

### Price per class\*

(all classes except Krunch & Kore, Insanity,

Smash H.I.T and 50+)

MEMBERS	£4.20
NON-MEMBERS	£6.20
STUDENT	£5.90
CONCESSION	£2.50

### Price for Krunch & Kore\*

MEMBERS	£2.50
NON-MEMBERS	£4.00
STUDENTS	£3.70
CONCESSION	£2.50

\*Day Membership is included for non-members and students  
(£1.50 adults & £1.20 students)

### Price for Insanity & Smash H.I.T\*

MEMBERS	£3.10
NON-MEMBERS	£4.60
STUDENTS	£4.30
CONCESSION	£2.50

### Price for 50+ Fitness\*

MEMBERS	£3.70
NON-MEMBER	£5.20

#### **SAVE ON FITNESS SESSION CARDS**

**10 sessions for the price of 9!**

Members £37.80 Non-Members £55.80 Students £53.10

Session cards available from Reception

#### **Lunchtime Fitness Classes.....Students Save!**

STUDENTS.....Come and join our lunchtime classes for just £4.20 per class

Monday	12.30-1.30pm	Fitness Circuits
Tuesday	12.15-12.45pm	Krunch & Kore
Wednesday	12.30-1.30pm	3-Way-Combo
Thursday	12.30-1.30pm	Fitness Circuits
Friday	12.30-1.30pm	Energy Blast

A valid NUS card is required to qualify for the discount

Above classes are open to everybody

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#### **ALL CLASSES ARE ON A FIRST COME FIRST SERVED BASIS**

Minimum age to attend classes is 16.

Please note; no entry to classes 5 minutes after start time.

If you are in doubt about your fitness please consult a doctor

before starting exercise classes.



## **FITNESS CLASSES**

## **2019/2020**



## **Information & Timetable**

Kelsey Kerridge Sports Centre

Queen Anne Terrace

Cambridge

CB1 1NA

Tel: 01223 462226

[www.kelseykerridge.co.uk](http://www.kelseykerridge.co.uk)

## WHICH CLASS IS RIGHT FOR YOU?

**BOOTCAMP CIRCUITS** A combination of cardiovascular and resistance training. Ideal for all levels of fitness, this workout will enable participants to choose what level of fitness to work at. Circuit classes may vary in format.

**BOXERCISE** Boxercise is a fun and energetic routine using boxing moves for all levels of ability. Working all major muscle groups with emphasis on stomach, legs and buttocks. It provides an exhilarating exercise experience that delivers ultra-fast fitness results.

**BROGA YOGA** Broga® is Yoga engineered for men (women are ALWAYS welcome)! You will work hard to open up tight areas such as the shoulders and hips. It's a seriously tough but VERY fun class that will push you to your limits!

**ENERGY BLAST** A great mix of cardio, sculpting and hi/lo aerobics moves that will keep you on your toes and having fun while you workout. Great for targeting legs, bums and tums.

**FITNESS CIRCUITS** Ideal for developing all round fitness. Cardiovascular and resistance exercises are performed at a series of workstations, creating a fantastic workout that is different every time.

**INSANITY** This cardio based, total body conditioning programme is based on max interval training. It features short bursts of maximum intensity with longer periods of rest.

**INTENSIVE SCULPT & TONE** This class mixes intensive aerobic and strength-training exercises to shape and sculpt the entire body.

**KRUNCH & KORE** Strengthen your muscles with this innovative workout designed to tone, tighten and trim your body. This fun class format provides intense training for abdominal and lower back muscles, improving balance and posture.

**PILATES** The Pilates technique strengthens abdominal and back muscles and promotes overall toning and flexibility. You will see postural improvement and come away feeling relaxed and refreshed.

**PUMP IT UP** An endurance weight training workout toning every major muscle group in your body. This low impact resistance class uses barbells, dumbbells and medicine balls.

**SMASH H.I.T** This calorie torching workout is based on the principal of max interval training. Get your body toned in no time with this fantastic workout.

**GROUP CYCLING** Focuses on improving your aerobic fitness as well as toning your legs and bum. Great for losing weight and suitable for any level of fitness. Come and join the fun!

**THIGHS, TUMS & BUMS** A complete lower body workout to tone up those problem areas. This class will focus on toning your legs, arms, stomach and bum.

**TOTAL BODY** A mix of calorie burning, targeting upper body work and intense lower body exercises to deliver a whole body workout. Tone up whilst burning calories; the perfect combo for a full body workout.

**3-WAY-COMBO** Combining Step and Dynabands for cardiovascular and body conditioning, followed by a Pilates section to encourage core-strength, flexibility and relaxation. This class will concentrate on toning the whole body.

**YOGA** Develop strength and flexibility, balance and co-ordination and invigorate and rejuvenate the body. Enjoy the benefits of yoga breathing and release stress and tension.

**ZUMBA** Latin inspired dance fitness class. Cardio based workout with sculpting exercises designed to tone the entire body. Its fun, its different, its easy and its effective.

**50+ FITNESS** A low level circuit based class for all levels of ability. An emphasis on low impact exercises, flexibility and mobility, which makes this class ideal for the over 50's.

## TIMETABLE

MONDAY	12.30 – 1.30	Fitness Circuits	Rachel	All
	5.30 – 6.00	Insanity	Ramin	All
	6.00 – 7.00	Zumba	Orsi	All
	6.15 – 6.45	Krunch & Kore	Melford	All
	7.00 – 7.45	Group Cycling*	Ramin	All
	7.15 – 8.15	Thighs, Tums & Bums	Sabrina	All
	7.30 – 8.30	Broga® Yoga	Liz	All
TUESDAY	12.15 – 12.45	Krunch & Kore	Mustafa	All
	5.30 – 6.00	Smash H.I.T	Rachel	All
	6.00 – 6.45	Group Cycling*	KK Staff	All
	6.00 – 7.00	Intensive Sculpt & Tone	Amanda	All
	7.00 – 8.00	Boxercise	Mustafa	All
WEDNESDAY	12.15 – 1.00	Group Cycling*	Ramin	All
	12.30 – 1.30	3-Way-Combo	Jo	All
	5.00 – 6.00	Pilates	Jo	All
	6.00 – 7.00	Zumba	Orsi	All
	6.15 – 7.00	Group Cycling*	Victor	All
	7.00 – 8.00	Thighs, Tums & Bums	Orsi	All
	7.30 – 8.30	Bootcamp Circuits	Rachel	All
THURSDAY	11.00 – 12.00	50+ Fitness	Ian	All
	12.30 – 1.30	Fitness Circuits	Rachel	All
	6.00 – 7.15	Yoga	Liz	All
	6.15 – 6.45	Krunch & Kore	Mustafa	All
	7.00 – 7.45	Group Cycling*	Ramin	All
	7.15 – 8.15	Boxercise	Mustafa	All
FRIDAY	12.15 – 1.00	Group Cyclig*	KK Staff	All
	12.30 – 1.30	Energy Blast	Jo. C	All
	6.30 – 7.30	Pump It Up	Clare	All
SATURDAY	10.30 – 11.30	Total Body	Sabrina	All
	11.30 – 12.30	Zumba	Stephanie	All
SUNDAY	10.00 – 11.15	Yoga	Liz	All
	11.30 – 12.30	Bootcamp Circuits	Victor	All
	4.00 – 5.00	Pump It Up	Victor	All
	5.15 – 6.15	Energy Blast	Orsi	All

\*Group Cycling limited to 15 people. Advance booking available at Reception

*All teachers subject to availability*