

Lifestyle Classes Timetable - Term 1: Monday 3rd October to Friday 9th December

Strength & Sculpting



A sculpting class that targets the entire body. Designed to strengthen and tone you from head to toe.

Renewal



A workout to help improve flexibility, build strength and leave you feeling relaxed and calm.

Fun & Sociable



A class to develop and increase your own fitness levels, at your own pace in a motivated environment.

Energising & Challenging



High energy, endurance improving class that increases general fitness.

Fast Track Classes



HIIT training, short, fast and energetic classes aimed at increasing fitness.

Monday

VIBE Step	Legs, Bums & Tums	MetaFit	Aqua Aerobics	Squatrack.4.girls	Body Pump™	Studio Cycling	GRIT series™	CX Worx™
09:30 - 10:30 Studio	10:30 - 11:30 Studio	12:00 - 12:30 Func. Studio	12:30 - 13:15 Swimming Pool	12:30 - 13:30 Func. Studio	12:35 - 13:20 Studio	16:30 - 17:30 Studio	16:45 - 17:15 Func. Studio	17:15 - 17:45 Func. Studio

Yoga	Body Combat™	Bhangra	SkipFit	SkipFit
17:30 - 18:30 Studio	17:45 - 18:45 Func. Studio	18:30 - 19:30 Studio	19:00 - 19:30 Func. Studio	19:30 - 20:00 Func. Studio

Tuesday

Staff VIBE Cycling	CX Worx™	Body Pump™	Kettlebells	Ladies Boxing	Studio Cycling	Boxing Fitness & Technique	Yoga
07:30 - 08:15 Studio	12:20 - 12:50 Studio	13:00 - 14:00 Studio	17:15 - 18:00 Func. Studio	18:00 - 19:00 Func. Studio	18:00 - 19:00 Studio	19:00 - 20:00 Func. Studio	19:00 - 20:30 Studio

Wednesday

Kettlebells	Vibe Power	Body Balance™	FAST TRACK**	MetaFit/Core	Ashtanga Yoga	Aqua Aerobics	Body Pump™	Circuits
12:15 - 13:00 Func. Studio	12:30 - 13:30 Studio	13:30 - 14:30 Studio	13:30 - 14:00 Gym	14:30 - 15:30 Studio	15:30 - 16:30 Studio	16:30 - 17:15 Swimming Pool	17:30 - 18:30 Studio	17:30 - 18:30 Func. Studio
Body Combat™/CX Worx	FAST TRACK**	Yoga Relaxation						
18:30 - 19:30 Func. Studio	19:00 - 19:30 Gym	20:45 - 21:45 Studio						

Thursday

VIBE Cycle	VIBE Step™	Pilates	Staff Circuits	Squatrack.4.girls	SwimFit	Total Barre	Ladies Boxing	Body Balance™
07:30 - 08:15 Studio	09:15 - 10:15 Studio	12:30 - 13:30 Studio	12:30 - 13:15 Func. Studio	13:30 - 14:30 Func. Studio	17:15 - 18:00 Swimming Pool	17:30 - 18:30 Studio	18:00 - 19:00 Func. Studio	18:30 - 19:30 Studio
Body Combat™								
19:30 - 20:30 Func. Studio								

Friday

Legs, Bums & Tums	VIBE Cycle	Kettlebells	MetaFit/Core	VIBE Power	Yoga	FAST TRACK**
10:30 - 11:30 Studio	12:35 - 13:15 Studio	13:00 - 13:45 Func. Studio	16:00 - 17:00 Studio	17:00 - 18:00 Studio	18:00 - 19:30 Studio	19:30 - 20:00 Gym

Saturday

FAST TRACK**
16:00 - 16:30 Gym

Sunday

VIBE Cycle	Zumba	FAST TRACK**	Body Pump™	Pilates
16:30 - 17:30 Studio	17:30 - 18:30 Studio	18:00 - 18:30 Gym	18:30 - 19:30 Studio	19:30 - 20:30 Studio

Timetables are subject to change. Keep up with the latest information online: go.warwick.ac.uk/fitnessclasses

Class Prices and Booking

All classes are bookable online or at reception. The prices shown are for Silver or Gold members only. If you are a Non-member, please add an additional £3 to every price detailed below*.

*The exception to this is 90 minutes Yoga, which is £5 for Silver or Gold members and £9 for Non-Members.

**Fast Track classes are not available to Non-Members.

NEW

OUR NEW LIFESTYLE CLASSES FOR 2016/17

Strength & Sculpting

Squatrack.4.girls:

£3.50 / £6.50 (60mins)

This class is designed to improve specific lower body muscle groups using Olympic lifting techniques.

Renewal

Ashtanga Yoga:

£3.50 / £6.50 (60 mins)

A modern style of strength, posture and stretching practiced in combination with synchronised breathing.

Fun & Sociable

Legs, Bums & Tums:

£3.50 / 6.50 (60mins)

A complete lower body work out focusing on toning.

Fast Track Classes

H.I.I.T Training:

Free to Silver, Gold or Platinum members.

High Intensity Interval Training; short, fast and energetic classes aimed at increasing fitness using the Functional matrix in the gym.

Energising & Challenge

Staff VIBE Cycle: £3.50 / £6.50 (60mins)

Dont just ride...Feel the VIBE!
Vibe cycle is a great indoor cycling workout.
(This class is for staff only)

Body Combat/CX Worx™: £3.50 / £6.50 (60mins)

Combination class, inspired by Martial Arts. 30 minutes of kata kicks and upper body moves followed by 30 minutes of core.

Staff Circuits: £3.00 / £6.00 (45mins)

Traditional station-based class designed to increase strength and stamina.
(This class is for staff only)

VIBE Step: £3.50 / £6.50 (60mins)

This is a back to basics step class that is easy to follow and lots of fun. You can progress as your confidence grows!

SkipFit: £2.50 / £5.50 (30mins)

Fun, aerobic exercise using skipping ropes.



Class Bundles of 5, 10, 20, and 50 classes are now available for anyone to buy online or at reception. If you are a Silver or Gold discounts apply. Bundles are valid for 3 months from the date of purchase, WLA Vouchers can also be used for Bundle purchases.



Terms & Conditions can be found online with the latest classes timetable.



To book classes online, visit go.warwick.ac.uk/fitnessclasses

