

**NON-MEMBERS ONLY £6 PER CLASS!**

**Nº 60 COMMENCING 7th FEB 2022**

## Zumba

ZUMBA is the original Latin-inspired dance-fitness program that blends red-hot international music and contagious steps. It's an exhilarating calorie-burning dance fitness-party!!!

## Bootie Blitz

Get the bum you have always dreamed off in our brand new bootie band class! This fun class is guaranteed to get a burn on and get those bootie gains popping!

## Bodypump

BODYPUMP is the original barbell class that strengthens & tones your entire body. This workout challenges all your major muscle groups get ready to squats, press, lift & curl! Minimum age 16.

## Battlefit **new!**

Battlefit is a combination of cardio and strength training. Using battle-ropes and a range of fitness equipment, its you against the clock! This class is great for toning, weight loss and building a strong body to advance your fitness levels quickly!

## Stepfit

Literally step your way into fitter and firmer body with absolute classic of a class! You can expect a choreographed mixture of up-beat, rhythmic stepping on to a step box with added weights to really feel that burn!

## Spinning

This Cycling class will not only improve your cardio endurance, it will burn a serious amount of calories whilst strengthening your legs and core. Prepare to get sweaty!

## Boxfitness

Get ready to skip and punch your way into a fitter body! This training focuses on toning and fitness using bodyweight exercises that incorporate footwork and abdominal movements. This is a definite calorie burner!

## Core Attack **new!**

This stability ball based class is perfect for those of you wanting to strengthen your entire core. If you want to sculpt your stomach, strengthen your back or improve your balance this is definitely the class for you!

## Boogie Bounce

Boogie bounce is the ultimate cardio blast! Bounce yourself into a fitter new you with awesome dance routines on mini trampolines. Suitable for all shapes, sizes and fitness levels. This class is FUN! FUN! FUN!

## Legs bums & tums

Want a firmer butt, flatter stomach and leaner legs? Well this class is definitely for you. This workout tackles all those problem areas, strengthening and toning your entire lower body. This class is for those who mean business!

## Monday

09.30 — 10.20 Bodypump  
10.30 — 11.30 Zumba  
18.30 — 19.30 Step Fit  
18.40 — 19.40 Spinning  
19.45 — 20.45 Bodypump

## Tuesday

09.20 — 10.10 Spinning  
10.15 — 11.00 Core Attack  
18.30 — 19.15 Bootie Blitz  
19.25 — 20.10 Battle Fit

## Wednesday

09.30 — 10.30 Step Fit  
18.30 — 19.30 Zumba  
18.40 — 19.25 Spinning  
19.35 — 20.30 LBT

## Thursday

09.20 — 10.05 Battlefit  
10.15 — 11.15 Boogie bounce  
18.00 — 19.00 Boxfitness  
19.10 — 20.10 Bodypump

## Friday

09.30 — 10.30 Zumba

## Saturday

09.10 — 09.55 Spinning

### Please Note:

All classes must be pre-booked. Classes may be booked up to 1 day in advance via the Fitsense app or by phone.

Please arrive 5 min s early for your class & check in at the reception.

If you are unable to attend a class please call Trackside Fitness at least 1 hour before the class commences, to allow other people who may be on the waiting list a place.



PRE-BOOKED

