

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18:10 Yoga (Miranda) 18:10 Boot Camp (Adam) - Sports Hall 19:15 Boxercise (Aidan) 20.00 Aqua Fit (Vikki) - Swimming Pool 20:15 Pilates (Aidan)	09:30 Yoga (Miranda) 11:00 Pilates (Paula) 12:30 Spinning (Tim) 18:15 Pilates (Paula) 19:15 Body Blast (Vikki)	18:15 Spinning (Sarah) 19:00 Lean & Mean (Sarah) 19:30 Tone & Flex (Sarah)	09:30 Yoga (Miranda) 12:30 Pilates (Paula) 18:15 Pilates on the Ball (Paula) 19:15 Zumba (Stella) 20:15 Spinning (Tim)	09:30 Body Blast (Vikki)

Members can book Group Exercise Classes online and via our mobile app (Malvern Active)

### MEMBERS

Free of Charge (there is a non attendance fee of £6.00 and a late cancellation fee if less than 6 hour notice is given of £6.00)

### NON MEMBERS

£6.00 (payment required at time of booking and non transferable)

**AQUA FIT:** aerobics in the swimming pool, it is a great way to get fit (buoyancy lifts and supports the body, giving a wonderful feeling of freedom).

**BODY BLAST:** is a focused conditioning class designed to work out the entire body using simple, effective exercises.

**BOOOT CAMP:** A high intensity, high calorie burning circuit class that conditions the body with resistance and aerobic training. With the use of various equipment / training techniques this class will define/strengthen your body and mind.

**BOXERCISE:** using pads and gloves to build combinations and perform fun but challenging non-contact boxing drills. Boxercise uses both aerobic and anaerobic training methods allowing you to burn in excess of 1000 calories per class.

**LEAN & MEAN:** 30 minutes fat burning circuit. This is a high intensity quick moving workout with structured rest intervals, designed to double your calorie burn for the following 24 hours.

**PILATES:** mat based, improves posture, mobility, flexibility, strength and muscle tone in core, buttocks, thighs, arms, shoulders & back.

**PILATES ON THE BALL:** low-impact, high intensity exer-

cises to combine powerful shaping effects of Pilates. Adding fun, variety and increased effectiveness. Offering muscle toning, improved posture, body sculpting and mental concentration.

**SPINNING:** all fitness levels can work together in this motivating calorie burning class. Helps to improve stamina and aerobic capacity.

**TONE & FLEX:** 20 minutes strength and tone focusing on hips, thighs and upper arms; 20 minute of core and abdominal work; 20 minutes stretching to lengthen and improve posture and flexibility. Feel taller, lighter and tighter in three focused steps.

**YOGA:** a class to improve your suppleness and flexibility. A great way to reduce stress and keep fit.

**ZUMBA:** Latin-inspired, dance-fitness class that incorporates Latin and international music, which is dynamic, exciting and exhilarating. Easy to master, it tones and sculpts the body.