

CLASS DESCRIPTIONS

Les Mills Body Pump

This is the original Les Mills barbell class and it will sculpt and strengthen your whole body... quickly. BodyPump challenges all the major muscle groups through low weights and high reps. All set to chart-topping music that changes every three months, come try BodyPump at The Shrewsbury Club!

Les Mills Body Combat

BodyCombat is your martial arts inspired workout in Shrewsbury. Punch and kick your way to fitness (without the risks of contact), practicing the moves of Boxing, Muay Thai, Kung Fu, Taekwondo and Capoeira.

Les Mills GRIT

30-minute High Intensity Interval Training designed to improve strength and build lean muscle. GRIT is ideal for those who don't have much spare time but want to maximize calorie burn.

Pilates

Similar to Yoga, Pilates strengthens the body in an even way. There is particular emphasis on the core, embracing the 34 core mat exercises that founder Joseph Pilates focused on in the 1910s and 20s. If you're interested in trying a Pilates class in Shrewsbury, arrange a free lesson with us!

Spin

The hardcore spin bike classes at The Shrewsbury Club are sure to test those legs and lungs! Already a classic workout, Spin simulates a bike ride of differing intensities and (depending on weight and other factors) can burn 600 calories in one class.

Aqua Fit

Our Shrewsbury aqua fitness lessons may sound easy but don't be fooled just because they are low impact. They provide an effective cardio and aerobic workout and are especially good for people who perhaps are recovering from injury.

Circuits

Another old school favourite Circuit Training is one of The Shrewsbury Club's most popular classes as it targets the whole body, and the ever-changing exercises ensure your muscles don't get too comfortable! Circuits can get maximum results in minimum time.

Bums & Tums

Two areas of the body that people tend to be most unhappy about! Our 45-minute Bums & Tums class in Shrewsbury specifically targets these regions, using lunges, crunches and everything in between. This is definitely a class for all abilities.

Olit

Elements of Yoga, Tai Chi, Pilates and Capoeira have been combined to create OLIT. It is the awareness of moving naturally and in harmony with one's self. Its elements have gradually developed through many kinds of sports, exercises and dances.

NIA

NIA is dance based fusion fitness combining 52 simple moves with 9 movement forms. NIA can improve your flexibility, agility, mobility, strength & stability. NIA is holistic fitness set to empowering music to feed your body, focus your mind, stir your emotions & uplift your spirit. Various levels are provided so that the workout is personalised for your body.

Barreflow Fitness

An upbeat fusion of ballet barrework, Pilates/Yoga & conditioning exercises. Specifically - sculpting exercises concentrating on the legs & bum - mainly performed at the barre, finishing with a stretch sequence at the barre or on the mat. Suitable for all.

Pilates Plus

A Pilates based matwork class working with small equipment such as foam roller, gym ball or resistance band.

Yoga

Yoga started in India over 5,000 years ago. It focuses on flexibility and breathing, so can be beneficial for the mind as well as the body, and is also counted as a muscle-strengthening activity by the NHS. The Shrewsbury Club's fabulous and fully qualified Yoga instructors will be sure to guide you correctly.

Piloxing

Our Piloxing classes in Shrewsbury are great fun! A combination of Pilates, Boxing and Dance, Piloxing helps with cardiovascular fitness, muscle toning and fat burning. Enjoy the fitness benefits of boxing but without risking a broken nose!

Aerobics

One of the oldest classes around and, some would say, one of the best. If you're interested in stretching and strength training, come and try Aerobics!

Mummyfit Bootcamp

This outdoor power walking / jogging class, with its mixture of cardio, muscle strengthening and toning exercises, is the answer to shifting those extra post natal pounds. MummyFit Bootcamp burns fat, improves posture and strengthens core muscles. Providing a safe and effective workout, this one-hour class allows for time to chat to other mums, caters for all fitness levels and provides motivation to regularly attend classes. The terrain is suitable for all buggy types, it's fun and naturally baby comes along too!

Les Mills CX Works

Exercising muscles around the core, CX Works provides the vital ingredient for a stringer body. A stronger core makes you better at all things you do, from everyday life to your favourite sports - it's the glue that holds everything together.

Konga

Konga is an easy to follow fusion of boxing, cardio, dance & sculpting.

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GROUP EXERCISE

STUDIO CLASS TIMETABLE



the
**shrewsbury
club**

Tel: 01743 467 755
www.theshrewsburyclub.co.uk

WHO TEACHES WHAT?

Book Your Classes Online
www.theshrewsburyclub.co.uk

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
06.30-07.00	SPIN	Sam	06.30-07.00	SPIN	Tracy A	06.30-07.00	SPIN	Tracy A	06.30-07.00	CX WORX	Sam	06.30-07.30	BODY PUMP	Rob	08.30-09.00	SPIN	Tracy A
07.00-07.30	GRIT	Sam	06.30-07.30	YOGA	Emily	07.00-07.30	CIRCUITS	Tracy A	07.00-07.30	YOGA FLOW	Emma	09.15-10.15	LEGS BUMS & TUMS	Denise	09.00-09.45	CIRCUITS	Tracy A
09.15-10.15	PILOXING	Tracy C	07.00-07.30	META PWR	Kieran	09.15-10.15	BODY COMBAT	Mickey	07.30-08.00	YOGA	Emma	09.15-10.15	KONGA DANCE	Clare	09.30-10.15	AQUA	Karen
09.15-10.00	SPIN	Conner	09.15-10.15	ZUMBA	Carla	09.15-10.15	YOGA	Emily	09.15-10.15	TAI CHI	Tom	10.00-11.00	MUMMYFIT BOOTCAMP	Vicki	10.00-11.00	BODY COMBAT	Robin
10.00-11.00	BODY COMBAT	Mickey	09.15-10.15	LEGS BUMS & TUMS	Tracy C	10.00-11.00	MUMMYFIT BOOTCAMP	Gilly	09.15-10.15	AEROBICS	Tracy C	10.15-11.00	AQUA	Tracy A	11.10-12.10	BODY PUMP	Robin
10.15-10.40	BARREFLOW FITNESS	Annalie	10.15-10.45	SPIN	Tracy A	10.30-11.15	AQUA	Tracy A	10.20-11.20	PILATES	Lauren	10.20-11.20	OLIT	Marica			
10.30-11.15	AQUA	Nicky	10.15-11.15	BODY COMBAT	Neil	10.20-11.20	SWISS BALL PILATES	Robin	10.30-11.15	AQUA	Tracy A	10.30-11.30	BOXERCISE	Jodee			
10.45-11.45	PILATES PLUS	Annalie	10.15-11.15	ALL ABILITIES PILATES	Annalie	10.25-11.25	BODY PUMP	Nina	10.30-11.30	BODY PUMP	Natasha	11.30-12.30	PILATES INTERMEDIATE	Marcia	09.30-10.30	LEGS BUMS & TUMS	Nicky
11.05-11.35	CX WORX	Sam	10.30-11.15	AQUA	Tracy C	11.30-12.30	NIA	Jane	11.30-12.45	YOGA	Jane	14.00-14.45	AQUA	Gilly	10.30-11.30	CLUBBERCISE	Toni
11.30-12.00	POST-NATAL SPIN	Gilly	11.15-12.00	BARREFLOW FUSION	Annalie	18.00-18.30	GRIT	Sam	11.35-12.05	CX WORX	Sam	18.00-18.30	META PWR	Kieran/Conner	10.30-11.30	OLIT	Marica
12.00-12.30	CORE & STRETCH	Gilly	11.25-12.25	BODY PUMP	Natasha	18.30-19.00	CX WORX	Sam	17.30-18.00	LEGS BUMS & TUMS	Tracey A	18.00-19.00	CLUBBERCISE	Toni			
11.50-13.05	YOGA	Lydia	12.00-12.30	POST-NATAL SPIN	Vicki	18.30-19.00	SPIN	Natasha	18.00-19.00	PILATES	Marica						
17.30-18.00	SPIN	Kieran	12.35-13.15	MUMMYFIT H.I.I.T	Vicki	19.15-20.15	BODY PUMP	Natasha	18.00-18.30	SPIN	Kieran						
18.00-19.00	BODY COMBAT	Mickey	17.30-18.00	SPIN	Conner	18.30-19.30	YOGA	Emma	18.00-19.00	BODY COMBAT	Mickey						
18.30-19.30	PILATES	Marcia	18.00-18.30	GRIT	Sam	19.30-20.30	JUNGLE BODY	Zara	18.30-19.15	AQUA	Gilly						
19.10-20.10	BODY PUMP	Jemma	18.30-19.15	AQUA	Karen				19.00-20.00	YOGA	Jo						
			18.00-19.00	ZUMBA	Alison												
			18.30-19.00	CX WORX	Sam												
			19.00-20.00	YOGA	Emma												
			19.30-20.30	CLUBBERCISE	Toni												

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- Key
- Health & Fitness Studio
 - MyRide Studio
 - Mind & Body Studio
 - Swimming Pool
 - MummyFit



We are thrilled to be able to offer over 70 fitness classes a week, all included in membership. So no matter what your age or ability, The Shrewsbury Club will have a class for you! They are great fun, and you will also enjoy the benefits of getting motivation from your fellow group members. Our two fitness studios and MyRide Studio are fully air conditioned and were recently refurbished. Members can easily book classes online, whether you're an early bird, daytime fan or you prefer evenings. It is all about providing you with a quality training environment, quality instruction and ease of booking. By getting these three things right makes The Shrewsbury Club a top choice for people interested in group fitness.