

# FITNESS CLASSES TIMETABLE

## THE UNIVERSITY OF HULL SPORTS AND FITNESS CENTRE

# SUMMER FITNESS CLASSES TIMETABLE

4 JUNE - SEPTEMBER 2018

THE UNIVERSITY OF HULL SPORTS AND FITNESS CENTRE



MONDAY	TUESDAY
360 RIG SESSION 07.15 - 08.00 Karen	ZUMBA 17.30 - 18.30 Lauren
SPIN 12.30 - 13.00 Les	BOOTCAMP 17.30 - 18.15 Jimmy
BODY PUMP 17.30 - 18.30 Layla	360 RIG SESSION 18.30 - 19.15 Jimmy
EXPRESS ABS 18.30 - 19.00 Layla	SPIN 18.30 - 19.15 Alex D
STRENGTH CAMP 18.30 - 19.15 Ken	YOGA 19.15 - 20.15 Cheryl

WEDNESDAY	THURSDAY
360 RIG SESSION 07.15 - 08.00 Tony	360 RIG SESSION 07.15 - 08.00 Jimmy
SPIN 12.30 - 13.00 Tony	FAT BLAST 12.30 - 13.00 Alex C
360 RIG SESSION 17.15 - 18.15 Ed	GRIT STRENGTH 17.30 - 18.00 Alex C
BODY PUMP 17.30 - 18.30 Layla	EXPRESS ABS 18.00 - 18.30 Alex C
SPIN 18.30 - 19.15 Iain	SPIN 18.30 - 19.15 Shaun
	YOGA 18.30 - 19.30 Gemma

FRIDAY	SUNDAY
360 RIG SESSION 07.15 - 08.00 Phil	DANCE 15.15 - 16.00 Sara
SPIN 17.15 - 18.00 Les	FITNESS YOGA 16.00 - 17.00 Sara
SATURDAY	
BODY PUMP 09.30 - 10.30 Kelly	
STRENGTH CAMP CAMP 10.30 - 11.15 Adam B	

**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.

## STRENGTH CAMP

STRENGTH CAMP IS A CHALLENGING FREE-WEIGHT WORKOUT FOR YOUR ENTIRE BODY AND INCLUDES VARIOUS EQUIPMENT SUCH AS SAND BAGS, TYRES, ROPES AND MORE.

## 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.