

1ST - 31ST JULY 2018

FITNESS CLASS

# TIMETABLE



DAY	TIME	FITNESS CLASS	LOCATION	COST
MONDAY	9:30 AM - 10:00 AM	LEGS, BUMS & TUMS	EDWARD ST.	£4.80
	5:15 PM - 6:00 PM	TORQUE	EDWARD ST.	£4.80
	5:15 PM - 6:00 PM	HATTON BOXING	EDWARD ST.	£4.80
	6:10 PM - 6:55 PM	KETTLEBELLS	EDWARD ST.	£4.80
TUESDAY	7:15 AM - 8:00 AM	XTREME CIRCUITS	EDWARD ST.	£4.80
	5:15 PM - 6:00 PM	TORQUE	EDWARD ST.	£4.80
	5:15 PM - 6:00 PM	CORE STABILITY	EDWARD ST.	£4.80
WEDNESDAY	6:50 AM - 7:20 AM	TORQUE EXPRESS	EDWARD ST.	£4.80
	7:30 AM - 8:00 AM	TORQUE EXPRESS	EDWARD ST.	£4.80
	10:00 AM - 10:45 AM	HERE COME THE GIRLS	EDWARD ST.	£4.80
	5:30 PM - 6:00 PM	FBX	EDWARD ST.	£4.80
	6:10 PM - 6:55 PM	KETTLEBELLS	EDWARD ST.	£4.80
7:15 PM - 8:00 PM	TORQUE	EDWARD ST.	£4.80	
THURSDAY	7:15 AM - 8:00 AM	XTREME CIRCUITS	EDWARD ST.	£4.80
	11:15 AM - 12:00 PM	SUPER 60s	EDWARD ST.	£3.30
	5:15 PM - 6:00 PM	TORQUE	EDWARD ST.	£4.80
FRIDAY	6:50 AM - 7:20 AM	TORQUE EXPRESS	EDWARD ST.	£4.80
	7:30 AM - 8:00 AM	TORQUE EXPRESS	EDWARD ST.	£4.80
	12:30 PM - 1:00 PM	FBX	EDWARD ST.	£4.80
SATURDAY	9:00 AM - 10:00 AM	BEST OF BOTH	EDWARD ST.	£4.80

Timetable subject to change

**BOOKING INFORMATION** Please contact reception on **01369 701170** to book a class or to enquire about membership. All classes must be booked and paid for in advance of attending the class.








**COMING SOON - NEW QUEENS HALL FITNESS PROGRAMME**

**FITNESS SUITE HOURS:** SEE OUR **WEBSITE** FOR SUMMER OPENING HOURS



Scottish Incorporated Charitable Organisation No. SC047545

**01369 701 170**  
Riverside Leisure 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
	Hatton boxing is for anyone 16+ and of any fitness level. Get fighting fit.	60 MINS	HIGH	500 AVERAGE
<b>KETTLE BELLS</b>	Amazing cardiovascular and strength training workout.	60 MINS	MODERATE	350 AVERAGE
	Combines traditional and non traditional bodyweight exercises with resistance training.	60 MINS	HIGH	550 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.	60 MINS	ANY	350 AVERAGE
	An intense cardio workout while still catering to participants of all fitness levels.	30 MINS	HIGH	350 AVERAGE
	Tighten and tone the legs, bum and stomach with a variety of exercises.	30 MINS	MODERATE	350 AVERAGE
<b>CORE STABILITY</b>	Working The Main Core Stability Muscles: Transverse, abdominals, erector spinae, multifidus, obliques & pelvic floor muscles.	45 MINS	ANY	315 AVERAGE
<b>super60s</b>	Low impact exercise to music class with a great social aspect.	60 MINS	LOW	315 AVERAGE
<b>BEST OF BOTH</b>	The Best of Both class delivers two classes in one session. Cardio workout mixed in with Resistance Circuits.	60 MINS	MODERATE	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

**£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.