

3RD SEP - 23RD DEC 2018



FITNESS CLASS TIMETABLE

DAY	TIME	FITNESS CLASS	LOCATION	COST
MONDAY	7:00 AM - 7:30 AM	TOTAL BODY CONDITIONING	GYM	£4.80
	11:00 AM - 11:45 AM	SUPER 60s	STUDIO	£3.30
	5:15 PM - 6:00 PM	STRONG BY ZUMBA NEW	STUDIO	£4.80
	6:00 PM - 6:45 PM	POWERBAR	STUDIO	£4.80
	6:15 PM - 7:00 PM	TORQUE	SPIN STUDIO	£4.80
TUESDAY	8:30 AM - 9:15 AM	OVER 60s AQUAFIT*	POOL	£3.30
	9:30 AM - 10:00 AM	LEGS, BUMS & TUMS HIIT	STUDIO	£4.80
	5:15 PM - 5:45 PM	HIIT NEW	STUDIO	£4.80
	5:50 PM - 6:35 PM	ZUMBA	STUDIO	£4.80
	6:00 PM - 6:30 PM	TORQUE EXPRESS NEW	SPIN	£4.80
	7:00 PM - 7:45 PM	AQUAFIT*	POOL	£4.80
WEDNESDAY	7:00 AM - 7:30 AM	TORQUE EXPRESS	SPIN STUDIO	£4.80
	9:30 AM - 10:15 AM	HOOPFIT	STUDIO	£4.80
	11:00 AM - 11:45 AM	SUPER 60s CIRCUIT	STUDIO	£3.30
	5:15 PM - 6:00 PM	HATTON BOXING NEW	STUDIO	£4.80
	6:00 PM - 6:45 PM	AQUAFIT ** NEW	POOL	£4.80
	6:00 PM - 6:30 PM	KETTLEBELLS	STUDIO	£4.80
	6:30 PM - 7:15 PM	FLEX N FITNESS	STUDIO	£4.80
THURSDAY	8:30 AM - 9:15 AM	OVER 60s AQUAFIT*	POOL	£3.30
	9:15 AM - 10:15 AM	BEGINNERS YOGA	STUDIO	£4.80
	5:15 PM - 5:45 PM	FBX NEW	STUDIO	£4.80
	5:30 PM - 6:15 PM	TORQUE	SPIN STUDIO	£4.80
	5:45 PM - 6:30 PM	POWERBAR	STUDIO	£4.80
	6:30 PM - 7:00 PM	CORE EXPRESS	STUDIO	£4.80
FRIDAY	7:00 AM - 7:30 AM	TORQUE EXPRESS	SPIN STUDIO	£4.80
	11:00 AM - 11:45 AM	LEGS, BUMS & TUMS	STUDIO	£4.80
	5:15 PM - 6:00 PM	YOUR CLASS NEW	STUDIO	£4.80
	5:30 PM - 6:30 PM	YOGA	CRÊCHE	£4.80
SATURDAY	10:00 AM - 10:30 AM	HIIT	STUDIO	£4.80
SUNDAY	9:45 AM - 10:45 AM	TORQUE ENDURANCE	SPIN STUDIO	£4.80

**AQUAFIT: Please note - not on 3rd Wednesday of each month due to pool closure.

Timetable subject to change




















BOOKING INFORMATION Please contact reception on **01586 551212** to book a class or to enquire about membership. All classes must be booked and paid for in advance of attending the class. *Due to safety there is a maximum number of 30 allowed in the pool. No admittance will be given if the maximum has been achieved.

FITNESS SUITE HOURS: SEE OUR **WEBSITE** FOR SUMMER OPENING HOURS



Scottish Incorporated Charitable Organisation No. SC047545

01586 551 212
Aqualibrium Leisure Centre
visit liveArgyll.co.uk

CLASS	DESCRIPTION	DURATION	LEVEL	CALORIES ⁺
 TORQUE HIIT CYCLING	Providing an intense cardio workout while still catering to participants of all fitness levels.	45 MINS	HIGH	450 AVERAGE
 TORQUE EXPRESS HIIT CYCLING	An intense cardio workout while still catering to participants of all fitness levels.	30 MINS	HIGH	350 AVERAGE
 TORQUE ENDURANCE HIIT CYCLING	An intense cardio workout which still caters to participants of all fitness levels with the use of the resistance lever.	60 MINS	ANY	550 AVERAGE
 HIIT HIGH INTENSITY REDEFINE YOUR	Amazing high intensity cardiovascular & strength training workout.	30 MINS	HIGH	350 AVERAGE
 FAT BURN EXTREME	30 minute, maximal intensity workout with no dictated rest periods.	30 MINS	HIGH	350 AVERAGE
 aquaFit	Combines the natural resistance of water with many different exercises.	45 MINS	ANY	300 AVERAGE
 ZUMBA fitness	An exhilarating, effective, easy-to-follow latin inspired calorie burning dance class.	45 MINS	LOW	400 AVERAGE
 yoga	Stretch and tone the body, relax the mind. A challenging class for everyone leaving you feeling fresh and rejuvenated.	60 MINS	ANY	315 AVERAGE
 CORE EXPRESS	Strengthen the muscles in your pelvis, lower back, hips and abdomen to improve balance and stability.	30 MINS	ANY	315 AVERAGE
 super60s	Low impact exercise to music class with a great social aspect.	45 MINS	LOW	315 AVERAGE
 POWER BAR	Fat burning barbell workout, improving muscle definition, strength and endurance.	60 MINS	HIGH	550 AVERAGE
 HOOP FIT	Give your workout a twist! Overall toning focusing on slimming the waistline.	30 MINS	MODERATE	400 AVERAGE
 HATTON ARB	Hatton boxing is for anyone 16+ and of any fitness level. Get fighting fit.	60 MINS	HIGH	500 AVERAGE
 KETTLE BELLS	Amazing cardiovascular and strength training workout.	60 MINS	MODERATE	550 AVERAGE
 FLEX N FITNESS	This class focuses on stretching the muscles to help alleviate the joints making the body more in balance.	45 MINS	LOW	350 AVERAGE
 TOTAL BODY CONDITIONING	Gym based circuit class using a combination of machines, free weights, bodyweight exercises and Power Plate. For a total body conditioning workout.	45 MINS	HIGH	400 AVERAGE
 LEGS BUMS & TUMS	Quickly tighten and tone the legs, bum and stomach with this high intensity class.	30 MINS	HIGH	350 AVERAGE
 STRONG BY ZUMBA	Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music designed to match every move.	45 MINS	HIGH	390 AVERAGE
 YOUR CLASS	Your chance to vote on the class of your choice - available from the LiveArgyll team	45 MINS	VARIED	VARIED

⁺ The calorific burn rate of each class above is based on average results. Individual results may vary. * Dependent on class choice