

17TH SEP - 24TH DEC 2018



# FITNESS CLASS TIMETABLE

DAY	TIME	FITNESS CLASS	LOCATION	COST
MONDAY	5.30PM - 6.00PM	BODY WEIGHT TONING	GYMNASIUM	£4.80
MONDAY	6.00PM - 6.30PM	HIIT	GYMNASIUM	£4.80
MONDAY	6.30PM - 7.30PM	STRONG BY ZUMBA *	GYMNASIUM	£4.80
TUESDAY	5.30PM - 6.00PM	FAT BURN EXTREME	GYMNASIUM	£4.80
TUESDAY	6.00PM - 7.00PM	HATTON BOXING	GYMNASIUM	£4.80
TUESDAY	6.15PM - 7.15PM	TORQUE	DANCE STUDIO	£4.80
TUESDAY	7.00PM - 7.30PM	BODY WEIGHT TONING	GYMNASIUM	£4.80
TUESDAY	7.30PM - 8.00PM	ABSOLUTE CORE	GYMNASIUM	£4.80
WEDNESDAY	5.30PM - 6.15PM	CIRCUITS	GYMNASIUM	£4.80
WEDNESDAY	6.30PM - 7.15PM	STOMP FX	GYMNASIUM	£4.80
WEDNESDAY	7.30PM - 8.30PM	STRONG BY ZUMBA *	GYMNASIUM	£4.80
THURSDAY	7.30AM - 8.00AM	FAT BURN EXTREME	GYMNASIUM	£4.80
THURSDAY	5.30PM - 6.30PM	STRONG BY ZUMBA *	GYMNASIUM	£4.80
THURSDAY	6.30PM - 7.00PM	PUMP EXPRESS	GYMNASIUM	£4.80
THURSDAY	7.30PM - 8.30PM	TORQUE	DANCE STUDIO	£4.80
FRIDAY	7.30AM - 8.00AM	HIIT	GYMNASIUM	£4.80
FRIDAY	5.30PM - 7.30PM	ARCHERY	GAMES HALL	£6.20

\* STRONG BY ZUMBA starts Monday 22nd October

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 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>
	Providing an intense cardio workout while still catering to participants of all fitness levels.	45 MINS	HIGH	450 AVERAGE
	30 minute, maximal intensity workout with no dictated rest periods.	30 MINS	HIGH	350 AVERAGE
	Low impact workout targeting all major muscle groups using just bodyweight and no equipment.	30 MINS	LOW	300 AVERAGE
	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
	Designed for maximum calorie burn and fitness improvements. Stomp FX delivers a dynamic, athletic exercise programme using a step.	30 MINS	MODERATE	400 AVERAGE
	Combines traditional and non traditional bodyweight exercises with resistance training.	45 MINS	HIGH	500 AVERAGE
	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
	Coaching and free shooting sessions run by Archery GB instructors.	90 MINS	HIGH	
	Build strength in your abdominal, oblique and lower back muscles as well as looking to improve balance and stability.	45 MINS	MODERATE	315 AVERAGE
	STRONG by Zumba is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals.	60 MINS	MODERATE/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.