














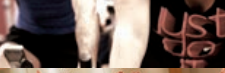





| Times | Studio | 7.00 - 9.30 | 9.30 - 10.25 | 10.30 - 11.25 | 11.30 - 12.25 | 12.30 - 17.30 | 17.30 - 18.25 | 18.30 - 19.25 | 19.30 - 20.25 | 20.30 - 21.30 |
|-------|----------|--------------------------------|------------------------------------|------------------------------------|--|------------------------------------|------------------------------|----------------------------------|------------------------------------|----------------------------|
| MON | 1 | Prime Movers 8.30 - 9.10 | Aerotone | Body Conditioning 10.30 - 11.25 | Yoga & Meditation 11.40 - 12.40 | | Body Combat 18.00 - 19.00 | Body Pump 19.00 - 20.00 | | GRIT 20.00 - 20.30 |
| | 2 | | Prime Movers 9.15 - 10.00 | Pilates | Body Balance | Fitness Pilates 13.30 - 14.25 | | Pilates | Yoga & Relaxation 19.30 - 20.30 | |
| | 3 & Pool | SPRINT 6.45 - 7.15 | spin 9.45 - 10.30 | Aqua Fit 9.30-10.10 | Aqua 10.15 - 11.00 | spin 10.30-11.15 | | Hotspot 18.00 - 18.45 | spin 18.45 - 19.30 | spin 19.30 - 20.15 |
| TUES | 1 | Body Pump 6.45 - 7.45 | Body Combat | Fit Drum | Body Pump 11.30 - 12.15 | Vini Yoga 12.30 - 13.25 | Zumba 18.00 - 18.55 | Metafit & Abs 19.00 - 19.45 | Ultimate Workout 20.00 - 21.00 | |
| | 2 | Fitness Pilates 8.45 - 9.25 | Fitness Pilates | Body Balance | Hotspot 11.30 - 12.15 | | Pilates 18.00 - 18.45 | Stretch & Tone 19.00 - 19.45 | | |
| | 3 & Pool | | spin 9.45 - 10.30 | Aqua Fit 9.30 - 10.15 | SPRINT 10.30 - 11.00 | | RPM 18.15 - 19.00 | RPM 19.00 - 19.45 | Hotspot 19.00 - 19.45 | + |
| WEDS | 1 | Body Pump 8.45 - 9.25 | Body Pump 9.30-10.25 | GRIT 10.40 - 11.10 | Zumba 11.15 - 12.00 | Pilates 12.15 - 13.15 | Vini Yoga 14.30 - 15.30 | Indoor Bootcamp 18.00 - 19.00 | Pound 19.00 - 19.40 | |
| | 2 | | Yoga | Prime Movers 10.45 - 11.40 | | | | | Body Balance 18.30 - 19.25 | Yoga |
| | 3 & Pool | spin 6.45 - 7.30 | spin 9.45 - 10.30 | Aqua Fit 9.30 - 10.15 | spin 10.30 - 11.15 | | | SPRINT 17.30-18.00 | spin 18.15-19.00 | HITT spin 19.00 - 19.30 |
| THUR | 1 | Prime Movers 8.30 - 9.15 | Body Combat | Body Balance | Fit Drum 11.30 - 12.30 | Zumba Gold 12.35 - 13.25 | | Body Combat 18.30 - 19.30 | Body Balance 19.30 - 20.30 | |
| | 2 | | Pilates | Body Conditioning 10.30 - 11.15 | Zumba 11.15 - 12.00 | Yoga & Meditation 12.15 - 13.15 | | Pilates 19.00 - 20.00 | | |
| | 3 & Pool | spin 7.00 - 7.45 | Low energy spin 9.45 - 10.30 | Aqua 9.30 - 10.15 | spin 10.30 - 11.15 | | | SPRINT 17.30-18.00 | spin 18.15-18.55 | spin 19.00 - 19.45 |
| FRI | 1 | GRIT 7.00 - 7.30 | Ultimate Workout | Body Pump | | Pilates 12.40 - 13.40 | Body Pump 18.00 - 18.45 | Metafit 19.00 - 19.30 | | |
| | 2 | | Core Stability 9.15 - 10.15 | | Body Balance 11.30 - 12.30 | | | Fitness Pilates | | |
| | 3 & Pool | spin 9.00 - 9.45 | spin 9.45 - 10.30 | spin 10.30 - 11.15 | Aqua Fit 10.30 - 11.15 | | | | | |
| SAT | 1 | Body Pump 9.15 - 10.15 | Aerotone Aerobics 10.15 - 11.00 | Fitness Pilates 11.00 - 12.00 | | | | | | |
| | 2 | | | | | | | | | |
| | 3 | spin 8.45 - 9.30 | spin 9.30 - 10.10 | Hotspot 10.15 - 11.00 | | | | | | |
| SUN | 1 | GRIT 8.30 - 9.00 | Body Balance 9.00 - 9.55 | Body Pump 10.00 - 11.00 | Family Zumba/Fit Drum 11.00 - 11.45 | | | | | |
| | 2 | | | | | | | | | |
| | 3 | spin 9.00 - 9.45 | HIIT spin 9.50 - 10.20 | | | | | | | |

*Members must book a 15 minute studio technique session for spin & body pump before attending their first class. This session can be booked in the Gym at a time suitable for you.

Bookings can be made up to seven days in advance of the class, in person or by telephone or online. Numbers are limited. Please make every effort to cancel your classes online or via the club reception.

Book online at:
www.lichfieldgolfandcountryclub.com

● Outdoor Classes - please wear appropriate attire to suit weather conditions

| Lichfield Class Descriptions | | DURATION | EXERCISE TYPE | BURN RATE | EQUIPMENT | MUSIC | RESULTS |
|--|------------------------------|---|---|------------------------------|--|--|---|
|  | LES MILLS GRIT SERIES | 30mins | high intensity interval training | up to 400 kcals | bar & plates mat & step | up and coming new music | improves strength, increases lean muscle burns calories after you workout! |
|  | AEROTONE/AEROBICS | 45/55mins | aerobics to music, light weight or no weights for toning | avg. 500 kcals | hand weights | upbeat & motivating tunes to dance and tone the body | improves co-ordination, heart and lung fitness, tones the body |
|  | ULTIMATE WORKOUT | 55mins | high & low intensity cardio & resistant workout | avg. 500 kcals | dumbbells & step | the latest inspirational & motivational tunes | improves heart & lung fitness improves muscle strength & tone |
|  | BODY COMBAT | 55mins | martial arts inspired cardio | avg. 740 kcals | none | the latest fun & funky tunes | tones & shapes, increases strength & endurance, builds self confidence |
|  | METAFIT | 30mins | high intensity interval training | up to 600 kcals | none | none | bodyweight training targeting all major muscle groups to burn body fat, increase strength and metabolic rate |
|  | INDOOR BOOTCAMP | 60mins | high intensity circuit training | up to 600 kcals | tyres, sand bags, wooden logs, water cannisters, hammers, VIPRs, kettlebells, dumbbells, etc | upbeat & motivating | improves core strength, heart and lung fitness, balance, stability |
|  | PILATES | 55mins | holistic | avg. 390 kcals | mat | relaxing & calming music | increases core strength, mobility & flexibility |
|  | YOGA | 60/75mins | variety of yoga styles | up to 300 kcals | yoga mat | relaxing & calming music | increases core strength |
|  | BODY BALANCE | 55mins | inspired by yoga, tai chi & pilates | avg. 390 kcals | yoga mat optional | soulful, calming & inspiring | improves joint flexibility & range of motion tones & shapes, enhances well being |
|  | MEDITATION | 30/55mins | holistic | avg. 100 kcals | mat | none | benefits mind & body |
|  | STRETCH & RELAX | 45mins | flexibility, mobility & strength | avg. 200 kcals | mat | relaxing & calming music | improves flexibility & mobility, focuses on relaxation through stretch |
|  | BODY PUMP | 45/55min | weight based resistant training | avg. 560 kcals | barbell, plate, & height adjustable step | latest hard hitting & inspiring tunes | increases strength & endurance, tones & shapes, helps maintain bone health |
|  | BODY CONDITIONING | 55mins | conditioning | avg. 500 kcals | hand weights, steps & mat | motivating tunes | improves muscle strength, upper & lower back and heart & lung fitness |
|  | HIIT | 45mins | high intensity interval training | avg. 500 kcals | mat, steps & boxing gloves | high energy, inspirational and motivating | bodyweight training targeting all major muscle groups to burn body fat, increase strength and metabolic rate |
|  | PRIME MOVERS | 55mins | low impact cardio & strength | avg. 300 kcals | resistance tubes, exercise balls & mats | upbeat | low-impact, whole body workout improves cardio fitness, improves core strength |
|  | spin | 45mins | cardio group cycling | avg. 600 kcals | indoor stationary exercise bike | upbeat & motivating tunes taking you on a cycle journey | improves heart & lung fitness, increases strength & endurance |
|  | SPRINT | 30mins | HIIT group cycling | 300 kcals plus after burn | indoor stationary exercise bike | challenging tracks | achieve fast results, build lean muscle, trains your body to burn fat fast |
|  | RPM | 45mins | cardio group cycling | avg. 675 kcals | indoor stationary exercise bike | inspirational music | increases cardiovascular fitness, burn fat tone & shape your legs, hips, & butt |
|  | ZUMBA/ZUMBA GOLD | 55mins | dance inspired cardio | avg. 450 kcals | none | latin inspired fitness party | increase heart & lung fitness, improves muscle tone & coordination, increases energy |
| | FIT DRUM | 45/55min | dance inspired cardio | up to 400 kcals | none | lots of your favourite upbeat tunes, old & modern music | improves cardiovascular fitness, brain activity, hand eye coordination, and spatial awareness |
| | POUND | 55mins | exhilarating full body workout, cardio based including strength, yoga & pilates | up to 600 kcals | fixstick | jamming music | increase posture & stability, decrease stress & anxiety, improves cardio fitness, increase in energy |
| | AQUA | 45mins | water resistance aerobics | avg. 400 kcals | woggles | upbeat & motivating tunes to dance and tone the body | improves co-ordination, heart and lung fitness, tones the body |
| | HOTSPOTS | a fantastic opportunity to try new classes allowing flexibility for a variety of classes, especially the addition of the new classes to the timetable. Please check the booking system for class availability. | | | | | |