

1ST JAN - 31ST MAR 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 60'S	STUDIO	£3.30
	5:15 PM - 5:45 PM	FBX	STUDIO	£4.80
	5:45 PM - 6:15 PM	KETTLEBELL HIIT	STUDIO	£4.80
	6:15 PM - 7:00 PM	TORQUE	VICTORIA HALL	£4.80
	6:15 PM - 7:15 PM	POWER BAR	STUDIO	£4.80
TUESDAY	8:30 AM - 9:15 AM	OVER 60'S AQUAFIT*	POOL	£3.30
	1:00 PM - 1:30 PM	FBX	STUDIO	£4.80
	5:15 PM - 5:45 PM	HIIT	STUDIO	£4.80
	5:45 PM - 6:30 PM	FUNCTIONAL FIT	CRÈCHE	£4.80
	5:50 PM - 6:35 PM	ZUMBA	STUDIO	£4.80
	6:30 PM - 7:15 PM	TORQUE HR TRAINING	VICTORIA HALL	£4.80
	7:00 PM - 7:45 PM	AQUAFIT*	POOL	£4.80
WEDNESDAY	7:00 AM - 7:30 AM	TORQUE EXPRESS	VICTORIA HALL	£4.80
	11:00 AM - 11:45 AM	SUPER 60'S CIRCUIT	STUDIO	£3.30
	5:15 PM - 5:45 PM	FBX	STUDIO	£4.80
	5:45 PM - 6:30 PM	COMBAT	STUDIO	£4.80
	6:30 PM - 7:00 PM	KETTLEBELL EXPRESS	STUDIO	£4.80
	7:00 PM - 7:30 PM	FLEX N FITNESS	STUDIO	£4.80
	7:00 PM - 7:45 PM	MASTERS SWIMMING*	POOL	£4.80
THURSDAY	8:30 AM - 9:15 AM	OVER 60'S AQUAFIT*	POOL	£3.30
	10:00AM - 10:45AM	BEGINNERS YOGA	STUDIO	£4.80
	5:15 PM - 5:45 PM	FBX	STUDIO	£4.80
	5:45 PM - 6:30 PM	POWER BAR	STUDIO	£4.80
	6:00 PM - 6:30 PM	TORQUE EXPRESS	VICTORIA HALL	£4.80
	6:30 PM - 7:00 PM	CORE EXPRESS	STUDIO	£4.80
FRIDAY	07:00AM - 7:30AM	TORQUE EXPRESS	VICTORIA HALL	£4.80
	11:00 AM - 11:45 AM	SUPER 60S CIRCUIT	STUDIO	£3.30
	5:30PM - 6:30PM	YOGA	CRÈCHE	£4.80
	5:30 PM - 6:15 PM	YOUR CLASS	STUDIO	£4.80
SATURDAY	11:00 AM - 11:30 AM	HIIT	STUDIO	£4.80
SUNDAY	9:45 AM - 10:45 AM	TORQUE ENDURANCE	VICTORIA HALL	£4.80

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: MON, WED & FRI 7:00AM - 8:45PM TUE AND THU 8AM - 8:45PM SAT 10AM - 4:45PM SUN 10AM - 2:45PM

CLASS	DESCRIPTION	DURATION	LEVEL	CALORIES [†]
	Providing an intense cardio workout while still catering to participants of all fitness levels.	45 MINS	HIGH	450 AVERAGE
	An intense cardio workout while still catering to participants of all fitness levels.	30 MINS	HIGH	350 AVERAGE
	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
	Amazing high intensity cardiovascular & strength training workout.	30 MINS	HIGH	350 AVERAGE
	30 minute, maximal intensity workout with no dictated rest periods.	30 MINS	HIGH	350 AVERAGE
	Combines the natural resistance of water with many different exercises.	45 MINS	ANY	300 AVERAGE
	An exhilarating, effective, easy-to-follow latin inspired calorie burning dance class.	45 MINS	LOW	400 AVERAGE
	Stretch and tone the body, relax the mind. A challenging class for everyone leaving you feeling fresh and rejuvenated.	60 MINS	ANY	315 AVERAGE
	Strengthen the muscles in your pelvis, lower back, hips and abdomen to improve balance and stability.	30 MINS	ANY	315 AVERAGE
	Training programme developing fitness and stamina, as well as continuing to improve technique.	45 MINS	ANY	450 AVERAGE
	Low impact exercise to music class with a great social aspect.	45 MINS	LOW	315 AVERAGE
	Fat burning barbell workout, improving muscle definition, strength and endurance.	60 MINS	HIGH	550 AVERAGE
	7 week bootcamp using various training methods.	45 MINS	MODERATE TO HIGH	600 AVERAGE
	Amazing high intensity cardiovascular & strength training workout.	30 MINS	HIGH	350 AVERAGE
	Combines the natural resistance of water with many different exercises.	45 MINS	LOW	300 AVERAGE
	Martial arts class choreographed to high energy music. Get ready to kick, strike and block your way to a fitter leaner you.	45 MINS	MODERATE	450 AVERAGE
	Your chance to vote on the class of your choice - available from the LiveArgyll team	30-40 MINS*	VARIED*	VARIED*
	A fun, fat burning high intense class using various equipment aimed at improving strength, endurance and overall fitness.	45 MINS	HIGH	450 AVERAGE

[†] The calorific burn rate of each class above is based on average results. Individual results may vary.

* Dependent on class choice