



trifitness

TRI-IT • LOVE-IT • LIVE-IT

CLASS PROGRAMME

Monday	10:00am – 11:00am	Zumba Gold
	12:15pm – 13:00pm	Spin 'n' Abs
	17:15pm – 18:15pm	Body Combat
	17:15pm – 18:00pm	Spin
	18:15pm – 19:00pm	Spin
	18:30pm – 19:30pm	Body Pump
	19:30pm – 20:00pm	Smrt Core
Tuesday	20:00pm – 21:00pm	Boxercise
	07:15am – 08:00am	Spin
	10:00am – 11:00am	Yoga
	12:15pm – 13:00pm	Smrt Core
	17:15pm – 18:00pm	Spin
	17:15pm – 18:15pm	30:30 Aerobics Circuit
	18:15pm – 19:00pm	Spin
Wednesday	18:15pm – 19:15pm	Zumba
	19:15pm – 20:15pm	TriLBT
	20:15pm – 21:00pm	Body Combat
	07:15am – 08:00am	Body Pump
	10:00am – 11:00am	TriMovers
	12:15pm – 13:00pm	Spin 'n' Abs
	17:15pm – 18:00pm	Spin
Thursday	17:15pm – 18:15pm	Kettlercise
	18:15pm – 19:00pm	Spin
	18:15pm – 19:15pm	Body Combat
	19:15pm – 20:00pm	Boot Camp
	20:00pm – 21:00pm	Yoga*
	12:15pm – 13:00pm	Body Combat
	17:15pm – 18:00pm	TriLBT
Friday	17:15pm – 18:00pm	Spin
	18:00pm – 19:00pm	Boxercise
	18:15pm – 19:00pm	Spin
	19:00pm – 20:00pm	Zumba Tone
	10:00pm – 11:00pm	Yoga
	12:15pm – 13:00pm	Smrt Core
	17:15pm – 18:00pm	Spin
Saturday	17:15pm – 18:00pm	Body Pump
	18:15pm – 19:00pm	Body Combat
	19:00pm – 20:00pm	Zumba
	08:15am – 09:00am	Spin
	09:00am – 10:00am	Body Combat
	10:00am – 11:00am	Kettlercise
	11:00am – 11:45am	Spin
Sunday	11:00am – 12:00noon	Zumba
	09:30am – 10:30am	Body Pump
	10:30am – 11:30am	Body Combat
	11:00am – 11:45am	Spin

OPENING HOURS

MONDAY TO THURSDAY

7am - 9pm

FRIDAY 7am - 8pm

SATURDAY & SUNDAY

8am - 2pm

PAY AND PLAY

Pay and play option available, charged at £4.50 per class

HOW TO BOOK A CLASS

Members can book a class 7 days in advance

Non-members can book a class 2 days in advance

CALL TO BOOK
01896 757 224

For further information check out our website

www.trifitness.org.uk

* Yoga will not be available between the 20th March 2012 - 20th April 2012



www.trifitness.org.uk

OUR PROGRAMME WILL OFFER YOU A GREAT MIX OF THE FOLLOWING CLASSES

Boot Camp – A full but fun all over body workout. Utilising various cardiovascular and resistance equipment alongside up to date training methods, this session will both awaken and motivate.

Boxercise™ – Using boxing techniques in a fitness class environment helping you burn body fat, improving strength and endurance.

Body Combat™ – Is a non-combat, martial arts-based fitness programme with moves drawn from karate, tae kwan do, kung fu, kickboxing, muay thai and t'ai chi. Each 55 minute class is choreographed to 10 music tracks, providing an exhilarating experience that delivers ultra-fast results. Straight from the world renowned Les Mills 'Body' Programmes.

Body Pump™ – Is the fastest way to shape up and lose body fat. This toning and conditioning class with weights is for anyone who wants to add strength training to their aerobic workout. Using a step, a bar and a set of weights, the class's simplicity makes Body Pump a great starting point to develop strength and confidence. Straight from the world renowned Les Mills 'Body' Programmes.

Kettlecise™ – Bringing Kettlebells training screaming into the 21st century - 'one piece of equipment, one goal'. This programme delivers a lean, toned body without the look of huge bulky muscles....fat burning just got real simple.

Smrt Core – Smrt Core is a core strengthening, self-massage release therapy workout using the revolutionary foam roller - The GRID.

Spin – High intensity bike-based class using varying levels of resistance. This fast moving and vigorous class involves sprinting and hill climbs helping to build a stronger and toned lower body.

Spin 'n' Abs – 30 minute express Spinning session followed by an abdominal routine and cool down.

Tri Legs, Bums & Tums – This class targets the three key areas using a variety of exercises to sculpt and shape those legs, bums and tums.

TriMovers – A gentle exercise class concentrating on improving your general fitness.

TriYoga – A hindu discipline aimed at training the consciousness for a state of perfect spiritual insight and tranquillity.

30:30 – This class is for those who want to get more out of their workout! The class comprises of 30 minutes aerobic curve followed by a 30 minute circuit class

Zumba – 'to move fast and have fun' is a class inspired by the traditional cumbia, salsa, samba and merengue music combined with pulsating Latin rhythms with red-hot international dance steps. Join the many people who are falling in love with its infectious music, easy -to-follow dance moves, and body-beautifying benefits.

Zumba Gold – An innovative and exciting programme designed for the older adult beginner or experienced. Zumba Gold is not as fast as Zumba but just as fun.

Zumba Tone – When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party.

Class descriptors are for your information. To keep the programme fresh we like to modify it from time to time to include a selection of the above classes.