

# Group Coaching Timetable

8<sup>th</sup> September - 21<sup>st</sup> December

**IVERIDGE**  
HEALTHCLUB

Monday	Session	Trainer	Level	Zone	Duration
615am	BURN	Janette	**	Studio/Outdoor	45
715am	STRONG	Janette	**	Studio/Outdoor	45
845am	STRONG	Janette	**	Studio/Outdoor	45
945am	NEW HYROX	Joe	**	Studio/Outdoor	45
1045am	Gentle YOGA	Binny	*	YOGA Space	60
530pm	NEW H.I.I.T Partners	Janette/Richard	*	Studio/Outdoor	45
530pm	ZUMBA Strong	Nicola M	**	YOGA Space	45
630pm	HYROX	Della	**	Studio/Outdoor	45
630pm	DanceFIT	Janette	**	YOGA Space	45
730pm	NEW STRONG	Della	**	Studio/Outdoor	45

## Tuesday

615am	STRONG	Richard	**	Studio/Outdoor	45
845am	Strong for Life	Nicola S	*	Studio/Outdoor	45
945am	Step & Tone	Julie	**	YOGA Space	45
945am	BURN	Richard	**	Studio/Outdoor	45
1045am	Pilates	Julie	*	YOGA Space	45
530pm	STRONG	Richard	**	Studio/Outdoor	45
615pm	Vinyasa YOGA (P)	Alison	**	YOGA Space	60
630pm	BURN (F)	Richard	**	Studio/Outdoor	45
730pm	Strong for Life	Linzi	*	Studio/Outdoor	45

## Wednesday

615am	BURN	Nicola S	**	Studio/Outdoor	45
715am	STRONG	Nicola S	**	Studio/Outdoor	45
845am	NEW H.I.I.T Partners	Richard	*	Studio/Outdoor	45
930am	Gentle YOGA	Julia	*	YOGA Space	45
945am	STRONG	Nicola S	**	Studio/Outdoor	45
1045am	Tone & Stretch	Nicola S	*	YOGA Space	45
430pm	NEW STRONG	Joe	*	Studio/Outdoor	45
500pm	Gentle YOGA	Sheila	*	YOGA Space	45
530pm	BOXING	Paddy	**	Studio/Outdoor	45
630pm	HYROX	Joe	**	Studio/Outdoor	45
630pm	Pilates & Barre	Julie	*	YOGA Space	45
730pm	Vinyasa YOGA (Open)	Julie	*	YOGA Space	60

## Thursday

615am	PUMP IT UP	Laura	**	Studio/Outdoor	45
845am	Strong for Life	Nicola S	*	Studio/Outdoor	45
930am	Gentle YOGA	Amy	*	YOGA Space	45
945am	BURN	Nicola S	**	Studio/Outdoor	60
1045am	Tone & Stretch	Nicola S	*	YOGA Space	45
500pm	Gentle YOGA	Amy	*	YOGA Space	45
530pm	BURN (F)	Della	**	Studio/Outdoor	45
615pm	Vinyasa YOGA (P)	Alison	**	YOGA Space	60
630pm	STRONG	Della	**	Studio/Outdoor	45
730pm	Hatha YOGA (P)	Binny	*	YOGA Space	60
730pm	Strong for Life	Linzi	*	Studio/Outdoor	45

## Friday

615am	NEW BURN	Joe	**	Studio/Outdoor	45
615am	BOXFIT	Paddy	**	Studio/Outdoor	45
715am	STRONG	Joe	**	Studio/Outdoor	45
930am	Gentle YOGA	Emma	*	YOGA Space	45
945am	STRONG	Richard	**	Studio/Outdoor	45
1045am	Vinyasa YOGA (Open)(P)	Alison	*	YOGA Space	60
430pm	BURN (F)	Janette	**	Studio/Outdoor	45
500pm	Restorative YOGA	Binny	*	YOGA Space	45
530pm	STRONG	Janette	**	Studio/Outdoor	45

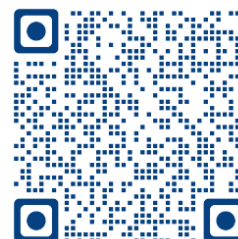
## Saturday

800am	HYROX	Janette	**	Studio/Outdoor	45
930am	STRONG	Janette	**	Studio/Outdoor	60
1030am	NEW BURN (F)	Janette	*	Studio/Outdoor	45

## Sunday

0900am	BURN (F)	Team	**	Studio/Outdoor	45
0930am	Gentle YOGA	Team	*	YOGA Space	60
1000am	STRONG	Team	**	Studio/Outdoor	45

**KEY:** \*=Suitable for beginners \*\*=Experience recommended  
**(F)** =Family Class (Suitable for 8-16 years with an adult)  
**(P)** =Suitable for Pregnancy 12-36 weeks **(Open)** = Open Level



# Group Exercise Timetable



## INTENSIVE Workouts

### BURN

Thrilling cardio-based workouts including High Intensity, Bodyweight, Bike and Ski Erg, Assault Bikes, Kettlebell, Sled and Rowing exercises to increase your level of fitness and elevate those endorphins. Every 2 weeks, you'll be given a new challenge guaranteed to make your body burn.

### STRONG

Classes including Barbells, Dumbbells, Kettlebells, Balls and Bodyweight workouts to increase your level of strength and get you into your best shape ever. Every 2-weeks, you'll try out a new and challenging workout guaranteed to get you strong fast. **PUMP IT UP** uses a range of barbell exercises to help switch it up.

### BOXFIT

This session includes a boxing and fitness session. Gloves can be provided or you can bring your own, no experience needed.

### DanceFIT

Awesome dance moves to pumping 80's & 90's and current pop and dance classics. A great workout to help you stay on top of your fitness and co-ordination. (8-16 year olds may attend with an adult member FREE of charge)

### Strong for LIFE

This session helps develop strength for life! Working with different kinds of resistance equipment and bodyweight, you will gently be coached to develop your strength, balance, core and endurance to support everyday life and tasks. Perfect to stay on top of your game!

### Zumba Strong

This class targets all major muscle groups to the beat. A great energising workout for all levels. This is cardio, combat and bodyweight training session and modifications can be offered for all levels. A superb class.

### NEW - HYROX

Put simply. These sessions are a mix of BURN & STRONG. These sessions include training drills to help get that body super fit. Drills include shuttle runs, sled training, farmers carry, lunges, burpees, wall balls, ski ergs and everything else to get you in tip top shape.

### NEW – H.I.I.T Partners

Try this amazing HIIT circuit Tabata style 20sec work /10 sec rest x 8 sets to help improve your overall fitness. This is the ultimate way to improve your heart and lung health with Richard & Janette. It's also a great way to feel mentally stronger as well with plenty of feel good endorphin release!

### Step & Tone

This session combines step box combinations with metabolic strength activities for a full body workout. Some experience of step is recommended. An amazing calorie burning workout.

## MIND / BODY Sessions

### Gentle YOGA

Yoga for all levels. This session covers the basics of yoga so is suitable for any level. A range of poses and postures to suit all levels with modifications offered for more experienced students. A perfect class to make a start on your yoga journey.

### Hatha YOGA

A slower more focused type of class, holding postures for longer, connecting with breath and challenging strength of body and mind. This is ideal for beginners and those wanting to work on postures. The practice then follows with 15-minute meditation. (Pre-natal ladies welcome 12-32 Weeks).

### Pilates

Pilates is a great way to improve stability at the joints and help to restore the natural function of the body. This gives you a gentle yet challenging workout that's tough on the muscles yet gentle on the joints. Easy to follow, flowing movements making it suitable and enjoyable for all ages and abilities!

### Restorative YOGA

Yoga (YIN) that encourages physical, mental, and emotional relaxation for all levels. It is practiced at a slow pace, focusing on long holds, stillness, and deep breathing often using props bolsters and blankets. A great class to take after a busy week!

### Vinyasa YOGA

This dynamic form of yoga will move you from posture to posture, creating heat and total body strength and flexibility. Classes vary with attention to different areas of the body, different peak postures or different ways of focusing your attention. All levels welcome. (Pre-natal ladies welcome 12-32 Weeks)

### Parents & Tots. Weekdays 1045am.

Gentle exercise for mummy/daddy and baby. From 3-18 months. A range of simple standing and floor exercises suitable for all levels. FREE 1<sup>st</sup> Class for members. Contact Steph on 07540946373 to book.

### Tone & Stretch

Traditional floor and gentle standing exercises to help improve posture, strength and joint stability. Perfect for those wanting a strong and functional body. Includes a range of flexibility exercises after the stability work. A great class for all levels.

### Sound Baths.

Lookout for monthly Sound Baths and Sound Healing experiences at the YOGA Space.

## PRICE GUIDE...

### Pay as you train

	Price
1 Class or Gym Pass	£10
10 Class / Gym Pass	£90 (90 days expiry)
Spa Recovery Hour	£25 (£15 members)

### Training Plans (no contracts) Month

	£40pm (Gym only)	£400
Club		
Club + Coaching	£80pm (Gym plus upto 7 classes per week)	£800
Club + Chill	£80pm (Gym plus upto 4 spa visits per week)	£800
Club + Coaching + Chill	£120pm (Gym, upto 7 classes and 4 spa visits per week)	£1200

## CLUB OPENING HOURS...

Mon-Fri	615am-830pm (Fri. 730pm)
Sat-Sun	800am-100pm

### Annual (2 months FREE)

## Club Updates.

8-Week Fitness & Inch Loss Plan including assessments on week 1 & 8 PLUS all INTENSIVE WORKOUTS – Just £197!

**We only take 25 new people every 8-weeks – See reception for dates of when the next plan starts!**

IVERIDGE Walking Club, FREE to all the community. TEXT Walking to 07803143679 to join the whatsapp group.

**Teen GYM – Every Sat/Sun 1100-100pm – Bring your 10 to 16 year olds for FREE with an adult member to the GYM.**

Get a recovery hour in the SPA for just £15 per hour for non SPA MEMBERS. Click SPA GARDEN ACCESS on the timetable to book.

Spa Entry Times for chill members or recovery hour: Tues-Fri 1130am-830pm (Fri. 6pm) for 60-minutes.

Members Get 10% off all our spa experiences. Simply enter MEMBERS10 on checkout of our spa experiences. (Excludes Events).

Personal Training available. 45-minutes appointments £45 or 1:2 £25pp.

