



# The Cheshire County Sports Club

## 2024 Class Timetable



### Monday

Pump  
09:30-10:15  
With Tersia  
STUDIO 4

Balance  
10:30-11:15  
With Tersia  
STUDIO 2

HIIT Zone  
17:15-17:45  
With Gwion  
FITNESS SUITE

Cheshire Spin  
18:00-18:45  
With Gwion  
SPIN STUDIO

Abs Blast  
19:00-19:30  
With Gwion  
FITNESS SUITE

Pump  
19:15-20:00  
With Sarah  
STUDIO 4

Balance  
20:15-21:00  
With Sarah  
STUDIO 2

### Tuesday

Cheshire Spin  
07:30-08:15  
With Nicola  
SPIN STUDIO

Cheshire LBT  
08:20-08:50  
With Nicola  
STUDIO 4

Pilates  
09:00-09:45  
With Tamsin  
STUDIO 2

Cheshire LBT  
17:00-17:30  
With Julie  
STUDIO 4

Yoga  
18:00-19:00  
With Carol  
STUDIO 3

Cheshire Spin  
18:00-18:45  
With Saskia  
SPIN STUDIO

Kettlebell HIIT  
19:00-19:30  
With Julie  
STUDIO 4

### Wednesday

Cheshire Spin  
09:15-10:00  
With Amanda  
SPIN STUDIO

Zumba  
09:30-10:15  
With Yvonne  
STUDIO 2

Yoga  
10:30-11:30  
With Carol  
STUDIO 2

Pump  
11:30-12:15  
With Sarah  
STUDIO 4

Cheshire HIIT  
17:45-18:15  
With Gwion  
STUDIO 4

Cheshire Spin  
18:00-18:45  
With Nicola  
SPIN STUDIO

Pump  
18:30-19:15  
With Tersia  
STUDIO 4

Cheshire Boxercise  
18:45-19:30  
With Nicola  
STUDIO 1

Balance  
19:30-20:15  
With Tersia  
STUDIO 1

### Thursday

Cheshire Spin  
07:30-08:15  
With Nicola  
SPIN STUDIO

Cheshire LBT  
08:20-8:50  
With Nicola  
STUDIO 4

Pilates  
10:45-11:30  
With Matt  
STUDIO 2

Cheshire HIIT  
17:00-17:30  
With Gwion  
Studio 4

Cheshire Pump  
17:45-18:30  
With Gwion  
STUDIO 4

Cheshire Spin  
18:15-19:00  
With Nicola  
SPIN STUDIO

Abs Blast  
18:45-19:15  
With Gwion  
FITNESS SUITE

Pilates  
19:00-19:45  
With Matt  
STUDIO 1

### Friday

Cheshire Spin  
09:15-10:00  
With Nicola  
SPIN STUDIO

Zumba  
09:30-10:15  
With Yvonne  
STUDIO 2

Yoga  
10:30-11:15  
With Tersia  
STUDIO 2

Begin to Spin  
17:45-18:30  
With Julie  
SPIN STUDIO

HIIT Zone  
18:45-19:15  
With Julie  
FITNESS SUITE

### Saturday

Cheshire Spin  
09:15-10:00  
With Nicola  
SPIN STUDIO

Cheshire HIIT  
10:00-10:45  
With Nicola  
STUDIO4

Sunday

Cheshire Circuit  
9:00-9:45  
With Gwion  
SPORTS HALL

Core and Stretch  
10:00-10:45  
With Gwion  
STUDIO 2

**TO BOOK**

**CALL: 01244 318167**

**EMAIL: OFFICE@THECHESHIRE.ORG**



**THE  
CHESHIRE**  
COUNTY SPORTS CLUB

## CLASS DESCRIPTION

### ABS BLAST

High Intensity Interval Training focussing on the abdominal are using only body weight for intense resistance

### BEGIN TO SPIN

Begin to Spin is a low-impact spin class for beginners that incorporates a spin tutorial, bike set up and introductory level spin.

### BALANCE

Balance is a motivating blend of Tai Chi , Pilates & Yoga that will help you improve your mind body & life.

### PUMP

Pump is a fast paced barbell workout for absolutely everyone. The class is designed to get you lean, toned and fit whilst working out to motivating music.

### CHESHIRE BOXERCISE

Boxercise is an exercise based on the concept of training methods used by boxers to keep fit. This high intensity workout can take on a variety of formats including shadow boxing , hitting pads and sit ups.

### CHESHIRE CIRCUITS

Circuit training is a combination of six or more exercises performed with short rest periods between them for a set number of repetitions.

### CHESHIRE HIIT

HIIT or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods..

### HIIT ZONE

Is a Gym Based work out using HIIT or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

### CHESHIRE LEGS BUMS TUMS

LBT stands for legs, bums and tums. LBT classes are suitable for all fitness levels. Each class is different, but guarantees you a great workout every time.

### CHESHIRE PUMP

A body sculpting class utilising a weighted bar and free weight , this class will help you get toned and fit . Inclusive to all this class is ideal for beginners or individuals that train regularly.

### CHESHIRE SPIN

During a spin class, you'll pedal an indoor bicycle while the instructor guides you through a workout that's similar to outdoor cycling. Your spin class instructor will set the pace for the class.

### KETTLEBELL HIIT

A dynamic strength based high-intensity workout using kettlebells, incorporating a range of basic movements to more advanced techniques.

### PILATES

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

### YOGA

Yoga classes are gentle and include yoga poses modified to individual's needs, gentle movement sequences to help improve the body's movement patterns, yogic breath techniques, and guided relaxation.

### ZUMBA/TONE FIT

Zumba is a cardio class inspired by Latin dance. This dynamic dance class is a calorie burning form or workout that is suitable for all fitness levels and age groups. Zumba will get you fit , keep you fit and keep you smiling