

Studio Timetable April - July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LBT 08:55-09:40 Zoe ●	Body Pump 09:30-10:30 LES MILLS Martine ●	Aqua Aerobics 09:00-09:45 Debra ●	Studio Cycling 06:30-07:15 Zoe ●	Aqua Zumba 09:00-09:45 Debra ●	Metafit 08:15-08:45 Will ●	Body Balance 08:15-09:15 LES MILLS Tracy ●
Body Attack 09:45-10:30 LES MILLS Natasha ●	Crunch! 10:35-11:05 Martine ●	HIIT Strong 09:15-09:45 Stacey ●	Studio Cycling 09:15-10:00 Zoe ●	Sculpt and tone 09:00-09:45 Tracey G ●	Body Combat 09:00-10:00 LES MILLS Lisa ●	Studio Cycling 09:00-09:45 Lisa ●
Pilates 10:40-11:40 Lynn ●	Aqua Zumba 10:00-10:45 Gemma ●	Zumba 10:00-11:00 Gemma ●	Iyengar Yoga 09:00-09:45 Gerry ●	Body Combat 09:45-10:45 LES MILLS Kim ●	Studio Cycling 10:00-10:45 Tom ●	Functional Training* 09:15-10:00 Mark ●
Studio Cycling 10:45-11:30 Melissa ●	Beginners Studio Cycling 10:30-11:15 Lynn ●	Move to the Groove 11:00-11:45 Anna-Marie ●	Body Pump 09:50-10:35 Martine ●	Iyengar yoga 10:45-11:45 Gerry ●	Body Pump 10:05-11:05 LES MILLS Tracy ●	Body Combat 10:00-11:00 LES MILLS Lisa ●
Easy Fit 11:45-12:15 Lynn ●	Pilates 11:20-12:20 Lynn ●	Hatha Yoga 11:45-12:30 Julia ●	Aqua Fit 09:50-10:35 Gemma ●	Pump FX 17:30-18:15 Tracey G ●	Pilates 11:10-12:10 Lynn ●	
Fitness Crew (juniors) 16:00-16:45 Fitness team ●	Clubbercise 12:30-13:15 Melissa ●	Fitness Crew (juniors) 16:00-16:45 Fitness team ●	Pilates 10:40-11:30 Lynn ●	Pilates 18:15-19:00 Lynn ●		
Body Pump 17:30-18:30 LES MILLS Tracy ●	Body Attack 17:45-18:30 LES MILLS Katie ●	Body Combat 18:00-19:00 LES MILLS Lisa M ●	Easy Fit 11:30-12:00 Lynn ●			
Body Combat 18:35-19:35 LES MILLS Lisa C ●	Body Conditioning 18:35-19:25 Lisa ●	Strength & Conditioning 18:15-18:55 Tom ●	Body Attack 17:30-18:30 LES MILLS Laura ●			
Studio Cycling 17:55-18:40 Lisa M ●	Studio Cycling 18:15-19:00 Zoe ●	Express Studio Cycling 18:00-18:30 Came ●	Studio Cycling 18:00-18:45 Zoe ●			
Studio Cycling 18:45-19:30 Lisa M ●	Aqua Aerobics 19:05-19:50 Zoe ●	Clubbercise 19:00-19:45 Jess ●	Hatha Yoga 18:35-19:30 Atim ●			
Metafit 19.35-20:05 Will ●	Body Pump 19:30-20:15 LES MILLS Tracy ●		Aqua Aerobics 19:00-19:45 Zoe ●			
	Body Balance 20:15-21:00 LES MILLS Tracy ●		HIIT Strong 19:35-20:05 Lisa ●			

balanceTM
HEALTH CLUBS

- Cardio
- Strength
- Flexibility
- Low impact
- Pool based
- HIIT

Also be sure to check the small group training sessions held daily in the gym

* functional training is on gym floor.

Studio Timetable

CLASS DESCRIPTION

MOVE TO THE GROOVE

Mashing together your 'old skool' moves with bang up to date music, this class will get you feeling the fun vibe and forgetting you are exercising! Any level of fitness and no coordination required this multi-level class is suitable for all ages and abilities.

EASY FIT

A low/no impact class for those with reduced mobility/new to exercise/new to classes. Old-style aerobics class with core work.

AQUA AEROBIC / AQUA FIT

The perfect class for those who have to avoid impact exercise, a total body workout using the natural resistance to water to increase body strength & stamina. All welcome.

BODY COMBAT

This fiercely energetic programme inspired by martial arts. Strike, punch, kick and knee your way through calories to superior cardio fitness.

BODY CONDITIONING

Total body workout with minimal impact. Using various weights combined with cardiovascular activity. This is the ultimate fat burning/muscle tone class to increase strength and stamina.

FUNCTIONAL TRAINING

Functional Training is a 45 minute intense workout session on the gym floor. You will be using new equipment such as kettlebells and TRX cables. Great for experienced gym users.

BODY ATTACK

Body Attack is the sports-inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

PILATES

Pilates concentrates on slow, measured repetitive movements with the intention of strengthening lesser used muscles. It uses mainly floor-based exercises and improves posture, injury prevention and improves core strength.

METAFIT

Metafit is the original 30 minute metabolic workout that just keeps working with great music for a very effective workout! Metafit combines traditional body weight exercises with the latest interval and Tabata techniques to set the metabolism on fire!

STUDIO CYCLING

A 45 minute ride to aerobic fitness on one of our studio bikes, with great instructors and great music. Increase your fitness super-fast! We've got a beginner class for those new to the activity, and a 30 minute Express class for those who want the intensity but don't have the time. No co-ordination required.

STRENGTH AND CONDITIONING

A unique circuit based 45 minute class, using some unique pieces of equipment you won't have seen before (prowlers, ropes, tyres.) This class is aimed specifically at strength gains and total body conditioning. One of a kind, and ran by one of our personal trainers.

SCULPT & TONE

A low impact aerobic class using weights to help you get the shape you want. Also good for bone strengthening this class is a must for those who want to shape up in a welcoming and fun way.

ZUMBA

A fusion of Latin Dance and easy to follow moves, Zumba involves aerobic fitness and interval training.

With a combination of fast and slow rhythms that will tone and sculpt the body.

AQUA ZUMBA

Your fun and effective Zumba class but in water! Perfect for those who love Zumba but in need of a less impact class. Loads of fun, all welcome.

BODY BALANCE

Body Balance is the Yoga, Tai Chi, Pilates class that build flexibility and strength and leaves you feeling centered and calm. Like all the LES MILLS classes a new release is brought out every three months which will entail new moves and new music.

BODY PUMP

This class provides an effective, whole-body workout that builds muscle and burns fat through strength and movement training. Body Pump is the original LES MILLS barbell class, it will sculpt, tone and strengthen your entire body!

IYENGAR YOGA

Yoga is the combination of breathing, meditation and stretching.

The aim is to balance mental and physical state and improve general well-being. All welcome.

FITNESS CREW

A 45 minute class where our younger members can come and enjoy exercise with our gym instructors.

E.g. Badminton, Squash, Football. 7-14-year-olds welcome.

CRUNCH!

Crunch! Is another great introduction to the studio classes, like Easy Fit, but with a focus on abs. Suitable for all ages and abilities and just 30 minutes.

HIIT - STRENGTH OR CARDIO

For those with a moderate to good level of fitness, HIIT training takes your fitness to a new level where results are self-evident. Maximise your calorie burn with short bursts of high intensity interval training to get you to your goals, fast! Sweat and sweat fast!

CLUBBERCISE

Workout to the best music in town! Simple, fun dance fitness routines using glow sticks to club anthems from 90's classics to the latest chart hits taught in a darkened room with disco lights.

HATHA YOGA

A relatively gentle class, slow and great for beginners or students who prefer a more relaxed style where they hold poses longer. Includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body.

THINGS TO KNOW:

Non-members can attend classes for a £5 per class fee, payable at the time of booking. Booking available online, via telephone and in person from 7am Monday - Friday, and 8am on weekends.

Cancellations must be made in person or via telephone a minimum of three hours prior to the start of the class. Failing to cancel in time will result in your account receiving a strike.



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