

Class Description

INDOOR CYCLING STUDIO:

Perfect Spin:

Enter a different world of freestyle indoor cycling and combine cardiovascular fitness with focus and mental training.

RPM®:

The indoor cycling workout to the rhythm of powerful music

AEROBICS STUDIO

BODYCOMBAT:

The best martial arts based group exercise programme on earth. Taking movements from a variety of disciplines and blending them into an action packed workout. Kick, block and punch you're way to a new physique.

PAD FIT:

A fun boxing based workout using gloves and pads to sharpen your reaction time and improve your fitness level. This is a great stress busting session!

BODYATTACK:

A cardiovascular interval training programme that combines high intensity aerobics, strength and stabilisation exercises

Step & Tone:

A low impact choreographed workout based around a step box. Fantastic for all round cardio fitness whilst challenging the lower body endurance and full body coordination.

ZUMBA:

A Latin inspired, easy to follow dance class. ZUMBA is a great calorie burner that allows you to have fun and let loose.

BODYPUMP:

Take the best exercises from the weights room and add inspirational music to produce the most popular group exercise class on the planet. BODYPUMP is the fastest way in the universe to change the shape of your body.

Perfect Core:

A workout designed to strengthen the abdominal core and lower back muscles, often in the form of a circuit session.

Perfect Circuit:

Combining both cardiovascular and resistance stations to produce an all over body session. Work at your own level whilst challenging your weaknesses.

Dance Aerobics

A fun aerobic workout combining fancy footwork into exciting choreography. This class is a great way to bring some enjoyment into your get fit regime.

WELLNESS STUDIO:

BODYBALANCE:

A soft blend of Tai Chi, Yoga and Pilates combining movements from all three disciplines. BODYBALANCE is choreographed to a mixture of music, a superb holistic class designed to challenge focus, flexibility, strength, and of course balance.

Pilates:

Focussing primarily on posture and the abdominal core, a concentrated slow session. Pilates can be ideal in the aid of treating some injuries such as lower back strain. (Please speak to your GP prior to attending a class if you do have an injury).

YOGA:

A series of mental, spiritual and physical exercises designed to aid in enlightenment. Benefits are; focused mental state, improved body strength and flexibility. [YOGA takes many forms see specific class details for more information and level]

Perfect Stretch:

Take the time out of the day to really stretch. Ideal for after a high intensity gym session or class; work from tip to toe performing perfect stretches. This class will help you to keep supple and reduce the risk of injuries.

POOL:

Aqua:

A class that always guarantees to be full of fun, ideal for pregnant participants and people with joint injuries. Splash your way to a great fitness level at any age.

GYM FLOOR:

Perfect Row:

30 minute rowing challenges; if time is a limit and fitness is a priority this short and challenging guided workout will give the maximum results in the minimum time. [Note this session will not just utilise the rowing machine; other exercises are included.]

Functionally Perfect:

Using state of the art equipment, the Kinesis Omega wall; these 30 minute sessions will teach you exciting ways to work out "functionally". Exercises that will help achieve any goal from sports conditioning to injury rehabilitation

Kettlebell Circuit

Challenge your core and create a leaner body with this high energy explosive workout. This class will engage major muscles and help to build power.

VILLAGE Solihull,

The Green Business Park,
Solihull, B90 4GW

For more information contact us on

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Group Fitness Timetable

September - December 2011



STUDIO TIMETABLE

The timetable has a mix of simple and choreographed classes aimed at different fitness levels and abilities, something to suit everyone. If you are unsure about a particular class speak to an instructor who will be happy to recommend different classes for your level




Monday

Start Time:	Class Name:	Duration:	Studio
7:00 am	Perfect Spin	45min	Indoor Cycling Studio
9:30 am	BODYATTACK	45min	Aerobics Studio
10:20 am	ZUMBA 	60min	Aerobics Studio
11:30 am	Aqua	45min	Pool
12:30 pm	Pilates	60min	Wellness Studio
2:00 pm	Perfect Spin Express	30min	Indoor Cycling Studio
5:15 pm	Perfect Core	30min	Aerobics Studio
5:45 pm	Perfect Spin Express	30min	Indoor Cycling Studio
6:00 pm	BODYCOMBAT	60min	Aerobics Studio
6:00 pm	Perfect Row	30min	Gym Floor
6:30 pm	Perfect Core	30min	Gym Floor
6:30 pm	Perfect Spin	45min	Indoor Cycling Studio
7:00 pm	BODYPUMP	60min	Aerobics Studio
7:00 pm	BODYBALANCE	60min	Wellness Studio
8:10 pm	Pilates	50min	Wellness Studio


Tuesday

Start Time:	Class Name:	Duration:	Studio
7:00 am	BODYPUMP	45min	Aerobics Studio
8:00 am	Perfect Stretch	30min	Wellness Studio
9:00 am	Perfect Core	30min	Aerobics Studio
9:30 am	Perfect Spin	45min	Indoor Cycling Studio
10:30 am	BODYCOMBAT	60min	Aerobics Studio
12:30 pm	Hatha Yoga	75min	Wellness Studio
2:00 pm	Perfect Core	30min	Aerobics Studio
5:30 pm	Perfect Circuit	45min	Aerobics Studio
5:30 pm	Aqua	45min	Pool
6:00 pm	Perfect Spin	60min	Indoor Cycling Studio
6:30 pm	Perfect Row	30min	Gym Floor
6:30 pm	BODYATTACK	45min	Aerobics Studio
7:00 pm	Power Yoga	60min	Wellness Studio
7:00 pm	Perfect Core	30min	Gym Floor
8:30 pm	Perfect Stretch	30min	Wellness Studio


Wednesday

Start Time:	Class Name:	Duration:	Studio
7:00 am	Perfect Spin Express	30min	Indoor Cycling Studio
7:30 am	Perfect Core	30min	Aerobics Studio
9:45 am	Perfect Spin Express 	30min	Indoor Cycling Studio
10:00 am	Pilates	60min	Wellness Studio
10:30 am	BODYPUMP	60min	Aerobics Studio
10:30 am	Functionally Perfect	30min	Gym Floor
12:00 pm	RPM	55min	Indoor Cycling Studio
12:00 pm	BODYBALANCE 	60min	Wellness Studio
1:00 pm	Aqua 	45min	Pool
1:00 pm	BODYPUMP	45min	Aerobics Studio
5:30 pm	Perfect Row	30min	Gym Floor
5:45 pm	BODYCOMBAT	45min	Aerobics Studio
6:00 pm	Functionally Perfect	30min	Gym Floor
6:30 pm	Perfect Spin	45min	Indoor Cycling Studio
6:30 pm	BODYPUMP	60min	Aerobics Studio
7:30 pm	Pad Fit	60min	Aerobics Studio
8:00 pm	Perfect Stretch	30min	Wellness Studio



Thursday

Start Time:	Class Name:	Duration:	Studio
7:00 am	BODYCOMBAT	45min	Aerobics Studio
9:00 am	BODYATTACK 	30min	Aerobics Studio
9:30 am	BODYCOMBAT	45min	Aerobics Studio
10:30 am	Perfect Spin	45min	Indoor Cycling Studio
10:30 am	Perfect Row	30min	Gym Floor
2:00 pm	Perfect Stretch	30min	Wellness Studio
5:30 pm	Perfect Spin	30min	Indoor Cycling Studio
6:00 pm	Kettlebell Circuit	30min	Gym Floor
6:00 pm	Dance Aerobics	45min	Aerobics Studio
7:00 pm	Perfect Spin	45min	Indoor Cycling Studio
7:00 pm	BODYBALANCE	60min	Wellness Studio
8:00 pm	Perfect Core	30min	Gym Floor


Friday


Start Time:	Class Name:	Duration:	Studio
7:00 am	Perfect Circuit	45min	Aerobics Studio
8:30 am	Perfect Row & Stretch	45min	Gym Floor
9:30 am	Step & Tone	60min	Aerobics Studio
9:30 am	Hatha Yoga	60min	Wellness Studio
10:30 am	Perfect Stretch	30min	Wellness Studio
10:30 am	BODYPUMP	60min	Aerobics Studio
11:30 am	Aqua	45min	Pool
12:30 pm	Pilates	60min	Wellness Studio
2:00 pm	Perfect Core	30min	Aerobics Studio
5:00 pm	Perfect Circuit Bootcamp	45min	Aerobics Studio
5:30 pm	Perfect Spin Express	30min	Indoor Cycling Studio
6:00 pm	Perfect Row 	30min	Gym Floor
6:00 pm	BODYPUMP	60min	Aerobics Studio
7:00 pm	Perfect Stretch	30min	Wellness Studio

Saturday

Start Time:	Class Name:	Duration:	Studio
8:30 am	Perfect Row 	30min	Gym Floor
9:30 am	BODYCOMBAT	60min	Aerobics Studio
9:45 am	RPM	55min	Indoor Cycling Studio
10:30 am	BODYPUMP	60min	Aerobics Studio
12:30 pm	Kettlebell Circuit	30min	Aerobics Studio
1:00 pm	Perfect Core 	30min	Aerobics Studio

Sunday

Start Time:	Class Name:	Duration:	Studio
9:30 am	BODYATTACK	45min	Aerobics Studio
10:30 am	Perfect Spin	45min	Indoor Cycling Studio
10:30 am	BODYBALANCE	60min	Wellness Studio
12:00 pm	Perfect Spin 	30min	Indoor Cycling Studio
12:45 pm	Perfect Core	30min	Aerobics Studio

 Perfect Fit Class; these are healthy choice classes, ideal for people stepping into exercise

PLEASE NOTE THAT ALL CLASSES CAN BE BOOKED 48 HOURS IN ADVANCE.