

# Class Descriptions

## AeroStep

A workout based around a step platform, burns calories & excellent for toning the bum & thighs. The rest of the body is put through its paces using body bars, hand weights & resistance bands to get an all over workout.

## AeroTone

A combination of high & low impact moves choreographed to music, which builds aerobic endurance & burns calories, followed by exercises which tone different muscle groups.

## Aqua

A fun & safe total body workout in the pool. Working against the resistance of the water for a lower impact, but effective calorie burning, muscle toning workout. Ideal for pre/post natal, those with joint problems or injuries & non swimmers.

## Body Blast

A class using simple high energy moves to challenge your cardiovascular fitness combined with energising toning exercises to push your training to the next level.

## Body Combat

A series of energizing non contact routines that combine moves, with kicks & punches taken from a range of self-defence disciplines, including kickboxing, karate & tai chi. An all over-body workout incorporating fat burning, muscle toning & muscle strengthening exercises.

## Body Pump™

This cardio strength workout challenges all your major muscle groups by using the best weight-room exercises. Body Pump™ is designed to improve strength & endurance in the major muscle groups & in doing so, burns calories. An intense & motivating class that will develop your resistance-training programme to help tone, strengthen & define every muscle in your body.

## Box-Fit

Is an intensive workout involving cardiovascular fitness & strength training of the whole body. Using techniques various boxing drills, pad work & heavy bag, it's an energetic class for all ability levels providing a great workout.

## Circuits Express

The Same as Circuit Training but squeezed into just 45 minutes.

## Circuit Training

A mix of aerobic, core & strength training to improve your endurance, lower your body fat & increase muscle tone. It's an old classic, using a set number of reps or designated time per exercise but has the variety to continually challenge you & improve your fitness.

## Fitball

A class devised around Swiss Ball Training, utilising the fact the body is put on an unstable surface that causes the core muscles to kick in & stabilise. So while you tone the rest of the body you know you are always working the abs as well.

## Legs, Bums & Tums

Focuses on toning & conditioning the lower half of the body using body bars, hand weights, steps & your own body weight. No co-ordination is required & is suitable for all levels.

## Pilates

The original & classical Pilates mat work repertoire, to lengthen & strengthen all muscle groups. It incorporates breathing techniques, posture & alignment. Excellent for toning your deep down stomach muscles & for strengthening your back.

## Pump Express

45 minutes of intense Body Pump™ workout.

## Stretch & Core

A workout designed to improve flexibility & core strength mixing varying developmental stretches, abdominal & back exercises.

## Total Tone

A body conditioning class that will test your muscular endurance & tone the whole body. Combining body-weight, bars, hand weights & resistance bands with a few cardiovascular exercises thrown in to get the heart pumping.

## Yoga Dynamic

Have a yoga practised to upbeat dance rhythms. It integrates breathing with movement, fluidity with alignment, & cultivates strength & flexibility. It is an all round heat orientated workout.

## Yoga Hatha & Iyengar

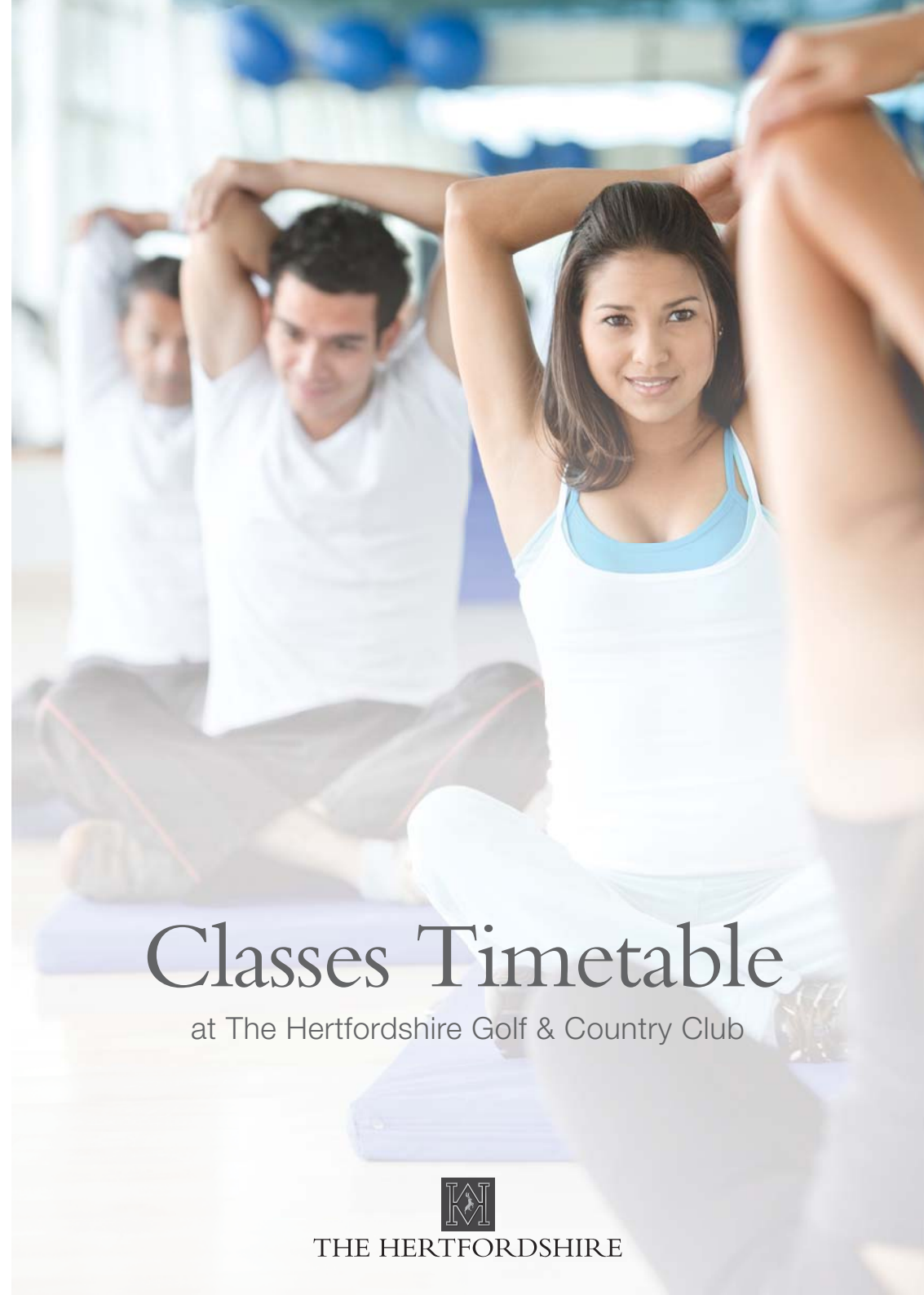
Uses postures & breathing to cultivate strength & flexibility in both body & mind.

## Yoga Power

Involves a series of set postures practiced in sequence. It aims to build heat in the body which detoxifies, strengthens & calms. The most athletic & physically demanding form of yoga.

## Zumba®

Zumba® combines Latin & International music with a fun & effective workout system. So are you ready to party yourself into shape? Because that is exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy & health. Come Join The Party!



# Classes Timetable

at The Hertfordshire Golf & Country Club

Tel: **01992 466666**

Email: [Hertfordshire-manager@crowne-golf.co.uk](mailto:Hertfordshire-manager@crowne-golf.co.uk)

[www.thehertfordshiregolf.co.uk](http://www.thehertfordshiregolf.co.uk)

The Hertfordshire Golf Club, Broxbournebury Mansion, White Stubbs Lane, Broxbourne, Herts EN10 7PY



THE HERTFORDSHIRE

# Classes

DAY	6.45am - 7.30am	9.30am - 10.30am	10.30am - 11.30am	11.30am - 12.30pm	12.00pm - 12.45pm	1.30pm - 2.30pm	6.00pm - 7.00pm	6.30pm - 7.15pm	7.15pm - 8.00pm	7.30pm - 8.30pm	8.00pm - 8.50pm
MONDAY	<b>Pump Express</b> 1	<b>Body Blast</b> 1	<b>Pilates</b> 1	<b>Stretch &amp; Core</b> 1	<b>Aqua</b> Pool	<b>Stretch</b> 2	<b>Yoga Power</b> 2	<b>Zumba®</b> 1	<b>Total Tone</b> 1	<b>Fitball</b> 2	<b>Box-Fit</b> 1
TUESDAY	<b>Body Pump™</b> 1	<b>Fitball</b> 2	<b>Body Combat</b> 1	<b>L.B.T</b> 1	<b>Pilates</b> 1	<b>Zumba®</b> 1	<b>Box-Fit</b> 1	<b>Aqua</b> Pool	<b>Aerotone</b> 1	<b>Yoga Dynamic</b> 2	
WEDNESDAY	<b>Body Blast</b> 1	<b>Fitball</b> 2	<b>L.B.T</b> 1	<b>Yoga Power</b> 2	<b>Aqua</b> Pool	<b>Zumba®</b> 1	<b>Zumba®</b> 1	<b>Fitball</b> 2	<b>Circuit Training</b> 1	<b>Pilates</b> 2	
THURSDAY	<b>Circuits Express</b> 1	<b>AeroStep</b> 1	<b>Fitball</b> 2	<b>Total Tone</b> 1	<b>Pilates</b> 2	<b>Pilates</b> 2	<b>Yoga Hatha</b> 2	<b>Body Pump™</b> 1	<b>Body Combat</b> 1	<b>Pilates</b> 2	
FRIDAY	<b>Aerotone</b> 1	<b>L.B.T</b> 1	<b>Pilates</b> 2	<b>Aqua</b> Pool	<b>Zumba®</b> 1	<b>Yoga Iyengar</b> 1	<b>Aqua Zumba</b> Pool				
SATURDAY	<b>AeroStep</b> 1	<b>Body Blast</b> 1	<b>Body Pump™</b> 1	<b>Pilates</b> 1							
SUNDAY	<b>Yoga Hatha</b> 1	<b>Zumba®</b> 1									

Please note that this timetable is flexible and is subject to change!



**KEY**

**Locations**  
 1 Studio 1   2 Studio 2   Pool

**Time**  
 Morning   Afternoon   Evening

**Class Categories**

Cardio   Strength & Toning

Cardio, Strength & Toning   Wellbeing