

CLASS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6.30-7.15am SPIN Louis	9.30-10.15am CORE TONING Fitness Team			8.30-11.30am SWIMMING LESSONS Swim4Life
10.30-11.15am AQUA James	10.45-11.30am LBT Emily	10.30-11.15am BOXFIT Fitness Team	10.30-11.15am AQUA James			
1.30-4.30pm SWIMMING LESSONS Swim4Life	12.30-1.15pm CORE TONING Emily		12.30-1.15pm SPIN Louis			
	5.45-6.15pm CIRCUITS Fitness Team					
6.30-7.00pm AB ATTACK Fitness Team	6.30-7.15pm SPIN Emily					

Pace Health Club, Radisson Blu, Stansted
T: 01279 683117 E: fitness@pacegymstansted.co.uk

pacegymstansted.co.uk

- Mind and Body
- Conditioning
- Total Body Fitness
- Pool Based (during lessons the pool will be unavailable)

CLASS DESCRIPTIONS



CORE TONING

You can improve your waistline by toning your muscles. A relaxed atmosphere that changes your body shape, this class can be done whether you are a gym newbie or an expert.

CIRCUITS

Class for all levels looking for fitness and all over body conditioning.

AQUA

Not your usual Aqua class! Be prepared for a fun and challenging water workout like no other you have ever had. Ideal for EVERYONE, including those looking for a low impact class and improving fitness.

SPIN

A spin class is a great way to mix-up your routine and challenge your body in a different way! You'll get a good sweat going with the high energy vibe and invigorating music. Plus, spinning burns calories quickly.

LBT

Legs, Bums and Tums. After a short simple aerobic warm-up, hit those classic areas with a combination of easy to follow exercises improving muscular endurance and tone.

BOXFIT

A class based on the training used for boxing. You will be put through various boxing drills including footwork and abdominal workouts - all focusing on fitness and toning.

AB ATTACK

Our instructors will take you through a challenging workout that will strengthen and tone your abdominal muscles.

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