

FITNESS CLASSES TIMETABLE

THE UNIVERSITY OF HULL SPORTS AND FITNESS CENTRE

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WHICH CLASSES WILL YOU CHOOSE FIRST?

THE UNIVERSITY OF HULL SPORTS AND FITNESS CENTRE



MONDAY		TUESDAY
360 RIG SESSION 07.00 - 07.45	SPIN 12.30 - 13.00	
360 RIG SESSION 17.15 - 18.00	GRIT STRENGTH 17.30 - 18.00	
INSANITY 17.30 - 18.00	EXPRESS ABS 18.00 - 18.30	
EXPRESS ABS 18.00 - 18.30	360 RIG SESSION 18.30 - 19.15	
BODY PUMP 18.30 - 19.30	SPIN 18.30 - 19.00	SPIN 18.30 - 19.15
		YOGA 19.15 - 20.15

WEDNESDAY	THURSDAY
SPIN 12.30 - 13.00	FAT BLAST 12.30 - 13.00
360 RIG SESSION 17.15 - 18.15	GRIT CARDIO 17.30 - 18.00
BODY PUMP 17.30 - 18.30	EXPRESS ABS 18.00 - 18.30
ZUMBA 18.30 - 19.00	SPIN 18.30 - 19.15
SPIN 18.30 - 19.15	YOGA 18.30 - 19.30

FRIDAY	SUNDAY
	DANCE 15.15 - 16.00
SPIN 17.15 - 18.15	FITNESS YOGA 16.00 - 17.00
GRIT PLYO 18:15 - 18:45	
SATURDAY	
NO CLASSES	

**BOOKING REQUIRED
FOR ALL CLASSES.**
CALL 01482 466 234

DON'T FORGET...
IF YOU VISIT US IN YOUR CAR YOU'LL
NEED TO DISPLAY ONE OF OUR PARKING
PERMITS. GET ONE AT RECEPTION.

FAT BLAST

A HIGH INTENSITY INTERVAL TRAINING (HIIT) CLASS WITH SHORT BURSTS OF CARDIO AND BARBELL EXERCISES. A TOTAL BODY WORKOUT TO AID WEIGHT LOSS AND GAIN THAT ALL IMPORTANT MUSCLE MASS WHICH CONTINUES TO BURN CALORIES FOR THE NEXT 36 HOURS.

BODY PUMP™

BODYPUMP™ IS FOR ANYONE LOOKING TO GET LEAN, TONED AND FIT - FAST. USING LIGHT TO MODERATE WEIGHTS WITH LOTS OF REPETITION, BODYPUMP™ GIVES YOU A TOTAL BODY WORKOUT BURNING UP TO 590 CALORIES!

FITNESS YOGA

A MODERN TWIST ON TRADITIONAL STYLES OF YOGA. THIS FREESTYLE CLASS TARGETS FLEXIBILITY, CORE STABILITY AND STRENGTH.

DANCE

FUN CLASS FOR ALL LEVELS USING THE RELEASE TECHNIQUE TO HELP ALIGNMENT, STRENGTH AND ALL ROUND FITNESS.

ZUMBA

COMBINES LATIN AND INTERNATIONAL MUSIC WITH A FUN AND EFFECTIVE WORKOUT SYSTEM. WITH CLASSES AND INSTRUCTORS WORLDWIDE, ANYONE CAN JOIN THE PARTY!

EXPRESS ABS

DESIGNED TO TARGET YOUR TORSO. WORKING ALL ASPECTS OF THE ABS AND BACK, SCULPTING YOUR ABS INTO SHAPE AND STRENGTHENING YOUR CORE, WHICH IS THE KEY TO YOUR OVERALL STRENGTH.

GRIT SERIES

GET READY TO ADD HIIT WORKOUTS TO YOUR LIFE WITH OUR UNIQUE LES MILLS GRIT™ WORKOUTS AND TAKE YOUR FITNESS TO THE NEXT LEVEL. YOU'LL BE ADDICTED TO THE RESULTS. THESE HIIT WORKOUTS BUILD CARDIOVASCULAR FITNESS WHILE IMPROVING STRENGTH, BUILDING LEAN MUSCLE AND MAXIMISING CALORIE BURN.

INSANITY

YOU'LL WORK FLAT OUT IN 3 TO 5 MINUTE BLOCKS AND TAKE BREAKS ONLY LONG ENOUGH TO GULP SOME AIR AND GET RIGHT BACK TO WORK. IT'S CALLED MAX INTERVAL TRAINING, BECAUSE IT KEEPS YOUR BODY WORKING AT MAXIMUM CAPACITY THROUGH YOUR ENTIRE WORKOUT.

SPIN

A GROUP INDOOR CYCLING CLASS THAT FOCUSES ON STRENGTH, SPEED AND ENDURANCE. YOU'LL BE GUIDED THROUGH DIFFERENT WORKOUT PHASES INCLUDING HILL CLIMBS, FLAT TERRAINS AND TIME TRIALS.

360 RIG SESSIONS

TRY OUT THIS NEW SESSION ON THE GYM RIG, FUNCTIONAL TRAINING IN A CIRCUIT STYLE CLASS SUITABLE FOR ALL ABILITIES AND FITNESS LEVELS.

ONE ON ONE SESSIONS

IF YOU HAVE A SPECIFIC FITNESS GOAL WHY NOT BOOK A SESSION WITH ONE OF OUR FITNESS INSTRUCTORS? OUR PERSONAL PROGRAMMES TAKE INTO ACCOUNT YOUR LIFESTYLE, EXERCISE HISTORY AND LIKES AND DISLIKES. WHATEVER YOUR FITNESS LEVEL, OUR TEAM WILL WORK WITH YOU TO HELP YOU GET THE MOST FROM YOUR TRAINING. SESSIONS COST £5.95 FOR 30 MINUTES OR £9.95 FOR AN HOUR.

RACKET SPORTS

OUR FIVE GLASS BACK INTERNATIONAL STANDARD SQUASH COURTS ARE SOME OF THE BEST IN THE AREA. IN FACT THEY'RE SO GOOD, WE'VE HOSTED THE ALLAM BRITISH OPEN SQUASH CHAMPIONSHIPS FOR THE PAST FEW YEARS. WE ALSO HAVE EXCELLENT FACILITIES FOR BADMINTON, TENNIS AND TABLE TENNIS.

AU MEMBERSHIP

DON'T FORGET, IF YOU JOIN AN ATHLETIC UNIONS SPORTS CLUB YOU'LL NEED TO PURCHASE AN AU MEMBERSHIP FROM US. THEY COST £60 FOR INDOOR AND £75 FOR OUTDOOR CLUBS AND COVER YOUR TRAINING FACILITIES, CLUB REGISTRATION AND PLAYER INSURANCE.

CAMPUS SPORT

SWEATING IT OUT IN THE GYM OR JOINING A FORMAL SPORTS CLUB ISN'T FOR EVERYONE. THAT'S WHY WE HAVE CAMPUS SPORT, A PROGRAMME OF ACTIVITY WITH THE EMPHASIS ON HAVING FUN! DODGEBALL, FOOTBALL ZORBING AND TABLE TENNIS ARE JUST SOME OF THE ACTIVITIES YOU CAN TRY THIS YEAR. OUR SESSIONS ARE ABOUT MEETING PEOPLE, HAVING A LAUGH AND GETTING A BIT MORE ACTIVE IN THE PROCESS.