**MYFitness Timetable**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  |  | | | | | | |
| **Spin**  **17:45 – 18:30**  **Julie**  **Studio** | | **HIIT**  **17:30 -18:15**  **Julie**  **Studio** | **S&C circuits**  **18:00 –19:00**  **Neil**  **Small/Big Studio** | **Rock Hard Abs**  **17:30 -18:00**  **Julie**  **Studio** | **Mobility & Stretch**  **17:30 -18:00**  **Neil**  **Studio-Gym** | **Gym Circuit**  **Training**  **9:30 -10:30**  **Ben**  **Gym** | **Sunday Circuits**  **10:00 -11:00**  **Neil**  **Studio/Gym** |

**Spinning Class**

Indoor Cycling session designed to help with improving fitness levels, increasing cardiovascular output and also aiding event training in this field.

**Pilates**

Developing strength, flexibility, mobility and co-ordination in a controlled manner, to help incorporate relaxation and breathing techniques.

**S&C Circuits**

Strength and conditioning training involves the development of muscular endurance and strength with the use of resistance exercises using weights

**HIIT training**

High-intensity interval training, promotes cardiovascular fitness. alternating short periods of intense exercises followed by a short recovery. A basic level of fitness is need.

**Bootcamp**

A fitness boot camp is a group of physical fitness, With a wide range military exercises.

**All classes are suited to all abilities and modifications and alternatives can be made**

**Please inform the instructor prior to the class**

**A short PARQ required**

**CLASS PRICES**

**Gym Gold**

***ALL CLASSES FREE***

**Full Gym**

**Gym Lite**

**Myerscough Staff**

**Casual Student**

**£2.00**

**Non Members**

**£2.0030 MINS £4.0045 MINS 60 MINS**

**Parent Offer**

(If your child is a playing sport at the college at the time of the class)

**£3.00**

**Students Membership**

***ALL CLASSES FREE***