

# TERM 3 FITNESS CLASSES

## MONDAY 30 APRIL TO FRIDAY 15 JUNE 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
Blast	12:15	13:00	Studio 1
Synrgy	12:30	13:00	Gym
Blitz	12:30	13:30	Studio 2
Pilates	13:00	14:00	Studio 1
BodyBalance™	16:00	17:00	Studio 1
Ride	17:15	18:00	Studio 1
Circuits	17:15	18:00	Sports Hall
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

**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.

Tuesday			
Activity	Start	End	Location
Sufferfest™ ▼	07:00	07:45	Studio 1
Synrgy	07:30	08:00	Gym
Yoga	12:00	13:00	Studio 1
Blast	12:15	13:00	Studio 2
Synrgy	12:30	13:00	Gym
Box	13:15	14:00	Studio 2
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
Synrgy	12:30	13:00	Gym
Yoga	13:00	14:00	Studio 1
BodyCombat™ ▼	14:30	15:30	Studio 1
Yoga for Sport	16:00	17:00	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
Synrgy	07:30	08:00	Gym
LBT	10:00	11:00	Studio 1
Blast	12:00	13:00	Studio 1
Synrgy	12:30	13:00	Gym
Blitz	13:00	14:00	Studio 2
Pilates	13:00	14:00	Studio 1
UV Zumba	16:00	17:00	Studio 3
Ride	17:00	17:45	Studio 1
TNT HIIT	17:15	18:00	Sports Hall
BodyAttack™	18:00	19:00	Studio 1
Box	18:00	19:00	Studio 2
Pilates	19:00	20:00	Studio 1

Friday			
Activity	Start	End	Location
Rise 'N' Grind	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
Synrgy	12:30	13:00	Gym
Yoga	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
Blitz	10:00	11:00	Studio 2
BodyBalance™	10:30	11:30	Studio 1
Synrgy	11:00	11:30	Gym

Sunday			
Activity	Start	End	Location
BodyPump™ ▼	09:00	10:00	Studio 1
CX Worx ▼	10:00	10:30	Studio 1
BodyPump™	16:00	17:00	Studio 1
Ride	17:15	18:00	Studio 1

#### 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

### 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
Yoga	18:00	19:00	Dance Studio

Saturday			
Activity	Start	End	Location
Ride	10:00	11:00	Upper Gym



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