

## ALL STAR FITNESS CLASS TIMETABLE

DAY	CLASS	TIME	DURATION	LOCATION	INSTRUCTOR	LEVEL
MONDAY	ABSOLUTE ABS	17.30	15MINS	GYM	JOE	ALL
	LEGS BUMS & TUMS	18.30	50MINS	CRICKET PITCH 1	JAINA	ALL
	STREET DANCE	19:30	50MINS	CRICKET PITCH 1	VASH	ALL
TUESDAY						
	SMASH HIIT	17:30	30MINS	CRICKET PITCH 1	VASH	
	BOX STAR FITNESS	19:00	50MINS	CRICKET PITCH 1	JOE/JAY	ALL
WEDNESDAY	*KIDS STAR BOX FITNESS	16:30	50MINS	CRICKET PITCH 1	JOE/JAY	AGES 5/11
	YOGA	19:00	60MINS	CRICKET PITCH 1	Maliha	ALL
THURSDAY						
	DANCE FITNESS	18:00	50MINS	CRICKET PITCH 2	JAINA	ALL
	ABSOLUTE ABS	18:30	15MINS	GYM	SADIE	ALL
	PILATES	19:00	50MINS	CRICKET PITCH 2	JAINA	ALL
FRIDAY	LADIES WHO LIFT (BOOKING REQUIRED)	18:00	30MINS	GYM	SADIE	ALL
SATURDAY	BOOTCAMP	9:30	50MINS	CRICKET PITCH 1	JOE/JAY	ALL
	CROSSFIRE (BODYWEIGHT)	11:00	20MINS	GYM	JOE	2 & 3
SUNDAY	TOTAL BODY BLAST	10:00	50MINS	CRICKET PITCH 1	SADIE	ALL

### BE PART OF THE ALL STAR FITNESS CLASS COMMUNITY

***What can you expect from the gym classes here at ALL STAR FITNESS...?***

- ☑ You will be coached by the best instructors who will educate, motivate, and inspire you towards your goals.
- ☑ Your instructor will teach you every part of the programme with the correct technique and form.
- ☑ You will be part of a motivational group, friendly and a positive fun vibe gym environment.

## **KEY**

**\*Paying class** – Please ask at reception for more details

**All levels** – Whether you want to lose weight, tone up, improve strength, or just have fun, these classes suit every ability and every goal.

**Level 2 & 3** – You are at the point in your fitness journey where exercise is becoming easier, and you have built up a good level of strength and endurance. You've also learned and nearly mastered perfect technique for most exercises and ready to increase your intensity.

### **Description of classes:**

- 📄 **Absolute Abs** – Abs blast class is a popular workout designed to tone and tighten the tummy with a range of exercises. Not only that, but by improving your core muscle around your stomach area it allows you to get the most out of the other exercises you do.
- 📄 **Legs bums & tums (LBT)** – This is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bums, and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels.
- 📄 **SMASH HIIT** – A training system that combines High Intensity Interval Training (HIIT), muscle toning, and cardio. This 30-minute class burns fat and creates long, lean muscles, with rapid results. It strengthens your core, improves circulation, and increases flexibility.
- 📄 **Bootcamp** - An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. With a new workout every week, these classes are designed to push participants harder than they'd push themselves and to always keep the body guessing.
- 📄 **Box Star Fitness** - is a full body workout that's guaranteed to get the heart pumping. The explosive movements required in this class work the body aerobically whilst also developing your fast-twitch fibres / building muscle. It is based on the training used for boxing, so it includes skipping, boxing drills including footwork and abdominal workouts – all focusing on fitness and toning as well as burning lots of calories.
- 📄 **\*Kids Star Box Fitness – THIS IS CLASS IS TERM TIME ONLY.** This class is for children ages between 5-11 years of age to help young people of all abilities achieve their goals in getting the best performance, no matter their skill level. Star Box Fitness is fantastic cardiovascular and fun workout and can teach children discipline, dedication and the fundamentals of fitness, essential skills for an active, healthy adult life.
- 📄 **Street Dance/Dance Fitness** - is a high-energy dance workout designed to burn calories and boost your cardio fitness whilst having fun. The perfect combination of music, dance and cardiovascular exercise, dance fitness is the ideal fitness class for anyone that loves dancing.
- 📄 **TOTAL BODY BLAST** - If you're looking for a high intensity workout that will help tone your body and shed fat, this is a great class to attend. Total Body Blast is a high energy and fast-paced class which involves working your way around different exercise stations performing each exercise as many times as you can in a set amount of time.
- 📄 **Crossfire (bodyweight)** - is a metabolism boosting workout utilizing multiple joint movements and full bodyweight exercises performed at a high intensity. Metabolic style training is FUN! The workouts move quickly, the exercises are constantly changing, and it forces you to use your whole body as a unit. It incorporates super effective strength moves that build firm and lean muscle which is key to building a robust metabolism. Get ready for your fitness to get fired up!
- 📄 **Pilates** - This non-impact class, involves a series of over 100 exercises using your own body weight for resistance. These exercises assist in improving overall strength, flexibility, and are integral part of developing a long and lean Pilates body!

📌 **YOGA** - A gentle and active yoga instruction incorporating therapeutic touch, guided deep breathing, relaxation techniques and meditation. Embracing the power of yoga to nourish and heal the body and reduce stress to create a mindset of well-being.

📌 **LADIES WHO LIFT (BOOKING REQUIRED)** – THIS ONE IS JUST FOR THE LADIES.

“I want to get stronger, but I just don’t know what to do. I need someone to teach me proper technique so that I feel confident.”

A class that is specifically designed to teach weight training for women beginners. A class that teaches you exactly how to lift weights with good technique, how to make regular progress and get excellent results from your gym sessions.

**PRICE OF CLASSES**

**GYM MEMBERS – FREE OF CHARGE**

**NON-GYM MEMBERS - £6 PER CLASS**

**PRICE OF YOGA CLASS**

**GYM MEMBERS – FREE OF CHARGE**

**NON-GYM MEMBERS - £7.50 PER CLASS**