

The Nottingham Belfry Health Club

Group Exercise Timetable STARTS MAY 2021

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| <p>AQUA* Low Impact, high intensity workout to increase your heart rate & burn calories using a variety of equipment & exercises.</p> <p>STRETCH & MASSAGE* This classes uses the therapy ball to provide a safe & effective workout to lengthen all the major muscles & release muscle tension.</p> <p>CARDIO KICK ** Get your heart pumping & burn calories fast in this high energy class made up of cardio, weights & core sections.</p> <p>HIIT*** An advanced level high intensity cardio-strength training class using short bursts of bodyweight exercises to leave you feeling pumped!</p> | <p>FITNESS YOGA * A class designed to build strength & flexibility, reduce stress & tension & increase your overall health, energy & vitality.</p> <p>PILATES * A class which encourages correct posture & core strength using the fundamentals of pilates through functional exercises (trainers required).</p> <p>LEGS, BUMS, & TUMS * A low impact class designed to tone & firm those troublesome areas in a highly effectiveness!</p> <p>BODY BLAST ** An all over body workout focusing on improving strength & toning all of those troublesome areas.</p> |
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CLASS INTENSITY: * low intensity, suitable for everyone **moderate intensity, for improving fitness ***high intensity, for advanced fitness

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| MONDAY | BODY BLAST 10:00am - 10:45am ELAINE | FITNESS PILATES 10:55am - 11:40am ELAINE | |
| TUESDAY | | | HIIT 6:00-6:45pm CLAIRE |
| WEDNESDAY | AQUA STARTS 23rd June 11am-11:45am DONNA | LEGS, BUMS & TUMS 10:45am - 11:30am DONNA | AQUA AND LBT WILL CHANGE TIMES WHEN |
| THURSDAY | PILATES 9:45am - 10:45am ELAINE | | FITNESS YOGA 6:30-7:30 GILES |
| FRIDAY | CARDIO KICK 10:00am - 10:45am ELAINE | STRETCH & MASSAGE 10:50am - 11:50am ELAINE | |
| SATURDAY | | | |
| SUNDAY | | | |

* ALL GUESTS WILL BE CHARGED £5 T&C'S APPLY. BOOKINGS CAN BE MADE 7 DAYS IN ADVANCE * YOU MUST ADVISE US AT LEAST 2 HOURS BEFORE A CLASS IF YOU WISH TO CANCEL
 * YOU WILL NEED TO ARRIVE AT LEAST 5 MINUTES PRIOR TO YOUR CLASS & PLEASE INFORM THE INSTRUCTOR IF YOU HAVE ANY INJURIES * REMEMBER THERE IS A RESERVE LIST WITH MEMBERS WHO WOULD LIKE TO ATTEND, IF YOU CANNOT MAKE A CLASS PLEASE CONTACT US