

# CLASS TIMETABLE: Ammanford

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
'LIFE' CIRCUIT 9:45-10:45		LONGEVITY CARDIO FUSION 09:45-10:45		'LIFE' CIRCUIT 9:45-10:45
VITALITY PULSE 11.00-12.00		VITALITY CARDIO FUSION 11:00-12:00		VITALITY PULSE + 11:00-12:00
	WATER WORKS 13:15-14:00	POSTURE BALANCE & FITNESS 13:30-14:30	VITALITY CARDIO FUSION 13:30-14:30	WATER WORKS 13:15-14:00
	VITALITY CARDIO FUSION 14:30-15:30			
AEROTONE 17:45-18:40	BOXERCISE 18:00-18:55	LEGS, BUMS & TUMS 17:45-18:40	BOXERCISE 18:00-18:55	CIRCUIT TRAINING 18:00-18:55
	VITALITY CARDIO FUSION 19:30-20:30		VITALITY CARDIO FUSION 19:30-20:30	

## Class Definitions

### FUSION CLASSES

- Strength, toning & Conditioning
- Cardiovascular conditioning
- Cross training

**Longevity:** Suitable for Adults, Older adults and those seeking a more holistic approach to exercise.

**Vitality:** Only suitable for adults referred via health professional

*Please speak to a Fusion fitness instructor for more information*

Valid from 17<sup>th</sup> January 2011

NB: In the event of instructor leave or absence class type may be subject to change



## CLASS DESCRIPTIONS

**'Life' Circuits:** Total body circuit for active people. (Studio)

**Longevity Cardio Fusion:** Cardiovascular focused session using bikes, treadmills etc. Following an intro session, you will be required to purchase a TGS key (Gym)

**Posture, Balance & Fitness:** Specific attention applied to your balance and posture, things you perhaps never thought about. (Studio)

**Water-Works:** This is a structured session for adults and older adults who prefer to exercise in a non-weight bearing environment and enjoy the relaxing and invigoration properties of water. (Pool)

**Posture Balance & Fitness:** An intense workout for balance, strength and core stability. You won't get out of breath, but you will be challenging the parts that need to be reached. Always fun and very relaxed you are encouraged to work at your own pace. (Studio)

**Legs, Bums & Tums:** This conditioning workout utilises a variety of specific movements and exercise designed to shape tone those Legs, Bums and Tums. (Studio)

**Boxercise®:** The best stress buster around and one of the most effective forms of cross-training available today. The class is a structured high energy, fun, and motivating freestyle class using the latest up to date training methods. The focus is on safety and technique. It's a great all over body fitness workout, toning and strengthening for upper and lower body. The class is catered for all types of standards whether you're a beginner or experienced in a boxercise class. (Upper school gym)

**Aerotone:** This non-choreographed aerobic conditioning workout will tone those muscles and improve cardiovascular fitness. (Studio)

**Circuits:** A class of fun challenges that provides a fast moving way of accomplishing all round cardiovascular and muscular fitness. Incorporates various exercise stations that stimulates a motivating and exciting environment. The class will raise your desire to become fit and help reach goals you've always wanted to achieve. (Studio)

