

THURSDAY

12:30 – 13:30 Studio 1

BOOT CAMP CIRCUITS with Kerry - ADVANCED

Not for the faint hearted! Work at your own pace, but learn to push **your** body to new levels. Comprising mainly aerobic conditioning this class will burn mega calories, tone the body and give you a massive feel good factor!

17:30 – 18:15 Studio 1

KETTLERCISE with Bev - ALL LEVELS

This workout method takes the basics of kettlebells and puts it into an exercise class. In the kettlebells class movements include those used in traditional kettlebell workouts, swings, snatches, pulls and presses to name but a few. Burn fat, increase strength and take your overall fitness to new levels.

18:15 – 19:00 Studio 1

FIGHT FX with Kerry - ALL LEVELS

Fight FX uses mixed martial arts programming and training techniques to enhance body composition and elevate fitness levels. This multi-peak workout features upper and lower body conditioning drills, which incorporate kicks, punches, strikes and blocks. Correct form and technique is made a priority and is both taught and reinforced throughout the entire class.

18:15 – 19:15 Studio 2

STEP with Wendy - ALL LEVELS

Pump FX is a group strength training workout utilising plates and bars that's designed to shape and tone your body. Set to energising music, this workout takes the best elements from both the gym floor and the group exercise studio, and combines them to create an enjoyable and achievable workout.

19:00 – 20:00 Studio 1

URBAN FUNK with Amanda - ALL LEVELS

A unique dance class with the city's best qualified Urban Funk teacher. Whether you want to improve your fitness or just strut your stuff then this is the class for you. Using the most up-to-date music and dance moves, you will certainly burn calories and tone muscles. Suitable for all levels of fitness, although please check with our instructor if you have any queries.

19:15 – 20:15 Studio 2

ZUMBA with Mal - ALL LEVELS

The Zumba program fuses hypnotic latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. You can achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

20:00 – 21:00 Main Gym

GROUP PT with Mark - ALL LEVELS

You will have access to your own Personal Trainer for a one hour session held in the gym. Learn the very latest in functional training, fitness improvements and fat burning. JOIN THE TREND – THIS IS THE WAY FITNESS IS GOING....."GROUP PT"! Sign up early – there are only 6 spaces available. Cost ONLY £6 per session. Available to Members and Non Members. Bookings as per our normal timetable at reception.

FRIDAY

17:30 – 18:30 Studio 1

ABS & STRETCH with Frances – ALL LEVELS

Start your weekend with a bang! Tone those muscles, look and feel your best for the weekend ahead. A great workout including abdominal toning and flexibility work.

18:30 – 19:15 Studio 1

JUMP with Frances : ALL LEVELS

Jump FX delivers no-nonsense cardio programming designed to accelerate fat loss and maximise fitness gains. Easy-to-follow exercise sequences are supercharged with several of the most effective training techniques including plyometrics, high intensity interval training and 3D or multi-planar stretching.

17:45 – 18:45 Studio 2

HEART RATE SPIN with Kerry : ALL LEVELS

Monitor your fitness like never before with this heart rate spin class. There is no hiding in this one, improve fitness, burn calories and see definite percentages of your maximum work rate.

SATURDAY

09:30 – 10:30 Studio 1

STEP MADNESS with Kerry - INTERMEDIATE/ADVANCED

Get your weekend off to a flying start with this fun and high energy step class. Great for burning calories and improving cardiovascular fitness. Suitable for intermediate and advanced participants.

09:30 – 10:30 Studio 2

SPINNING with Mal : ALL LEVELS

Join this class for an exhilarating and fun workout. Find out just what your body can do and benefit from massive calorie burn and lower body toning.

10:30 – 11:30 Studio 1

PUMP FX with Kerry/Mark - ALL LEVELS

Pump FX is a group strength training workout utilising plates and bars that's designed to shape and tone your body. Set to energising music, this workout takes the best elements from both the gym floor and the group exercise studio, and combines them to create an enjoyable and achievable workout.

SUNDAY

11:00 – 12:00 Studio 2

KALI TRAINING with Colin

A style of martial arts that emphasises weapon based fighting with sticks, blades and improvised weapons

14:00 – 15:00 Studio 1

POWER YOGA with Holly - ALL LEVELS

A unique combination of dynamic breathing and strong, flowing movement, which creates a high-heat, high-energy workout. Builds strength and flexibility. Connects mind & body, and reduces stress.

16:00 – 17:00 Studio 2

PILATES with Gillian

Exercises the whole body from a strong core to train and re-educate the body to restore it to optimum muscular-skeletal function while improving strength, mobility, balance, posture and co-ordination.



FITNESS CLASS

TIMETABLE

OPENING TIMES

	<u>Regular</u>	<u>Off Peak</u>
Monday – Friday	6am – 10pm	6am – 5pm
Saturday/Sunday	8am – 8pm	8am – 8pm

**Last admission to the club is
1 hour before closing.**

**The swimming pool will close
30 minutes before the regular closing time.**

CONTACT

The Warehouse Health Club
20 Mearns Street
Aberdeen
AB11 5AT

Tel: (01224) 571457

Website:
www.thewarehousehealthclub.com

WAREHOUSE

FITNESS

TIMETABLE

MONDAY

17:30 – 18:30 Studio 1

BODY BLAST with Wendy - ALL LEVELS

Don't miss out on this complete body shape up. Incorporating simple choreography, this class is ideal for the beginner to the advanced. Major muscle groups will be worked safely and efficiently to ensure maximum results.

17:45 – 18:30 Studio 2

SPINNING with Amanda - ALL LEVELS

Join this class for an exhilarating and fun workout. Find out just what your body can do and benefit from massive calorie burn and lower body toning.

18:30 – 19:30 Studio 1

MIX & MATCH with Wendy - ALL LEVELS

This workout will target all those muscles from "top to toe". Learn the importance of correct technique and exercise form to ensure maximum benefits with a whole host of equipment.

19:30 – 21:00 Studio 1

KBK MMA with Marc Howes

KBK MMA (formerly Team Jigoku) are going back to our MMA roots. There is no emphasis on fighting in the ring or cage, just a spirit of pushing our own knowledge base and stamina to new levels! Our roots are (and always will be) Kyokushin Budokai, the original MMA system, but we are bringing in techniques from Jujitsu and wrestling that will add to our system. Classes are predominately MMA, but on occasion we will throw on a kimono jacket and add another dimension to our grappling! Or work on 'no-gloves' techniques so the KBK MMA can be utilised effectively in the street.

19:45 – 20:45 Main Gym

GROUP PT with Mark - ALL LEVELS

You will have access to your own Personal Trainer for a one hour session held in the gym. Learn the very latest in functional training, fitness improvements and fat burning. JOIN THE TREND – THIS IS THE WAY FITNESS IS GOING....."GROUP PT!" Sign up early – there are only 6 spaces available. Cost ONLY £6 per session. Available to Members and Non Members. Bookings as per our normal timetable at reception.

TUESDAY

06:15 – 07:15 Studio 2

EARLY BIRD SPIN with Mark - ALL LEVELS

Getting fed up with that dull, early morning cardio session? Why not start your day on a high with this fun and exhilarating spin ride. Take advantage of the spinning programme which is regarded worldwide as the best indoor cycling workout. Come on, join the spinning "cult".

12:30 – 13:30 Studio 1

BOOT CAMP CIRCUITS with Kerry - ADVANCED

Not for the faint hearted! Work at your own pace, but learn to push **your** body to new levels. Comprising mainly aerobic conditioning this class will burn mega calories, tone the body and give you a massive feel good factor!

17:30 – 18:30 Studio 1

STEP with Kerry - ADVANCED

Let's dance to the latest tunes with this high choreographed step class. Learn the very latest moves from the top instructors around the world and practise it here at Warehouse.

17:30 – 18:15 Studio 2

BLAST FX with Frances - ALL LEVELS

Whopping routines set to colossal tracks - meet **BLAST FX!** Perform core, balance and interval activities to a buff bevy of beats and experience the latest evolution of body conditioning.

18:15 – 19:00 Studio 2

PUMP FX with Frances - ALL LEVELS

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18:30 – 19:30 Studio 1

TRX CIRCUITS with Mark - ALL LEVELS

Two instructors for the price of one! Kerry and Mark team up to take you through a powerful, upbeat class mixing trx suspension training with the very best circuit exercises. Whether your goal is to lose weight, tone up or just get fit then this is the class for you.

19:00 – 19:45 Studio 2

ABS & STRETCH with Frances - ALL LEVELS

Tone your abs and progressively stretch your whole body in this combination class. A strictly devoted class to target and define the abs and lower back, followed by deep body stretching to improve your quality of movement.

19:30 – 20:30 Studio 1

URBAN FUNK with Amanda - ALL LEVELS

A unique dance class with the city's best qualified Urban Funk teacher. Whether you want to improve your fitness or just strut your stuff then this is the class for you. Using the most up-to-date music and dance moves, you will certainly burn calories and tone muscles. Suitable for all levels of fitness, although please check with our instructor if you have any queries.

19:45 – 20:45 Studio 2

CARDIAC REHABILITATION with Kerry - SPECIALISED CLASS

This is a hospital referral class for cardiac patients. Please speak to our instructor for more information.

WEDNESDAY

12:30 – 1:30 Studio 2

PILATES with Gillian

Exercises the whole body from a strong core to train and re-educate the body to restore it to optimum muscular-skeletal function while improving strength, mobility, balance, posture and coordination.

17:30 – 18:15 Studio 1

BODY SHOX with Kerry - ALL LEVELS

This is the very latest in fitness. Tabata training allows interval fitness to be taught at its best. Play hard then "take a rest" to feel the full benefits of this top to toe workout. Don't miss it!

17:45 – 18:45 Studio 2

SPINNING with Mark - INTERMEDIATE/ADVANCED

Join this class for an exhilarating and fun workout. Find out just what your body can do and benefit from massive calorie burn and lower body toning. Suitable for intermediate and advanced participants.

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YOGA with Jodi - ALL LEVELS

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ZUMBA with Shabs - ALL LEVELS

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** PLEASE NOTE **

This timetable will start on: Monday 20th February
2012