

# Ipswich Studio

SPORTS CLUB

BOOK IT... DO IT... BENEFIT!

## MONDAY

7.00 - 7.45 SPIN

9.35 - 10.35 BODYPUMP®

10.45 - 11.45 BODYBALANCE®

13.30 - 14.30 YIN & YANG YOGA

17.15 - 17.45 CIRCUITS

17.50 - 18.50 BODYPUMP®

18.55 - 19.55 BODYCOMBAT®

20.05 - 20.50 SPIN

## TUESDAY

7.00 - 7.45 BODY EXTREME

9.35 - 10.20 CORE CYCLE

10.25 - 11.10 ZUMBA®

11.15 - 12.00 PILATES

17.20 - 17.50 CARDIO CORE

17.55 - 18.40 ZUMBA®

18.45 - 19.45 BODYPUMP®

19.50 - 20.50 BODYBALANCE®

## WEDNESDAY

7.00 - 7.45 BODYPUMP® EXPRESS

9.35 - 10.20 CARDIO TONE

10.25 - 11.10 FITBALL

13.30 - 14.15 PILATES

17.15 - 17.45 INSANITY®

17.50 - 18.50 BODYPUMP®

18.55 - 19.55 BODYCOMBAT®

20.00 - 20.45 FIT2DANCE

## THURSDAY

7.00 - 7.45 BODY EXTREME

9.35 - 10.35 BODYPUMP®

10.40 - 11.25 BODYCOMBAT® EXPRESS

13.30 - 14.15 DANCERCISE

17.30 - 18.15 STOTT PILATES

18.20 - 19.05 HIIT

19.15 - 20.00 SPIN

20.10 - 21.10 BODYBALANCE®

## FRIDAY

7.00 - 7.45 SPIN

9.35 - 10.35 HATHA YOGA

10.40 - 11.25 FIT2DANCE

11.30 - 12.00 CORE CIRCUITS

17.45 - 18.15 COREWORKS

18.25 - 19.25 BODYPUMP®

19.30 - 20.30 BODYBALANCE®

## SATURDAY

9.00 - 10.00 BODYPUMP®

10.05 - 10.35 COREWORKS

10.40 - 11.40 BODYCOMBAT®

## SUNDAY

9.00 - 10.00 BODYPUMP®

10.15 - 11.00 SPIN

11.15 - 12.00 PILATES

November 2017

OPEN  
TO NON-  
MEMBERS

All classes are FREE for Members\* (subject to Membership Category)

Book Online [www.ipswichsportsclub.co.uk](http://www.ipswichsportsclub.co.uk) - or call Club Reception on 01473 251143

NON-MEMBERS\*:

Peak 60 minute classes	£7.00	Off-Peak 60 minute classes	£5.00
Peak 45 minute classes	£5.50	Off-Peak 45 minute classes	£5.00
Peak 30 minute classes	£3.50	Off-Peak 30 minute classes	£2.50

Call Club Reception to book on 01473 251143

*WARNING: Flashing lights may be used during Spin and some dance style classes*





**BODYBALANCE®**

Drawing from the disciplines of Yoga, Tai Chi and Pilates, this holistic workout is designed to improve flexibility and core strength. A carefully structured series of stretches, moves and poses to music bring the body into a state of harmony and balance. A great stress buster!

**BODYCOMBAT®**

A vigorous cardio workout inspired by martial arts. Choreography draws moves from Karate, Boxing, Tai Chi, Taekwondo and Muay Thai. The aim is to take you to an anaerobic level with some strength and flexibility benefits thrown in for good measure.

**BODY EXTREME**

An intense but varied workout using just your own body weight, alongside cardio exercise to improve aerobic fitness, burn fat and shape your body.

**BODYPUMP®**

A weighted workout that strengthens the entire body. Challenge all major muscle groups in an organised routine to music with exercises like squats, presses, lifts and curls. Resistance training promotes a healthy skeletal system and is proven to be the most effective path to fat reduction.

**CARDIO CORE**

Cardio Core is a 30 minute workout designed using specific intelligent exercises targeting core, abs, back and legs whilst raising your heart rate into the fat burning zone. This dynamic and motivating class offers options for all exercises with around 300 calories burned per class!

**CARDIO TONE**

A combination of mid tempo steady aerobics with or without hand weights for upper and lower body toning, conditioning and fat burning followed by specific toning and conditioning exercises which vary from week to week to ensure variety and multiple benefits.

**CIRCUITS**

A varied and adaptable workout with a wide variety of different exercises for cardio, strength, balance and toning benefits using a range of fitness and conditioning equipment and methods. Easily adapted to individual levels of fitness and conditioning and intensity desired. An all round, full body workout.

**CORE CIRCUITS**

An intense 30 minute workout using a combination of cardio and core exercises to create a fun and challenging circuit that will change weekly to improve both your cardiovascular fitness and your core strength.

**CORE CYCLE**

This is not your regular Spin class but a full body workout on a Spin bike. Expect to perform upper body moves such as tricep and chest presses on your bike whilst listening to uplifting beats. Bicep curls and shoulder presses send your metabolism into overdrive whilst working the legs simultaneously. Follow this all up with some core moves before your reward of a good stretch. Expect to burn maximum calories and tone your body and core whilst working at your own level.

**COREWORKS**

Your core is everything from your shoulders to your hips including muscles in the front, back and sides of your body. These muscles work as stabilizers for the whole body and it is important to keep them strong. CoreWorks will specifically develop and strengthen these stabilizer muscles with precise moves using body weight and resistance equipment. Suitable for all levels of fitness.

**DANCERCISE**

Take to the floor and have fun whilst getting an effective workout learning and dancing popular moves from all your favourite ballroom styles. This class will include a variety of easy-to-follow moves to good music which will provide you with a great workout focusing on core muscle strength and toning. No partner or dance experience required.

**FITBALL**

A fun way to keep in shape! With the use of a swiss ball you work on core strength, total body tone and balance!

**FIT2DANCE**

In this energetic class you will dance yourself fit to great soundtracks. This workout is both fun and addictive and will help you burn off those calories! It includes a whole selection of dance type moves which will change each week. No partner required and absolutely no dance experience required!

**HATHA YOGA**

Yoga means union, referring to the connection of body, spirit and mind improving strength and flexibility and toning of the body. Yoga also benefits the functioning of the respiratory, circulatory, digestive and hormonal system leading to a sense of peace and well being.

**HIIT**

In this high intensity interval training class you will give 100% effort through quick and intense bursts of exercise followed by short recovery periods. Carefully designed blocks of exercises, both freestyle and equipment based will ensure you keep your heart rate up and burn more fat in less time. A fun and varied workout, with low impact options always given.

**INSANITY®**

This is an explosive, cardio based total body conditioning class focused on MAX interval training which combines longer periods of high intensity activity with shorter periods of rest. Exercisers will therefore experience faster increases in cardiovascular fitness and burn fat more effectively. The class is intense but fun and modifications can be provided.

**PILATES**

A full body workout. An exercise repertoire that challenges strength and flexibility to achieve stronger, leaner muscles and a more dynamic core. Through its direct emphasis on intelligent exercise, optimum results are achieved.

**SPIN**

An indoor cycle exercise class with great music with a powerful beat; a workout for the heart, lungs and legs.

**YIN & YANG YOGA**

Uplifting and energizing yang practices to strengthen and lengthen combined with relaxing and restorative yin poses to release and rejuvenate. Breathing practices or pranayama will be used to stimulate and calm the nervous system. Guided meditation savasana to end. All levels welcome with variations given for everyone. Come breathe, stretch and smile!

**ZUMBA®**

An energetic dance workout to great music! Zumba enables you to have a fun workout whilst burning calories! The class includes a variety of routines with a mixture of movements to help focus on all over body toning.