

Weekly Fitness Programme



| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|----------------------------------|--------------------------------------|----------------------------------|--------------------------------------|--------------------------------------|-----------------------------------|----------------------------------|
| 7.00 | | | Morning Walk (with Hannah) | | Morning Walk (with Ben) | | |
| 7.15 | | | | Morning Run (with Ben) | | | |
| 7.30 | Morning Walk (with Hannah) | Morning Run (with Ben) | | | | Morning Run (with Ben) | |
| 7.45 | | | | | | | Yoga (with Sara) |
| 8.00 | | | | Morning Stretch (with Hannah) | HIIT (with Hannah) | | |
| 8.30 | Morning Stretch (with Hannah) | Yoga (with Sara) | Yoga (with Sara) | Circuits (with Hannah) | Yoga (with Sara) | Yoga (with Sara) | |
| 10.00 | | Legs, Bums and Tums (with Hannah) | Partner Workout (with Ben) | Abs Blast (with Ben) | Legs, Bums and Tums (with Hannah) | Abs Blast (with Ben) | HIIT (with Hannah) |
| 10.30 | HIIT (with Hannah) | | | | | | |
| 11.45 | | Boot Camp (with Sara) | Dance (with Sara) | | Core (with Sara) | Boot Camp (with Sara) | Aqua Aerobics (with Sara) |
| 15.30 | Partner Workout (with Hannah) | Aqua Aerobics (with Ben) | | | | Aqua Aerobics (with Hannah) | |
| 16.00 | | | Whole Body Session (with Ben) | | Partner Workout (with Ben) | Water Polo (with Hannah) | |
| 16.30 | Evening Stretch (with Hannah) | Core (with Sara) | | Water Polo (with Ben) | | Whole Body Session (with Sara) | HIIT (with Sara) |
| 16.45 | | | Yin Yoga (with Sara) | | Yin Yoga (with Sara) | | |
| 17.30 | | Evening Stretch (with Ben) | | Legs, Bums and Tums (with Hannah) | | Evening Stretch (with Ben) | Evening Stretch (with Hannah) |
| 18.00 | | Adult Football (with Ben) | Adult Football (with Ben) | | Triathlon (sign up required) | | |
| 19.00 | | | Cardio Tennis | | Cardio Tennis | Sport Presentations | |

Class Descriptions



| Fitness Class | Where to Go | What it is |
|--------------------------------|-------------------|--|
| Abs Blast | Aerobics Centre | An intense conditioning workout focused on developing your core muscles (30 mins) |
| Aqua Aerobics | Adult Pool | A fun pool based class for all to enjoy that improves cardiovascular and joint health, as well as upper and lower body strength (30mins) |
| Bootcamp | Aerobics Centre | A military style bootcamp that combines a variety of resistance and cardio based exercise, working out together as a group (30-45 mins) |
| Cardio Tennis | Tennis Centre | A session to get your heart racing and feet pounding which is aimed at improving your fitness and movement on court (60 mins) |
| Circuits | Aerobics Centre | Full body conditioning using high intensity aerobics to target strength building and muscular endurance (45 mins) |
| Core | Aerobics Centre | A class to improve your core strength and stability (30 mins) |
| Dance | Aerobics Centre | Easy and fun choreographies that everyone can join, letting the body move with the music (30 mins) |
| Morning Walk | Meet at Reception | A gentle start to the day to stretch your legs and see the local area (60 mins) |
| Whole Body Session | Aerobics Centre | A class where you work with the bigger muscle groups to gain strength, mobility, coordination and balance (30-45 mins) |
| HIIT | Aerobics Centre | High Intensity Interval Training: short bursts of high intensity exercise working both the cardiovascular and muscular system (30-45 mins) |
| Legs, Bums and Tums | Aerobics Centre | Focusing on the target areas using a range of lower body strengthening exercises together with core conditioning (30-45 mins) |
| Partner Workout | Aerobics Centre | Partner based exercise routine. Come along with a partner or alone and we'll get paired up! (45 mins) |
| Morning/Evening Stretch | Aerobics Centre | A full body stretch to relieve muscle tension and relax your body and mind (approx. 30 mins) |
| Morning Run | Meet at Reception | An activity for all, with the chance to run various distances over the course of the week (approx. 30-45 mins) |
| Yin Yoga | Aerobics Centre | A form of yoga where we stay in each position for three minutes so the tissue surrounding the muscles gets stretched out (30 mins) |
| Yoga | Aerobics Centre | A spiritual and ascetic discipline, including breath control and simple meditation, practiced for health and relaxation (45 mins) |
| Water Polo | Adult Pool | A fun water based game with a competitive element (30 mins) |
| Adult Football | Football Pitch | A fun session of 5-A-Side football |

Please sign-up for the Levante TRIATHLON at reception and meet at the Waterfront at 5.45pm on Thursday. There is a maximum of 15 participants.

Please make sure that you are wearing appropriate footwear for all fitness activities.

In the event of adverse weather all fitness classes will relocate to the indoor gym.

Week Commencing: 20.05.2018