

# THE SPENCER HEALTH CLUB

## November 2024 Class Timetable

<u>MONDAY</u>		<u>TUESDAY</u>	
7.30am	Stretch & Flow - 30m	7.30am	Upper body circuits - 30m
12.30pm	Push and Lift - 30m	12.30pm	Box-fit - 30m
6.30pm	Strength & Conditioning - 45m	6.30pm	Pilates Fusion - 45m

<u>WEDNESDAY</u>		<u>THURSDAY</u>	
7.30am	Spin - 30m	7.30am	Lower body circuits - 30m
12.30pm	Pilates Fusion - 30m	12.30pm	Fit and Fast - 30m
6.30pm	Step - 45m	6.30pm	Spin - 45m

<u>FRIDAY</u>		<u>SATURDAY</u>	
7.30am	Pilates Fusion- 30m		
12.30pm	Beginner Callisthenics - 30m	12.30pm	HIIT, Abs & stretch - 45m
6.30pm	Pump and Tone - 45m		

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### LOWER (or) UPPER BODY CIRCUITS

These classes will enable you to build a lean, defined stronger lower or upper body using free weights and your own bodyweight. We achieve this by doing exercises such as squats, lunges, RDL's, kickbacks for lower and presses, pulls, arms and shoulders for upper!

### BOX-FIT

Box-fit is a high-intensity exercise class that combines resistance training with aerobic exercise. This class is non-contact; the emphasis is on knocking your body into shape, not knocking anyone out. You will be taught core boxing techniques to punch your body to the next level while strengthening your core and pushing your cardiac output to its maximal limit.

### FIT AND FAST

A combo of high and low intensity cardio moves along with high energetic music to get you fitter and faster!

### STRENGTH AND CONDITIONING

Strength and conditioning is a high-intensity exercise class that combines resistance training with aerobic exercise. You will perform both strength lifts alongside endurance and cardio based movements for an overall cross-training outcome.

### PILATES FUSION

This is the class that concentrates on strengthening the body with an emphasis on the shoulders and core. Concentrating on balance, posture and flexibility, this class improves general fitness and overall well-being.

### STEP

Step is a fun way of getting your cardio workout done. It's a dance-type class where you step on and off a step (of different heights, depending on our level). Watch your fitness/coordination improve and your energy levels rise!

### PUSH & LIFT

Push and Lift will sculpt, tone and strengthen your entire body! Push and Lift is one of the fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. So with your choice of weight and highly-trained instructors you can get the group effect and the results you've been looking for!

### SPIN

This is the ultimate indoor cycling experience which has an equal amount of sprints and uphill climbs but its all systems go with quick bursts and short recoveries. It triggers a high metabolic response and allows for your body to burn extra calories after the class and throughout the day.

### STRETCH AND FLOW/YOGA

Here we help stretch out those tired, tight muscles while also strengthening the body. We slow down our breathing while we move, creating a flow.

### HIIT, ABS AND STRETCH

A class that will make you sweat, get your heart rate up, target those tummy muscles and stretch you out after!

### CALLISTHENICS

This is a form of strength training that utilises our bodyweight as the resistance to perform multi-joint movements. Get into real shape with little or no equipment.

### PUMP AND TONE

A weight based (different weight range depending on your level) full body strengthening class done to the beat of the music that will help you get fitter and stronger all while pumping those muscles to the beat of your favourite songs! Perfect for all levels of fitness!