

1ST JAN - 31ST MAR 2018



FITNESS CLASS TIMETABLE

DAY	TIME	FITNESS CLASS	LOCATION	COST
MONDAY	1:00 PM - 1:30 PM	ABSOLUTE CORE	STUDIO	£4.80
	5:30 PM - 6:00 PM	BODYWEIGHT TONING	GYM	£4.80
	6:15 PM - 6:45 PM	BODYWEIGHT HIIT	GYM	£4.80
TUESDAY	5:30 PM - 6:00 PM	FBX	GYM	£4.80
	6:15 PM - 7:15 PM	TORQUE	STUDIO	£4.80
WEDNESDAY	5:30 PM - 6:15 PM	STOMP FX	GYM	£4.80
	6:30 PM - 7:15 PM	BLAST FX <small>NEW</small>	GYM	£4.80
	7:30 PM - 8:30 PM	CIRCUITS	GYM	£4.80
THURSDAY	1:00 PM - 1:30 PM	ABSOLUTE CORE	STUDIO	£4.80
	5:30 PM - 6:00 PM	BODYWEIGHT TONING	GYM	£4.80
	6:00 PM - 7:00 PM	PUMP FX	GYM	£4.80
	7:30 PM - 8:15 PM	TORQUE	STUDIO	£4.80
FRIDAY	5:30 PM - 6:30 PM	HATTON BOXING	GYM	£4.80

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











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 MON 8AM - 9PM TUE 12:30PM - 9PM WED 12:30PM - 9PM THU 8AM - 9PM FRI 12:30PM - 8PM SAT 9AM - 4PM SUN 10AM - 3PM



Scottish Incorporated Charitable Organisation No. SC047545

01546 603 228
Mid Argyll Sports Centre
visit liveArgyll.co.uk

CLASS	DESCRIPTION	DURATION	LEVEL	CALORIES [†]
 TORQUE INDOOR CYCLING	Providing an intense cardio workout while still catering to participants of all fitness levels.	45 MINS	HIGH	450 AVERAGE
 FATBURN CARDIO	30 minute, maximal intensity workout with no dictated rest periods.	30 MINS	HIGH	350 AVERAGE
 CORE	Build strength in your abdominal, oblique and lower back muscles as well as looking to improve balance and stability.	30 MINS	MODERATE	315 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
 stomp fx	Designed for maximum calorie burn and fitness improvements. Stomp FX delivers a dynamic, athletic exercise programme using a step.	45 MINS	MODERATE	400 AVERAGE
 HOOP FIT	Give your workout a twist! Using a weighted hoop, you'll burn calories as you work towards slimming down your waist and strengthening your core.	30 MINS	MODERATE	400 AVERAGE
 INDOOR BOOTCAMP	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
 blast fx	An exercise to music class that targets the whole body, using a variety of high and low impact moves.	45 MINS	MODERATE	400 AVERAGE

[†] 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

£40.65
PER MONTH

INCLUDES **FREE**
FITNESS CLASSES



 DIRECT
Debit

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