# Classes Timetable - Term 3: Monday 25th April to Friday 24th June

## Strength & Sculpting

- Increases strength & endurance, tones, shapes and helps to maintain bone strength.

## Renewal

- Increase core strength, mobility and flexibility as well as range of movement and wellbeing.

## Fun & Sociable

- Increase strength, energy & endurance levels.

## Energising & Challenging

- Improves agility, coordination, strength & endurance. Improves heart & lung fitness.

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<table>
<thead>
<tr>
<th>Monday</th>
<th>Aqua Aerobics</th>
<th>Body Pump™</th>
<th>Studio Cycling</th>
<th>CX Worx™</th>
<th>GRT series™</th>
<th>Yoga</th>
<th>Body Combat™</th>
<th>Bhangra</th>
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<tbody>
<tr>
<td>12:00 - 12:30</td>
<td>Func. Studio</td>
<td>12:15 - 13:00</td>
<td>Activity Room</td>
<td>16:30 - 17:30</td>
<td>Studio</td>
<td>17:30 - 18:30</td>
<td>Studio</td>
<td>19:00 - 20:00</td>
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<td>12:30 - 13:15</td>
<td>Swimming Pool</td>
<td>13:00 - 14:00</td>
<td>Studio</td>
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<tr>
<th>Tuesday</th>
<th>Early Bird Fusion</th>
<th>Kettlebells</th>
<th>Body Balance™</th>
<th>MetaFit/Core</th>
<th>Body Pump™</th>
<th>Circuits</th>
<th>Yoga</th>
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<td>07:30 - 08:30</td>
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<th>Wednesday</th>
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<td>12:30 - 13:00</td>
<td>Zumba</td>
<td>CX Worx™</td>
<td>VIBE Cycle</td>
<td>Pilates</td>
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<td>12:30 - 13:15</td>
<td>Activity Room</td>
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<td>SwimFit</td>
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<th>VIBE Cycle</th>
<th>Kettlebells</th>
<th>MetaFit/Core</th>
<th>Wattbike: Ride With Me</th>
<th>VIBE Power</th>
<th>Yoga</th>
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Timetables are subject to change. Keep up with the latest information online: [go.warwick.ac.uk/fitnessclasses](http://go.warwick.ac.uk/fitnessclasses)
Strength & Sculpting

Body Pump™: £3 (45mins) / £3.50 (60mins)
The original barbell class taking squats, presses, lifts & curls to strengthen and shape all those major muscle groups.

CX Worx™: £2.50 (30mins)
Ultimate core training. Designed to strengthen, tone and improve balance and agility.

GRIT Series™: £3.50 (30mins)
This is a highly effective method in which to increase your fitness levels, tone your muscles & shape your body.

Kettlebells: £3 (45mins)
Great interval training and improves shape and fitness whilst killing those calories

Renewal

Body Balance™: £3.50 (60mins)
Incorporating Tai Chi, Yoga and Pilates this is designed to improve flexibility and be relaxing.

Pilates: £3.50 (60mins)
Develops the body uniformly, strengthens core, corrects posture, restores physical vitality, revives the mind and uplifts the spirit.

Energy & Challenge

Body Attack™: £3.50 (60mins)
A sports inspired cardio workout combining strength and stabilisation exercises with interval peaks.

Total Barre: £3.50 (60mins)
Total Barre integrates elements of Pilates, Ballet, Cardio and Strength training to increase flexibility, stamina and dynamic stability. No dance experience required.

Yoga: £3.50 (60mins) / £5 (90mins)
The class aims to reduce stress and improve mental clarity.

Fun & Sociable

AquaFit: £3 (45mins) / £3.50 (60mins)
The perfect class for fat burning, increasing stamina, toning and can help to reduce stress.

Zumba: £3 (45mins) / £3.50 (60mins)
A total workout of low & high intensity dance fitness, combining all elements of fitness.

Boxing Fitness & Technique: £3.50 (60mins)
A snappy 60 minute workout using pads, punch-bags and circuits.

Circuits: £3.50 (60mins)
Traditional station-based class designed to increase strength and stamina.

Early Bird Fusion: £3.50 (60mins)
Rise ‘n’ Shine with this 60 minute combination class of strength, toning and fitness.

MetaFit: £2.50 (30mins)
This fast track class focuses on fitness and strength with big results if followed alongside regular training.

MetaFit/Core: £3.50 (60mins)
This class is a 30:30 split session with a core workout at the end.

SwimFit: £3 (45mins)
All abilities welcome with instructor guidance according to your ability.

VIBE Box: £3.50 (60mins)
A class that includes punch and kick combinations, cardio fitness, agility, strength, group interaction and fun.

VIBE Cycle: £3.50 (60mins) / £3 (40mins)
Don’t just Ride…Feel the VIBE! Vibe Cycle is a great fun workout.

VIBE Power: £3.50 (60mins)
Vibe power is a freestyle resistance class with the focus on strength and power - low reps with high resistance.

Wattbike: Ride With Me: £3.50 (60mins)
Ride with an instructor to ensure you get the most from these exclusive bikes.

Class Bundles of 5, 10, 20, and 50 classes are now available for anyone to buy online or at reception. If you are a Silber, Gold, or Platinum Member discounts apply. Bundles are valid for 3 months from the date of purchase, except for Bundle20 that is inclusive with Platinum Membership and is valid for 12 months from the day membership commences.

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

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