

Times	Studio	9.30 - 10.25	10.30 - 11.25	11.30 - 12.30	12.30 +	17.30 - 18.25	18.30 - 19.25	19.30 +
MON	1	Body Combat	Body Pump		Yoga Flow 12.30 - 13.45	Metafit 18.00 - 18.30	Hatton ABC	Body Pump 19.30 - 20.25
	2 & Pool	Spin & Abs					Spin	
	3		Body Balance					Yoga Flow 19.30 - 21.00
TUES	1	LBT	Zumba		Kettle Bell Circuit 17.00 - 17.30 (Gym)	Metafit 18.00 - 18.30	Hatton ABC	Body Attack 19.30 - 20.25
	2 & Pool	Spin	Aqua Fit 11.00 - 11.45			Aqua Fit 18.30 - 19.15	Spin 18.30 - 19.00	
	3	Rowing Circuit 10.00 - 10.30 (Gym)	Pilates				Body Balance 19.05 - 20.00	
WEDS	1	Body Attack	Tennis Fit - Wellness Team 10.30 - 11.00 (Gym) Dance Fever 10.30 - 11.25			Family Zumba	Body Combat	Body Pump 19.30 - 20.25
	2 & Pool		Spin 10.30 - 11.00				Spin 18.55 - 19.25	
	3		Pilates 11.05 - 12.05					Pilates 19.30 - 20.25
THUR	1	Fitsteps	Hula Fitness 10.30 - 11.00					Circuits 19.50 - 20.35
	2 & Pool	Spin & Abs	Aqua Fit 11.15 - 12.00				Spin 19.00 - 19.45	
	3		Pilates	Yoga 11.30 - 13.00				
FRI	1	Zumba	Metafit 10.30 - 11.00			Boot Camp Circuits 17.30 - 18.15		
	2 & Pool	Spin 9.40 - 10.25	Aqua Fit 10.30 - 11.15					
	3	Buggy Bootcamp 10.00 - 10.30	Pilates					
SAT	1	Hula 9.00 - 9.30 Body Combat 9.30 - 10.25	Body Pump					
	2 & Pool	Spin & Abs						
	3		Yoga Flow					
SUN	1	Boot Camp Circuits	Zumba					
	2 & Pool		Spin 10.35 - 11.20					
	3	Body Balance						

*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.theessexgolfandcountryclub.com

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

Please note all classes are for all abilities to attend. Instructors will give alternatives and adaptations to exercises to suit all levels. Please inform your instructor if you are new to a class. Prior to classes commencing you must please check in at Reception. The Club reserves the right to substitute instructors and change class and times, when and if the need arises.

The Essex Class Descriptions	DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS	
	LEGS BUMS & TUMS	55mins	aerobics to music, light weight or no weights for toning	avg. 500 kcals	none	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	BODY COMBAT	55mins	martial arts inspired cardio	avg. 740 kcals	none	the latest fun & funky tunes	tones & shapes, increases strength & endurance, builds self confidence
	BODY ATTACK	55mins	sports-inspired cardio	avg. 735 kcals	none	the latest fun & hard hitting tunes	improves agility, coordination, strength & endurance, improves heart & lung fitness
	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
	PILATES	55mins	holistic	avg. 390 kcals	mat	relaxing & calming music	increases core strength, mobility & flexibility
	YOGA	60/90mins	variety of yoga styles	up to 300 kcals	yoga mat	relaxing & calming music	increases core strength
	CIRCUITS	45mins	cardio & conditioning	avg. 500 kcals	hand weights, steps, mats	upbeat tunes	increases upper & lower body strength while maximising heart & lung fitness
	BODY PUMP	55mins	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
	KETTLEBELL CIRCUIT	55mins	conditioning	avg. 550 kcals	kettlebells & mat	upbeat tunes	improves upper & lower muscle strength and heart and lung fitness
	ROWING CIRCUIT	30mins	interval based rowing circuit	avg. 300 kcals	rowing machine	upbeat tunes	improves heart & lung fitness, increases muscle strength and tone
	HATTON ABC	55mins	group boxing cardio	avg. 700 kcals	boxing gloves & bag focus pads & mat	upbeat & motivating	improves core conditioning, increases coordination, improves heart & lung fitness
	TENNIS FIT	35/40mins	small group functional training	up to 500 kcals	VIPR, kettlebell, dumbbells, medicine ball, swiss balls, BOSU, & barbells	upbeat & motivating	improves strength, agility, core stability, cardio fitness, coordination & balance
	SPIN	45/55mins	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
	HULA FITNESS	55mins	cardio & core	up to 400 kcals	hula hoop	the latest inspiring tunes	improves heart & lung and strengthens the core muscles
	ZUMBA	55mins	dance inspired cardio	avg. 450 kcals	none	latin inspired fitness party	increase heart & lung fitness, improves muscle tone & coordination, increases energy
	FITSTEPS	55mins	Latin and ballroom dance inspired cardio	avg. 450 kcals	none	Created by Ian Waite and Natalie Lowe inspired by the BBC show Strictly Come Dancing	increase heart & lung fitness, improves muscle tone & coordination, increases energy
	DANCE FEVER	55mins	low impact cardio	up to 500 kcals	none	dance music of all styles, from Dirty Dancing to the latest floor fillers	Improves coordination & cardiovascular fitness gives you the feel of being in a dancing group
	METAFIT	30mins	high intensity interval training	up to 400 kcals	none	upbeat and dynamic tunes to help motivate you	increase heart and lung fitness, Improves muscle tone and coordination, increases energy
	BOOT CAMP	60mins	high intensity circuit training	avg. 600 kcals	tyres, sand bags, wooden logs, water cannisters, hammers, VIPIRs, kettlebells, dumbbells, etc	upbeat & motivating	improves core strength, heart and lung fitness, balance, stability
	BUGGY BOOTCAMP	30mins	circuit training	up to 300 kcals	tyres, sand bags, wooden logs, water cannisters, hammers, VIPIRs, Kettlebells, Dumbbells and buggy of course	upbeat & motivating	improves core strength, heart and lung fitness, balance, stability.
	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