

1ST APR - 30TH JUN 2018



# FITNESS CLASS TIMETABLE

DAY	TIME	FITNESS CLASS	LOCATION	COST
MONDAY	10:00 AM - 10:45 AM	SUPER 60'S	COMMUNITY CENTRE	£3.30
	1:00 PM - 1:30 PM	ABSOLUTE CORE	STUDIO	£4.80
	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
	6:15 PM - 7:15 PM	TORQUE	GYMNASIUM	£4.80
	7:30 PM - 8:30 PM	HATTON BOXING	GYMNASIUM	£4.80
WEDNESDAY	5:30 PM - 6:15 PM	STOMP FX	GYMNASIUM	£4.80
	6:15 PM - 6:45 PM	ABSOLUTE CORE	GYMNASIUM	£4.80
	7:00 PM - 8:00 PM	CIRCUITS	GYMNASIUM	£4.80
THURSDAY	10:00 AM - 10:45 AM	SUPER 60'S	COMMUNITY CENTRE	£3.30
	1:00 PM - 1:30 PM	ABSOLUTE CORE	STUDIO	£4.80
	5:30 PM - 6:00 PM	BODYWEIGHT TONING	GYMNASIUM	£4.80
	6:00 PM - 7:00 PM	PUMP FX	GYMNASIUM	£4.80
	7:30 PM - 8:15 PM	TORQUE	STUDIO	£4.80
FRIDAY	5:30 PM - 6:30 PM	HATTON BOXING	STUDIO	£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












**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](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
	Build strength in your abdominal, oblique and lower back muscles as well as looking to improve balance and stability.	30 MINS	MODERATE	315 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.	45 MINS	MODERATE	400 AVERAGE
	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
	Use barbells and weight plates to achieve all-over toning and conditioning. Suitable for all abilities.	45 MINS	HIGH	700 AVERAGE
	Low impact exercise to music class with a great social aspect.	60 MINS	LOW	315 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	

<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



 DIRECT  
Debit

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