

WWW - Small Group Training Timetable

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am	Aerobics	MetCon	MetCon	Workout Warriors	Fab Four	HIIT Intervals on the hour from 7am-11am
8.30am				Body Sculpture Flat and Firm		
9.10am	Aerobics		MetCon		Fab Four	
9.30am		ABT				
10.30am				Strong & Lean Intervals		
1.00pm		MetCon				
2.00pm			Over 60's Fitness		Over 60's Fitness	
2.30pm		Strong Core Burn More!				
4.00pm	MetCon					
4.30pm		'Titia's BurnOut Bootcamp				
6.30pm			Firm Curves	Firm Curves	Firm Curves	

All classes run for approx. 20-25 minutes

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Class Descriptions:

Aerobics:

Appropriate for all fitness levels, choreographed to music to get your heart rate up. Cardiovascular training along with whole body toning.

MetCon:

Circuit style class combining bodyweight and resistance movements to increase agility, power, strength and fat burn. Learn new moves under the close supervision of our trainer, modifications given for regression or progression to suit your level.

ABT:

Define and sculpt abdominals, butt and thighs! This class targets these areas to strengthen and tone as well as improving core stability.

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Strong Core, Burn More:

A strong core will improve musculoskeletal function and improve your posture. We will do a variety of exercises concentrating on abdominals, obliques and lower back muscles. These exercises target the muscles you really need to engage for a sculpted middle: the deep transverse abdominis muscle, which acts like a corset around your midsection; the obliques which give you hourglass definition; and the stabilising multifidus muscle in your lower back. Leave feeling like you just rocked your core to sleekness!

'Titia's Burnout Bootcamp:

Titia's Burnout Boot Camp offers a variety of workouts that will keep you in tip top shape! This ladies-only session ensures you are doing 'female friendly' exercises, and is designed to challenge you ...! Becoming part of 'Titia's Burnout Bootcamp tribe will give you the chance to see amazing results including fat loss, tone and strength, increased fitness as well as improving your posture and confidence... and most importantly – making friends and having a good old laugh while you're doing it! It's always a fun challenge and never boring.

Head 2 Toe Workout:

Get ready to work your entire body (Head 2 Toe) in 30 minutes! A Head 2 Toe routine is a great way to stay fit, healthy, and energetic. Rather than focus on the same muscle group every time you hit the gym, it's important to exercise your entire body. Planning a full body workout can help you tone and tighten your body -- from head to toes. Full body workouts are perfect for women who are looking to build strength and burn fat. Get a lean, sculpted physique with this fat-burning fitness plan that mixes different strength-training workouts with cardio exercise and pain-relieving stretches to tone your whole body in just 30 minutes.

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Over 60's Fitness:

The over 60's fitness is designed to make you healthier and happier. It combines the benefits and use of the circuit with the added benefits of light aerobic exercise and occasionally free weights. For ladies over the age of 60 aerobic routines should be safe yet strenuous enough to boost the heart rate into an aerobic zone. It is a very informal class.

Firm Curves:

Getting fit has never been this easy or this much fun. Firm Curves utilises simple body weight exercises which makes it a great choice for achieving gains in strength, flexibility and overall health. Since there is no or little equipment involved bodyweight workouts make it easy to transition from one move to the next with little rest. Firm Curves is suitable for any fitness level.

Workout Warriors:

This class has a focus on intensity. Women tend to have a higher pain tolerance when it comes to training, can recover faster between sets, and are able to sustain a higher volume of work. You'll get stronger, faster, more powerful, and more resilient if you join the Warriors. This will result in more muscle in the right places, and a stronger body. Strengthen both cardiovascular and muscular systems with the use of free weights, steps, gym toys and floor exercises. Increase your heart and lung capacity through a Warriors workout and be assured you will be pushed to higher levels.

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Body Sculpture: Flat & Firm:

It's time to get specific and target a couple of body parts that rarely see the sun: the booty, arms and muffin tops. Have you ever wanted to sculpt, tone or firm that booty, arms and abs of yours? Well I sure have! Tone and shape your body; Raise your overall fitness and stamina. Improve your coordination and agility; Develop strength through core conditioning work; Enhance your bone health and density with leg and glute workouts. This "Flat and Firm" workout only takes about 30 minutes, from warmup to cooldown, so it should be a breeze to fit into your day. Free weights and body weight provide a multitude of ways to strengthen and tone your arms abs and booty, actually the entire body.

Strong & Lean Intervals:

Interval training is a type of training that involves a series of low and high intensity intervals. If you usually do the same thing all the time, the same pace and the same level of intensity, "Strong and Lean intervals" can add a breath of fresh air to your gym experience. Every class is different to keep your body guessing and your workout fun! We will spice it up with all the equipment in the gym or just our own body weight.

Fab Four:

4 exercises, 10 reps and 10 minutes to go as hard as you can. A great way to assess whether you are improving your strength and cardio as you record your sets and compare your own results each week. You can do one, two or three sessions. Each grouping lasts for 6-8 weeks then it is time to change it up.

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HIIT Interval Training On the Hour:

Come in on a Saturday and be motivated by our trainer as we put you through your paces with some high intensity interval training. These sessions are a great way to get the job done and go and enjoy the weekend!

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