

# CLASS TIMETABLE: Newcastle Emlyn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	VITALITY CARDIO FUSION 11:00-11:55		VITALITY CARDIO FUSION 11:00-11:55	
	LONGEVITY CARDIO FUSION 13:00-13:55		LONGEVITY CARDIO FUSION 13:00-13:55	
	PIV CARDIAC REHAB AND MOBILITY 13:00-13:55		MOBILITY & BREATHE EASY 13:00-13:55	
VITALITY CARDIO FUSION 14:00-14:55		VITALITY PULSE & CARDIO FUSION 14:00-14:55	PIV CARDIAC REHABILITATION 14:00-14:55	'LIFE' CIRCUIT 14:00-14:55
STEP AEROBICS 19:00-19:55	CIRCUIT TRAINING 19:00-19:55	MUSCLE WORKS 18:00-18:55	FIGHTING FIT 18:00-18:55	
		AEROBICS 19:00-19:55		

## Class Definitions

### FUSION CLASSES

- Strength, toning & Conditioning
- Cardiovascular conditioning
- Cross training

**Longevity:** Suitable for Adults, Older adults and those seeking a more holistic approach to exercise.

**Vitality:** Only suitable for adults referred via health professional

*Please speak to a Fusion fitness instructor for more information*

Valid from 17<sup>th</sup> January 2011

NB: In the event of instructor leave or absence class type may be subject to change



# CLASS DESCRIPTIONS

**'Life' Circuits:** Total body circuit for active people. (Studio)

**Cardio Fusion:** Cardiovascular focused session using bikes, treadmills etc. Following an intro session, you will be required to purchase a TGS key (Gym)

**Vitality Pulse:** Focuses on cardiovascular exercises i.e. walking, cycling, rowing and stepping arranged in a circuit format and interspersed with strength and conditioning exercises. Ideal for individuals who, need to reduce body fat and reduce associated risk of coronary heart disease.

**Mobility & Breathe Easy:** Focuses on gaining/maintaining mobility and flexibility around key joints. The instructor will adapt exercise for each individual and seated alternatives will feature greatly in this session. Also appropriate for those with mild and controlled respiratory conditions. (Studio)

**Step Aerobics:** This is a fun; fat burning choreographed class using a 'step' to perform easy to follow moves that will improve coordination and cardiovascular fitness. (Studio)

**Muscle Works:** This endurance weight training workout is designed to shape and tone, strengthen and tone every muscle group in your body. With the benefits of a variety of resistance equipment this class is ideal for those wishing to firm up the body

**Fighting Fit:** This class is a high energy, fun, and motivating freestyle class using martial arts training methods. The focus is on safety and technique. It's a great all over body fitness workout, toning and strengthening for upper and lower body. (studio)

**Circuit Training:** A class of fun challenges that provides a fast moving way of accomplishing all round cardiovascular and muscular fitness. Incorporates various exercise stations that stimulates a motivating and exciting environment. The class will raise your desire to become fit and help reach goals you've always wanted to achieve. (Studio)

