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AdvanceFitnessDoncasterEast

Group Fitness 500 Challenge Timetable

18 NOVEMBER – 8 DECEMBER 2024

Points will be allocated to each Group Fitness class during the 3 week challenge. Earn over 500 points in the challenge and score *Advance Fitness Merchandise* and go in the Draw to WIN 3, 2 and 1 Months Membership!



GROUP FITNESS STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		HIIT 20				LES MILLS BODYPUMP 50		
9:00 AM							LES MILLS BODYSTEP 40	POWER 20
9:15 AM			LES MILLS BODYPUMP 40	LES MILLS BODYPUMP 30		LES MILLS BODYSTEP 50		
9:30 AM		HIIT 30			HIIT 40			
10:00 AM							ZUMBA fitness 20	
10:30 AM			THT 50	ZUMBA fitness 30		ZUMBA fitness 20		
5:30 PM			GUNS & GLUTES 20	LES MILLS BODYPUMP 50	POWER 30			
5:45 PM		FIGHTING FIT 50						
6:30 PM			LES MILLS BODYSTEP 50					
6:45 PM		POWER 30		HIIT 20	ZUMBA fitness 50			





SPIN STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			SPIN 30		SPIN 40			
8:30 AM							SPIN 30	
9:30 AM						SPIN 30		
6:00 PM		SPIN 20	SPIN 50	SPIN 50				

MIND AND BODY TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM								YOGA 30
10:30 AM		PILATES 40			PILATES 20			
11:00 AM							PILATES 20	
7:45 PM		PILATES 20	YOGA 30	PILATES 20	YOGA 50			

FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
 LES MILLS BODYPUMP	60 mins	BODYPUMP® is the original barbell class that strengthens your entire body. This awesome workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!
 LES MILLS BODYSTEP	60 mins	BODYSTEP® is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. Your legs will love it...
 HIIT	45 mins	This circuit based HIIT class caters to all fitness levels, utilising a combination of cardio & strength moves to reach maximum fat burning capacity.
 YOGA	60 mins	Our Yoga classes are great for a midweek stretch or end of week wind-down! Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony.
 PILATES	60 mins	Pilates is a 60 minute class which focuses on the body's core. This class will help to improve abdominal and back strength as well as stamina. It promotes the relaxation of the muscles to help improve and maintain flexibility and posture. It is suitable for all levels.
 ZUMBA fitness	60 mins	The Zumba® program fuses hypnotic Latin dance rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. JOIN THE PARTY!!!
 POWER	60 mins	POWER is a strength based class that will tone and strengthen your entire body, to get you the results you want - and fast!
 THT	60 mins	A class specifically designed to target those areas that may need a bit more work, Tummy, Hips & Thighs.
 FIGHTING FIT	45 mins	Fighting Fit is a boxing pad-work session. Boosting cardio fitness & strength in a fun innovative class. Basic boxing moves suitable for beginners up... You work at your own level but with coaches motivating you all the way.
 GUNS & GLUTES	60 mins	GUN & GLUTES is ideal for all fitness levels, using a combination of resistance training and cardio training designed specially to target, firm and tone all of the muscles in the arms and buttocks! This class will have you feeling great and wanting more!!
 SPIN	45 mins	Our inspirational instructors and the pumping sound track will motivate and take you to your limits. We'll take you through climbs, sprints, and high intensity intervals to give you the best cardio workout possible while strengthening and toning your muscles. Ride the calorie burner for fitness and fun.