

3RD JAN - 31ST MARCH 2019



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	7.15PM - 8.00PM	PUMP FX	GYMNASIUM	£4.80
WEDNESDAY	5.30PM - 6.15PM	CIRCUITS	GYMNASIUM	£4.80
WEDNESDAY	6.30PM - 7.00PM	STRONG 30	GYMNASIUM	£4.80
WEDNESDAY	7.30PM - 8.30PM	STOMP FX	GYMNASIUM	£4.80
THURSDAY	5.30PM - 6.00PM	FATBURN EXTREME	GYMNASIUM	£4.80
THURSDAY	6.30PM - 7.15PM	PUMP FX	GYMNASIUM	£4.80
THURSDAY	7.30PM - 8.30PM	TORQUE	DANCE STUDIO	£4.80
FRIDAY	5.30PM - 6.15PM	POT LUCK	GYMNASIUM	£4.80
SATURDAY	10.00AM - 10.45AM	POT LUCK	GYMNASIUM	£4.80

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.











Timetable subject to change

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

CLASS	DESCRIPTION	DURATION	LEVEL	CALORIES
 TORQUE HIIT	Providing an intense cardio workout while still catering to participants of all fitness levels.	45 MINS	HIGH	450 AVERAGE
 FATBURN EXTREME	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
 stomp fx	Designed for maximum calorie burn and fitness improvements. Stomp FX delivers a dynamic, athletic exercise programme using a step.	30 MINS		400 AVERAGE
 CIRCUITS	Combines traditional and non traditional bodyweight exercises with resistance training.	45 MINS	HIGH	500 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 AR	Hatton boxing is for anyone 16+ and of any fitness level. Get fighting fit.	60 MINS	HIGH	500 AVERAGE
 CORE	Build strength in your abdominal, oblique and lower back muscles as well as looking to improve balance and stability.	45 MINS		315 AVERAGE
 STRONG by ZUMBA	STRONG by Zumba is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals.	60 MINS		450 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
£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.