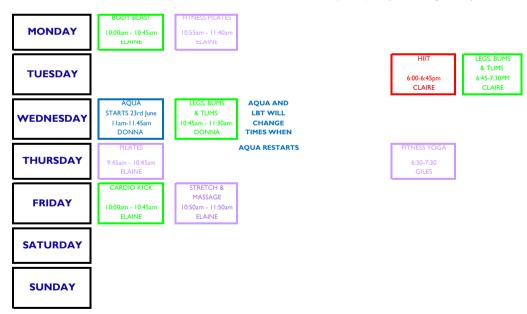


The Nottingham Belfry Health Club

Group Exercise Timetable STARTS MAY 2021

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

CLASS INTENSITY: * low intensity, suitable for everyone **moderate intensity, for improving fitness ***high intensity, for advanced fitness



^{*} 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