

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 | CRËCHE | £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 OPENING HOURS

| 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 | Amazing high intensity cardiovascular & strength training workout. | 30 MINS | HIGH | 350 AVERAGE |
|  FATBURN EXTREME | 30 minute, maximal intensity workout with no dictated rest periods. | 30 MINS | HIGH | 350 AVERAGE |
|  aquaFit over20 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 Boxing | 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 BEARS & TUSKS | Quickly tighten and tone the legs, bum and stomach with this high intensity class. | 30 MINS | HIGH | 350 AVERAGE |
|  STRONG WOMEN | 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