

CHOOSE FROM A HUGE RANGE OF FITNESS CLASSES AND START HAVING FUN GETTING FIT!

Aqua Fit - Cardio and resistant training in the water, so you can jump without impact, strengthen without soreness the next day.

ABC (Arms, Back and Chest) - A workout compromising of arms, back and chest to really target the upper body.

BODYBALANCE™ - Ideal for anyone and everyone, a yoga-based class that will improve your mind, your body and your life. Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Strengthen your entire body and leave the class feeling calm, centred and happy.

BODYCOMBAT™ - Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and challenges you to up the intensity. You'll release stress, have a blast and feel like a champ.

BODYPUMP™ - A great motivational class that has you working all muscles with carefully selected exercises taking you on a journey. This class will help you enable more than you ever will going solo.

BODYSTEP™ - Don't worry, there's heaps of options so that everyone leaves feeling successful. Our bubbly and approachable instructors coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You can burn up to 540 calories and you'll leave buzzing with satisfaction.

Buggy Bootcamp* - A circuit style workout that will tone your whole body. Open to all abilities, no need for a babysitter as you can bring your baby along in their pram/buggy.

Circuits - Top to toe workout class that is aimed at all levels. You will work on your strength, endurance, cardio fitness and core, making the class "the total body workout".

Core Stability & Strength - A class to target the core as a whole to improve your overall posture and performance.

GRIT ATHLETIC™ - A 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power. LES MILLS GRIT Athletic takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

GRIT CARDIO™ - A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

GRIT STRENGTH™ - A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

HIIT Cardio - 30min HIIT Training targeting cardiovascular fitness, to maximise calorie burn.

HIIT Step - Using the principles of High Intensity Interval, Training, this class is choreographed to bespoke soundtracks created by some of the UK's top House DJs, HIIT Step is a high energy class that pushes you to new limits.

LBT (Legs Bums and Tums) - Exercises that are moving and static to improve muscular strength, endurance and core.

METCON - A workout that combines strength and cardio conditioning, as well as both anaerobic and aerobic exercises. During a workout, you moderately to intensely exert yourself for a prolonged amount of time. Burning calories more effectively, Improving lean muscle mass, and improving metabolism.

METFIT - A high energy class that will incorporate various training methods - AMRAP, EMOM, TABATA to take your fitness to the next level.

Pilates & Stretch - This mind-body workout will develop your strength, flexibility and endurance while challenging your core.

RPM - With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

Run Club - All abilities welcome, as sessions are varied and suited to all abilities.

Sit 2 Fit - Aims to improve mobility, flexibility and stability whilst using a chair for support. This class is aimed at those wanting to improve their functional ability with everyday activities.

Spin Strength Spin - A mixture of traditional intense spinning mixed with intense body weight exercises to challenge you.

Stretch & Tone - This is a low impact class to tone core, upper and lower body muscles followed by stretches. This will help increase range of motion and flexibility.

Studio Cycle - A 45 minute studio based cycling class, that builds stamina and endurance whilst burning off those calories. Let your instructor take you through your paces as you sprint and climb hills to music. A great class to see your fitness levels improve very quickly.

Total Fitness - A class which involves various movements and methods using bodyweight and weights, work to your own ability.

PLEASE NOTE: *Parents are responsible for their children during all

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 **Nuffield Health**

This centre is managed on behalf of the MoD by Nuffield Health.

STUDIO TIMETABLE

Catterick
LEISURE CENTRE

www.nuffieldhealth.com/catterick

STUDIO TIMETABLE

Monday 2nd October
- Sunday 3rd December 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00 -07.30	HIIT Step	HIIT Cardio	<small>LES MILLS</small> GRIT ATHLETIC	<small>LES MILLS</small> RPM	Run Club	08.30 METFIT	
09.30 -10.15	Spin Strength Spin	LBT	<small>LES MILLS</small> BODYPUMP	Studio Cycle <small>Coach by Colour</small>	<small>LES MILLS</small> ^{55mins} BODYPUMP	Core Stability & Strength	Studio Cycle
10.00 -10.45			Buggy Bootcamp*		Buggy Bootcamp*		
10.30 11.15	Stretch & Tone	<small>LES MILLS</small> RPM	<small>LES MILLS</small> BODYSTEP	ABC	<small>LES MILLS</small> BODYBALANCE		Circuits ^{55mins}
11.15 -12.00		<small>LES MILLS</small> BODYBALANCE			AquaFit**		
11.30 -12.15			^{55mins} Pilates & Stretch				
12.15 -13.00					METCON		
13.00 -13.45	Sit 2 Fit						
17.15 -18.00	<small>LES MILLS</small> BODYPUMP		HIIT Zone ^{30mins} <small>LES MILLS</small> BODYPUMP		HIIT Step ^{30mins}		
18.00 -18.45	<small>LES MILLS</small> ^{18.15} BODYCOMBAT	Total Fitness	<small>LES MILLS</small> ^{18.15} BODYCOMBAT	<small>LES MILLS</small> GRIT STRENGTH			
19.00 -19.45	<small>LES MILLS</small> ^{19.15} BODYBALANCE	Studio Cycle		<small>LES MILLS</small> ^{18.30} BODYSTEP			
19.45 -20.30		AquaFit**	AquaFit**	^{45mins} 19.30 Total Fitness			

Loyalty Cards
...available for all Studio Classes
Contact Reception for further details.

3 Aquafit sessions per week
Keep an eye out for our themed sessions!

All classes are held in the Fitness Studio located on the first floor otherwise as marked:
*Sports Hall, **Pool

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