

MONDAY

07.00 - 07.45	Les Mills BodyAttack	Studio	Danny
08.00 - 08.45	Les Mills BodyPump	Studio	Danny
09.30 - 10.15	LBT Tone & Train	Studio	Gym Team
10.30 - 11.15	Spin	Studio	Gym Team
11.30 - 12.45	Yoga Conditioning	Studio	Howard
12.00 - 12.45	Aqua Aerobics	Pool	Katy
14.00 - 14.30	Ab Blast	Studio	Gym Team
17.30 - 18.00	Sprinter Spin	Studio	Gym Team
18.30 - 19.15	Circuits	Studio	Gym Team
19.30 - 20.45	Yoga Conditioning	Studio	Howard

TUESDAY

06.30 - 07.00	HIIT	Studio	Gym Team
07.15 - 08.00	Power Yoga	Studio	Laurie
08.15 - 08.45	HIIT	Studio	Gym Team
09.30 - 10.15	Les Mills BodyPump	Studio	Danny
10.30 - 12.00	Hatha Yoga	Studio	Katie
12.00 - 13.30	Hatha Yoga	Studio	Katie
13.45 - 14.30	Les Mills BodyAttack	Studio	Danny
17.30 - 18.15	Spin	Studio	Gym Team
18.30 - 19.15	Les Mills BodyAttack	Studio	Danny
19.30 - 20.30	Les Mills BodyPump	Studio	Danny

WEDNESDAY

07.15 - 07.45	Ab Blast	Studio	Gym Team
09.15 - 10.15	Pilates	Studio	Tessa
09.30 - 10.30	Cardio Tennis	Court	Tim
10.30 - 11.30	Aerobics	Studio	Sue
12.00 - 13.00	Contemporary Yoga	Studio	Laurie
13.30 - 14.30	Dynamic Resistance	Studio	Gym Team
17.30 - 18.00	Sprinter Spin	Studio	Gym Team
18.15 - 19.15	Zumba	Studio	Katie
19.30 - 21.00	Hatha Yoga	Studio	Katie

THURSDAY

06.30 - 07.00	HIIT	Studio	Gym Team
07.15 - 07.45	Sprinter Spin	Studio	Gym Team
09.30 - 10.30	Les Mills BodyPump	Studio	Danny
10.45 - 11.45	Pilates	Studio	Tania
14.00 - 15.15	Yoga Conditioning	Studio	Howard
16.15 - 17.15	Teen Attack	Studio	Danny
17.45 - 18.30	Spin	Studio	Gym Team
18.45 - 19.15	HBK	Studio	Gym Team
19.45 - 20.30	Aqua Aerobics	Pool	Steph
19.30 - 21.00	Yoga Conditioning	Studio	Howard

FRIDAY

07.15 - 08.00	Les Mills BodyAttack	Studio	Danny
08.15 - 08.45	Ab Blast	Studio	Gym Team
09.30 - 10.00	Sprinter Spin	Studio	Gym Team
09.30 - 10.30	Cardio Tennis	Courts	Tim
10.15 - 11.00	Les Mills BodyPump	Studio	Danny
11.15 - 12.00	Circuits	Studio	Gym Team
13.45 - 14.30	Spin	Studio	Gym Team
16.15 - 17.00	Teen Functional Fitness	Gym	Gym Team
17.15 - 17.45	Dynamic Resistance	Studio	Gym Team
18.00 - 19.00	Circuits	Studio	Gym Team

SATURDAY

09.00 - 10.00	Les Mills BodyPump	Studio	Lee James
10.15 - 10.45	Sprinter Spin	Studio	Gym Team
11.00 - 11.30	HIIT	Studio	Gym Team
11.45 - 12.45	Teen Gym Drop In	Gym	Gym Team
11.45 - 13.15	Yoga Conditioning	Studio	Howard

SUNDAY

10.00 - 11.00	Les Mills BodyAttack	Studio	Danny
11.15 - 11.45	Sprinter Spin	Studio	Gym Team
12.15 - 12.45	Family Circuits	Studio	Gym Team
13.00 - 14.00	Teen Technique Drop In	Gym	Gym Team

*for members | for non members the equivalent is less than 3 classes a week

AB BLAST - fight the flab with a muscle-shuddering, ab honing, session to flatten and tone the abs.	⇄	
AEROBICS - turn up the tunes and tone. A fun, low-impact workout to keep strong and supple.	♥	
AQUA AEROBICS - gentle on the joints, whilst raising the heart rate and toning muscles in a low impact water workout.	♥	
CARDIO TENNIS - tempo tennis to music to improve stamina, fitness, strength and play.	♥	
CIRCUITS - a turbo-charged mix of cardio and strength to shed fat, firm up and build endurance.	♥ ⇄	
CONTEMPORARY YOGA - classical Hatha with a contemporary twist to lengthen and strengthen.	🧘	
CONDITIONING YOGA - a head-to-toe overhaul to release and relax muscles, build balance and a robust core.	⇄ 🧘	
DYNAMIC RESISTANCE - low impact, conditioning exercises using resistance bands and freeweights for total body toning	⇄	
FAMILY CIRCUITS - start 'em young and set them on track for life-long fitness. A fun, active session for family time.	♥ ⇄	
HATHA YOGA - a soothing, energising yoga class to sculpt, strengthen and tone while calming the mind.	🧘	
HIIT - a killer quick-fire workout for an intense, sweat-pumping, strenuous 30 min blast of non stop cardio.	♥♥⇄	
HBK - the ultimate fusion of HIIT, Boxing and Kettlebells to max out the heart rate and build lean muscle.	♥ ⇄	
LBT TONE & TRAIN - a bum tightening, waist whittling low impact workout for the glutes, abs and thighs.	♥ ⇄	
LES MILLS BODYATTACK - burn up to 730 calories. High energy, challenging with athletic moves and strength exercises.	♥♥	
LES MILLS BODYPUMP - 540 calories done! Full-body barbell workout to tone the entire body. Repetition creates definition!	⇄⇄	
PILATES - core strength from the abs, hips, inner and outer thighs and back, for improved posture, balance and flexibility.	⇄ 🧘	
POWER YOGA - be prepared to sweat. A vigorous workout, combining the traditional values of yoga with fitness.	♥ ⇄ 🧘	
SPINNING - power and pace indoor cycling - great camaraderie, uplifting music, working quads, glutes & calves.	♥	
SPRINTER SPIN - HIIT the bike! Full-on super-charged, high octane sprint session - a high impact, sweat fest.	♥♥	
TEEN ATTACK - fast and furious class for 13-16 yr olds with Les Mills Tribe Coach. Train as one for the ultimate motivation.	♥ ⇄	
TEEN FUNCTIONAL FITNESS - squats, pull ups, deadlifts and plyometrics to build muscle, define, sculpt and chisel.	⇄	
TEEN GYM DROP IN - knowledge is key when it comes to maximising output of gym sessions. The Gym Team will share top tips, teach techniques for safe strength, form and focus.	⇄	
ZUMBA - party time! Shake your booty for a low impact, exciting cardio workout for toning, coordination and fun!	♥	
♥ Cardio	⇄ Strength	🧘 Flexibility



MEET THE TRAINING TEAM



LEE - FITNESS MANAGER

Endurance
Stamina
Sports Nutrition
High intensity training



NICK - ASSISTANT FITNESS MANAGER

Nutrition
Weight loss
Strength and conditioning
GP Referral



PERSONAL TRAINER

Endurance
Running
Weight loss
Functional fitness



PERSONAL TRAINER

Strength and conditioning
Nutrition
Young person trainer
Weight loss

PERSONAL TRAINING

FREE PT SESSION

GET THE 6TH PT SESSION FREE, WHEN YOU BUY A COURSE OF FIVE

BENEFITS & WHAT YOU GET

FITNESS ASSESSMENT | SET YOUR GOAL
TRAINING PLAN TO FIT YOUR LIFESTYLE
MOTIVATIONAL | CHALLENGING | PREVENT
INJURY AND MAXIMISE EXERCISE EFFICIENCY

WHY BOOK?

WEIGHT LOSS | BUILD MUSCLE | TONE AND SHAPE
POST-PREGNANCY | EVENT TRAINING | REHABILITATION
FLEXIBILITY | SUPPORT AND IMPROVE YOUR SPORT -
GOLF, TENNIS, SQUASH, SWIMMING, RUNNING...

PT TEAM

REPS 3 QUALIFIED
EXPERIENCED | MULTI SKILLED | INDIVIDUAL
SPECIALISMS AND TRAINING STYLES

PRICES

£28 FITNESS MEMBER | £30 CLUB MEMBER
£32 NON MEMBER



EXETER
GOLF AND
COUNTRY
CLUB