

Class Timetable Starting 4th Jan 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:30 - 10:30 ● Yoga Laura	1. 09:30 - 10:15 2. 10:25- 11:20 ● Pilates Matthew	09:30 - 10:30 ● Yoga Laura	1. 09:30 - 10:15 2. 10:25- 11:20 ● Pilates Matthew	1. 09:30 - 10:25 2. 10:35- 11:30 ● Yoga Faye	09.30 - 10:30 ● LBT Karen	
09:30 - 10:15 ● Aqua Fit Team				09:30 - 10:15 ● Aqua Fit Alison		
12:45 - 13:45 ● Pilates Wendy	15:30-18:30 ● Lessons Swimtime	12:00-14:30 ● Lessons Puddleducks	12:00-15:00 ● Lessons Puddleducks	12:00-15:00 ● Lessons Puddleducks		12:00-14:00 ● Lessons Puddleducks
18:30 - 19:15 ● Legs, Bums and Tums Team	18:30 - 19:15 ● Total Body Workout Team	18:00 - 19:00 ● Total Body Conditioning Alison				
19:30 - 20:30 ● Yoga Laura	19:30 - 20:30 ● Yoga Laura	19:15 - 20:00 ● Aqua Fit Alison	19:00 - 20:00 ● Body Sculpt Karen			

Mercure St Albans Noke Hotel, Watford Road, St Albans, Hertfordshire, AL2 3DS

t: 01727 865723

affinityhealthclubs.co.uk

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- Mind and Body ● Core Conditioning ● Total Body Fitness ● Pool Based (During Lessons a minimum of ½ of the pool will be available)

Class Descriptions

Total Body Workout

Group exercise class for strength, stamina and flexibility. No co-ordination required, and all abilities welcome a great class if you are looking to burn calories, develop your fitness levels and have fun.

Today Body Conditioning

Class for all levels looking for fitness and all over body conditioning.

Aqua Fit

Not your usual Aqua class! Be prepared for a fun and challenging water workout like no other you have ever had. Ideal for EVERYONE, including those looking for a low impact class and improving fitness.

Body Sculpt

All over body conditioning class using various pieces of equipment to ensure an increase in muscle tone, strength and endurance.

LBT

Legs, Bums and Tums. After a short simple aerobic warm-up, hit those classic areas with a combination of easy to follow exercises improving muscular endurance and tone.

Pilates

Suitable for all abilities. The classes consists of many of the traditional core Pilates exercises, with new adaptations to add variety. Pilates balls and resistance bands are added to some of the classes.

Yoga

Classic yoga styles designed around mind and body. Emphasis on improving flexibility through progressive postures and poses. All abilities welcome!