



1ST JULY - 30TH SEP 2018

# FITNESS CLASS TIMETABLE



DAY	TIME	FITNESS CLASS	LOCATION	COST
MONDAY	5:30 PM - 6:00 PM	BODYWEIGHT TONING	GYMNASIUM	£4.80
	6:00 PM - 6:30 PM	BODYWEIGHT HIIT	GYMNASIUM	£4.80
TUESDAY	5:30 PM - 6:00 PM	FBX	GYMNASIUM	£4.80
	7:00 PM - 7:45 PM	HATTON BOXING	GYMNASIUM	£4.80
WEDNESDAY	5:30 PM - 6:00 PM	STOMP FX	GYMNASIUM	£4.80
	6:00 PM - 6:30 PM	JUMP FX 	GYMNASIUM	£4.80
	7:00 PM - 8:00 PM	BOOTCAMP 	GYMNASIUM	£4.80
THURSDAY	5:30 PM - 6:00 PM	BODYWEIGHT TONING	GYMNASIUM	£4.80
	6:00 PM - 6:45 PM	PUMP FX	GYMNASIUM	£4.80
	7:00 PM - 7:45 PM	TORQUE	STUDIO	£4.80
FRIDAY	5:30 PM - 6:30 PM	HATTON BOXING	GYMNASIUM	£4.80
	5:30 PM - 7:30 PM	ARCHERY	GAMES HALL	£6.20

EACH MONDAY AND THURSDAY WE WILL RUN A MANNED GYM AT MID ARGYLL SPORTS CENTRE

Timetable subject to change










**BOOKING INFORMATION** Please contact reception on **01546 603228** to book a class or to enquire about membership. All classes must be booked and paid for in advance of attending the class.

**FITNESS SUITE HOURS:** SEE OUR [WEBSITE](#) FOR SUMMER OPENING HOURS



Scottish Incorporated Charitable Organisation No. SC047545

**01546 603 228**  
Mid Argyll Sports Centre  
visit [liveArgyll.co.uk](http://liveArgyll.co.uk)

CLASS	DESCRIPTION	DURATION	LEVEL	CALORIES <sup>†</sup>
 TORQUE	Providing an intense cardio workout while still catering to participants of all fitness levels.	45 MINS	HIGH	450 AVERAGE
 FATBURN	30 minute, maximal intensity workout with no dictated rest periods.	30 MINS	HIGH	350 AVERAGE
 BODYWEIGHT TONING	Low impact workout targeting all major muscle groups using just bodyweight and no equipment.	30 MINS	LOW	300 AVERAGE
 BODYWEIGHT HIIT	30 minute High Intensity Interval Training set, designed to give an effective full body workout using short bursts of exercise.	30 MINS	HIGH	450 AVERAGE
 stamp fx	Designed for maximum calorie burn and fitness improvements. Stomp FX delivers a dynamic, athletic exercise programme using a step.	30 MINS	MODERATE	400 AVERAGE
 BOOT CAMP	Indoor Circuit based class using all your favourite exercises to develop strength and endurance through a variety of intense interval training.	60 MINS	HIGH	400 AVERAGE
 pump fx	Use barbells and weight plates to achieve all-over toning and conditioning. Suitable for all abilities.	45 MINS	HIGH	700 AVERAGE
	Hatton boxing is for anyone 16+ and of any fitness level. Get fighting fit.	60 MINS	HIGH	500 AVERAGE
 ARCHERY	Coaching and free shooting sessions run by Archery GB instructors.	90 MINS	HIGH	
JUMP FX	High energy programme designed to accelerate fat loss and maximise fitness gains by targeting the cardiovascular system and major muscle groups.	30 MINS	HIGH	450 AVERAGE

<sup>†</sup> The calorific burn rate of each class above is based on average results. Individual results may vary.

GET YOUR ALL FACILITY MEMBERSHIP **NOW!**

FROM ONLY

**£26.50**  
PER MONTH

INCLUDES **FREE**  
FITNESS CLASSES



Based on a single, adult membership paid monthly by direct debit. Other membership types are available. Please ask at reception.