Upper Body and Lower Body. A great full-body strength and cardio conditioning workout.

Boxing HIIT and Abs - This 45-minute class is split into 3 sections. You'll spend time partnered up doing pad work, followed by some intense HIIT work and finish the session working hard on the abs.

Full Body Toning – A great, lower impact class that aims to tone the whole-body using dumbbells and resistance bands.

Vinyasa Warm Yoga – This Vinyasa Flow 'Warm Yoga' class is set at a temperature between 20-26 degrees. Becky will help you to increase your strength and flexibility. Open to all levels with options to intensify postures for those who are more advanced.

Slow Yoga - This slow yoga session is set in a heated room. You'll follow Becky through some deep stretches in this class. Increase Stamina, improve body alignment and reduce stress in our Yoga classes.

Kettlebell Fusion – Kettlebell training is a great ballistic workout with powerful moves designed to develop power and strength in your muscles. We fuse kettlebell strength work with cardiovascular training. This fusion workout is different every week, so you'll never get bored.

Wattbike Class – A 30-minute cycling experience on the same bikes the British Cycling team use! Classes include sprint, endurance and strength intervals. Attending regular sessions will increase your fitness, build power in your glutes and legs and improve your outdoor cycling performance. Book ahead for this very popular workout session.

Pilates – A low impact conditioning class which focuses on Core strength, flexibility, posture and balance. Regular attendance will see an Improvement in your flexibility, strength and balance. A great addition to anyone's workout. A mixed ability class which is suitable for beginners up to advanced.

Circuit Training – Our circuit sessions have a mix of both cardiovascular and weight stations. You'll hit all elements of fitness in our popular mixed circuit session.

Ab Attack – A 30-minute workout targeting the abdominals and core muscles. Strengthen your lower back, abdominals and obliques in this no-impact, mat based workout. Suitable for all fitness levels.

Box Fitness – No need to have taken part in a Boxing session before. Come along and you'll be partnered up with someone of equal ability for this fun, stress busting, heart pumping full body workout using pads and gloves. All equipment provided.

Extreme HIIT and Abs – Improve your cardio and strengthen your abdominals in this fast-paced class. Don't forget your water!

Silent Disco Dance Aerobics - Pop on some of our LED, flashing headphones, follow the instructor and have fun in this dance aerobics class! Sing your heart out – no one else in the class can hear you!!

Shift - Use your bodyweight as the tool to develop speed, balance and agility. You'll build athletic fitness as you sweat through simple progressions that work for all fitness levels.

Lift – You'll be using dumbbells to sculpt lean muscles and turn you into a fat burning machine long after the workout is over. Smart, safe and progressive movements ensure no fitness level is left behind.

STRONG by Zumba – A strength and cardio workout, set to great music which will inspire you to push through to the very last rep. The moves are synced to the beat of the music to help you get the best workout possible!

