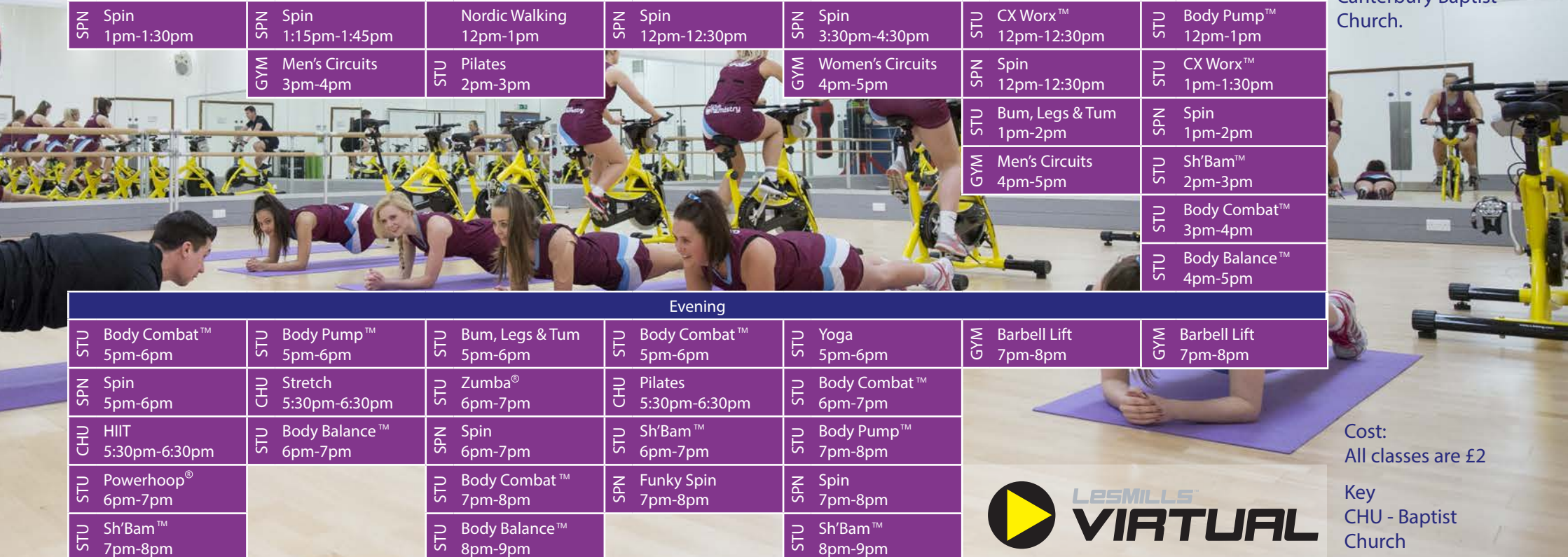


Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
STU CX Worx™ 7am-7:30am	STU Body Combat™ 7am-8am	STU Body Balance™ 7am-8am	STU Body Pump™ 7am-8am	STU CX Worx™ 7am-7:30am	STU Body Balance™ 9am-10am	GYM Barbell Lift 10am-11am
STU Body Balance™ 8am-9am	SPN Spin & Abs 7am-8am	STU Body Pump™ 8am-9am	SPN Spin 7:30am-8:30am	STU Body Combat™ 8am-9am	STU Body Combat™ 10am-11am	
GYM Women's Circuits 11am-12pm	STU Sh'Bam™ 8am-9am	SPN Spin 9:45am-10:30am	STU CX Worx™ 8am-8:30am		STU Zumba® 11am-12pm	
	GYM Barbell Lift 10am-11am	GYM Women's Circuits 11am-12pm	GYM Barbell Lift 11am-12pm			
Afternoon						
SPN Spin 1pm-1:30pm	SPN Spin 1:15pm-1:45pm	Nordic Walking 12pm-1pm	SPN Spin 12pm-12:30pm	SPN Spin 3:30pm-4:30pm	STU CX Worx™ 12pm-12:30pm	STU Body Pump™ 12pm-1pm
	GYM Men's Circuits 3pm-4pm	STU Pilates 2pm-3pm		GYM Women's Circuits 4pm-5pm	SPN Spin 12pm-12:30pm	STU CX Worx™ 1pm-1:30pm
					STU Bum, Legs & Tum 1pm-2pm	SPN Spin 1pm-2pm
					GYM Men's Circuits 4pm-5pm	STU Sh'Bam™ 2pm-3pm
						STU Body Combat™ 3pm-4pm
						STU Body Balance™ 4pm-5pm
Evening						
STU Body Combat™ 5pm-6pm	STU Body Pump™ 5pm-6pm	STU Bum, Legs & Tum 5pm-6pm	STU Body Combat™ 5pm-6pm	STU Yoga 5pm-6pm	GYM Barbell Lift 7pm-8pm	GYM Barbell Lift 7pm-8pm
SPN Spin 5pm-6pm	CHU Stretch 5:30pm-6:30pm	STU Zumba® 6pm-7pm	CHU Pilates 5:30pm-6:30pm	STU Body Combat™ 6pm-7pm		
CHU HIIT 5:30pm-6:30pm	STU Body Balance™ 6pm-7pm	SPN Spin 6pm-7pm	STU Sh'Bam™ 6pm-7pm	STU Body Pump™ 7pm-8pm		
STU Powerhoop® 6pm-7pm		STU Body Combat™ 7pm-8pm	SPN Funky Spin 7pm-8pm	SPN Spin 7pm-8pm		
STU Sh'Bam™ 7pm-8pm		STU Body Balance™ 8pm-9pm		STU Sh'Bam™ 8pm-9pm		
STU Body Pump™ 8pm-9pm						

Christ Church Sport are launching a brand new fitness class programme for you to get active in. The sessions are hosted within the dance studio, new spin studio and new gym in the Sports Centre. There are also classes in Canterbury Baptist Church.



Cost:
All classes are £2

Key
CHU - Baptist Church
GYM - Gym
SPN - Spin Studio
STU - Dance Studio



Class Descriptions

Barbell Lift	Barbell Lifting allows you to practice your lifting and spotting techniques. Building more confident lifts to a stronger more powerful you.
BODYCOMBAT™	Is a high energy martial-arts inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength,
Bum, Legs and Tum	Incorporating exercises to target specific areas of the body. A great way to tone those difficult areas!
HIIT	A 45 minute high intensity interval training workout. Helps improve strength, cardio fitness and speed with bodyweight exercises that blast your major muscle groups.
Pilates	Pilates emphasises the balanced development of the body through core strength and flexibility. Lengthening muscles and bringing awareness in order to support efficient, graceful movement.
SH'BAM™	Is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple (yet sassy) dance moves, all set to a party playlist.
Stretch	A combination of stretch and release exercises with some PNF and foam rolling techniques to help relieve tired aching muscles.
Yoga	Yoga will help strengthen and lengthen your muscles, regain flexibility whilst restoring your mind set to calmer times of balance and peace.
Zumba®	A Latin inspired dance fitness class with elements from Hip-Hop, Salsa, Reggaeton, Merengue and more. Ditch the workout and Join the PARTY!
Women's and Men's Circuit	A combination of cardio, resistance machines, free weights and body weight exercises to help you on your fitness journey.
Spin	Spin is an indoor group cycling class burning calories as you listen to motivational music. From early morning to lunchtime blasts, to funky and/or power spin. All abilities welcome.
Powerhoop®	Powerhoop's weight and wavy interior create pulsing contractions, trimming and toning your tummy and waist.
Nordic Walking	Nordic walking is a total body version of walking that can be enjoyed both by all fitness abilities. The activity is performed with specially designed walking poles similar to ski poles.
CXWORX™	Provides the vital ingredient for a stronger body while chiselling your waist line in just 30 minutes.
BODYPUMP™	Is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps) giving you a total body workout that burns lots of calories.
BODYBALANCE™	Is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life.