

# SUMMER FITNESS CLASSES

SATURDAY 16 JUNE TO SUNDAY 29 JULY 2018

## SPORTS PARK CLASSES

▼ = VIRTUAL CLASSES

| Monday         |       |       |          |
|----------------|-------|-------|----------|
| Activity       | Start | End   | Location |
| Rise 'N' Grind | 07:00 | 07:45 | Studio 1 |
| Synrgy         | 07:30 | 08:00 | Gym      |
| Grit Cardio ▼  | 08:00 | 08:30 | Studio 1 |
| CX Worx ▼      | 08:30 | 09:00 | Studio 1 |
| BodyPump™ ▼    | 10:00 | 11:00 | Studio 1 |
| Blast          | 12:15 | 13:00 | Studio 1 |
| Pilates        | 13:00 | 14:00 | Studio 1 |
| BodyBalance™ ▼ | 16:00 | 17:00 | Studio 1 |
| Ride           | 17:15 | 18:00 | Studio 1 |
| BodyCombat™    | 18:00 | 19:00 | Studio 2 |
| BodyAttack™    | 18:15 | 19:15 | Studio 1 |
| Yoga           | 19:15 | 20:45 | Studio 1 |
| BodyPump™      | 19:30 | 20:30 | Studio 2 |

| Tuesday       |       |       |          |
|---------------|-------|-------|----------|
| Activity      | Start | End   | Location |
| Sufferfest™ ▼ | 07:00 | 07:45 | Studio 1 |
| Grit Cardio ▼ | 10:30 | 11:00 | Studio 1 |
| CX Worx ▼     | 11:00 | 11:30 | Studio 1 |
| Blast         | 12:15 | 13:00 | Studio 1 |
| Synrgy        | 12:30 | 13:00 | Gym      |
| Pilates       | 13:15 | 14:00 | Studio 1 |
| BodyPump™ ▼   | 14:15 | 15:15 | Studio 1 |
| LBT           | 16:00 | 17:00 | Studio 1 |
| BodyCombat™   | 17:15 | 18:15 | Studio 2 |
| Yoga          | 17:30 | 18:30 | Studio 1 |
| Conditioning  | 18:30 | 19:30 | Studio 2 |
| Ride          | 18:45 | 19:30 | Studio 1 |
| Pilates       | 19:45 | 20:45 | Studio 1 |

| Wednesday       |       |       |          |
|-----------------|-------|-------|----------|
| Activity        | Start | End   | Location |
| Ride            | 07:00 | 07:45 | Studio 1 |
| Synrgy          | 07:30 | 08:00 | Gym      |
| Grit Strength ▼ | 08:00 | 08:30 | Studio 1 |
| CX Worx ▼       | 08:30 | 09:00 | Studio 1 |
| Ride            | 12:00 | 12:45 | Studio 1 |
| Box             | 12:30 | 13:15 | Studio 2 |
| Yoga            | 13:00 | 14:00 | Studio 1 |
| BodyCombat™ ▼   | 14:30 | 15:30 | Studio 1 |
| BodyAttack™     | 17:30 | 18:30 | Studio 1 |
| Pilates         | 18:45 | 19:45 | Studio 1 |
| BodyPump™       | 18:45 | 19:45 | Studio 2 |

| Thursday      |       |       |          |
|---------------|-------|-------|----------|
| Activity      | Start | End   | Location |
| Sufferfest™ ▼ | 07:00 | 07:45 | Studio 1 |
| Grit Cardio ▼ | 10:30 | 11:00 | Studio 1 |
| CX Worx ▼     | 11:00 | 11:30 | Studio 1 |
| Blast         | 12:00 | 13:00 | Studio 1 |
| Synrgy        | 12:30 | 13:00 | Gym      |
| Pilates       | 13:00 | 14:00 | Studio 1 |
| BodyPump™ ▼   | 14:30 | 15:30 | Studio 1 |
| Ride          | 17:00 | 17:45 | Studio 1 |
| BodyAttack™   | 18:00 | 19:00 | Studio 1 |
| Pilates       | 19:00 | 20:00 | Studio 1 |

| Friday         |       |       |          |
|----------------|-------|-------|----------|
| Activity       | Start | End   | Location |
| Blitz          | 07:00 | 07:45 | Studio 1 |
| Synrgy         | 07:30 | 08:00 | Gym      |
| Grit Plyo ▼    | 08:00 | 08:30 | Studio 1 |
| CX Worx ▼      | 08:30 | 09:00 | Studio 1 |
| Ride           | 12:00 | 12:45 | Studio 1 |
| BodyPump™      | 12:00 | 13:00 | Studio 2 |
| BodyBalance™ ▼ | 13:15 | 14:15 | Studio 1 |
| BodyAttack™    | 16:30 | 17:30 | Studio 1 |
| Zumba          | 17:00 | 18:00 | Studio 2 |
| Yoga           | 17:30 | 18:30 | Studio 1 |
| BodyPump™      | 18:30 | 19:30 | Studio 1 |

| Saturday      |       |       |          |
|---------------|-------|-------|----------|
| Activity      | Start | End   | Location |
| BodyPump™     | 09:15 | 10:15 | Studio 1 |
| BodyBalance™  | 10:30 | 11:30 | Studio 1 |
| Synrgy        | 13:30 | 14:00 | Gym      |
| BodyCombat™ ▼ | 16:00 | 17:00 | Studio 1 |
| CX Worx ▼     | 17:00 | 17:30 | Studio 1 |

| Sunday      |       |       |          |
|-------------|-------|-------|----------|
| Activity    | Start | End   | Location |
| BodyPump™ ▼ | 09:00 | 10:00 | Studio 1 |
| CX Worx ▼   | 10:00 | 10:30 | Studio 1 |
| Synrgy      | 12:00 | 12:30 | Gym      |
| BodyPump™ ▼ | 16:00 | 17:00 | Studio 1 |

**BURN** Classes designed to give you a high calorie expenditure by raising your heart rate. Burn classes will also improve your stamina and general fitness.

**BUILD** Reshape, condition and strengthen the entire body.

**RELAX** Improve posture, flexibility and mobility alongside improving your wellbeing.

**AQUA** Water based classes designed to burn calories and increase fitness levels without high impact to the body.

Classes with more than one colour provide two goals for one class! Please refer to individual colours for description.

## ST LUKE'S SPORTS CENTRE CLASSES

| Monday              |       |       |              |
|---------------------|-------|-------|--------------|
| Activity            | Start | End   | Location     |
| Blast               | 10:00 | 11:00 | Dance Studio |
| Pilates             | 13:00 | 14:00 | Upper Gym    |
| Low Impact Circuits | 19:00 | 19:55 | Upper Gym    |

| Tuesday   |       |       |              |
|-----------|-------|-------|--------------|
| Activity  | Start | End   | Location     |
| Ride      | 13:00 | 14:00 | Upper Gym    |
| Yoga      | 18:00 | 18:55 | Upper Gym    |
| BodyPump™ | 18:00 | 18:55 | Dance Studio |
| Ride      | 19:00 | 20:00 | Upper Gym    |

| Wednesday |       |       |              |
|-----------|-------|-------|--------------|
| Activity  | Start | End   | Location     |
| Float Fit | 11:15 | 11:45 | Indoor Pool  |
| Ride      | 17:10 | 17:55 | Upper Gym    |
| LBT       | 17:10 | 17:55 | Dance Studio |
| Pilates   | 18:00 | 19:00 | Dance Studio |
| Circuits  | 18:00 | 19:00 | Upper Gym    |

| Thursday |       |       |              |
|----------|-------|-------|--------------|
| Activity | Start | End   | Location     |
| Aqua Fit | 11:00 | 11:55 | Indoor Pool  |
| Yoga     | 13:00 | 14:00 | Upper Gym    |
| Blast    | 19:00 | 20:00 | Dance Studio |

| Friday    |       |       |             |
|-----------|-------|-------|-------------|
| Activity  | Start | End   | Location    |
| Float Fit | 11:15 | 11:45 | Indoor Pool |
| Pilates   | 13:00 | 14:00 | Upper Gym   |

### SPORTS PARK PRICE PER CLASS:

Inclusive members: FREE  
 Gym/PAYG members Instructor-led: £3.70  
 Gym/PAYG Virtual: £2.00  
 Non-members Instructor-led: £5.50  
 Non-members Virtual: £3.00  
 \*Synrgy: FREE to Inclusive and Gym members.  
 PAYG members pay £1.75 + RS entry.  
 Not available to non-members.

### ST LUKE'S SPORTS CENTRE PRICE PER CLASS:

Inclusive members: FREE  
 Gym/PAYG members: £3.30  
 Non-member: £4.20



**BOOK YOUR CLASS ONLINE!**  
[www.exeter.ac.uk/sport/join/book](http://www.exeter.ac.uk/sport/join/book)