

# Vale Health and Fitness CLASS TIMETABLE



**FIT BODY 4** – A 4-week Functional Movement class focusing on developing technique, increasing strength, and progressing over time. A new class will run every 4 weeks.

**METAFIT** - Created

<b>Mon</b>	6.15AM METAFIT 30 mins	8:30AM TONE & SCULPT 30 mins	9.15AM TONE & SCULPT 45 mins		5:30PM TONE & SCULPT 30 mins	6PM TONE & SCULPT 45 mins	7PM PILATES 1 Hour
<b>Tue</b>	6.15AM Strength & Endurance 45 mins	8:30AM Strength & Endurance 30 mins	9:15AM Strength & Endurance 45 mins	10:00AM FLEX & FLOW 30 MINS	5:30PM Strength & Endurance 45 mins	6:15PM METAFIT 30mins	
<b>Wed</b>	6:15AM HIIT MIX 45 mins	8:30AM HIIT MIX 30 mins	9.15AM HIIT MIX 45 mins		5:45PM HIIT MIX 45 mins	6:15PM FLEX & FLOW 45 MINS	
<b>Thu</b>	6.15AM FULL BODY BURN 45mins	8:30AM FULL BODY BURN 30 mins	9:15AM FULL BODY BURN 45mins	10:00AM XPRESS PILATES 30 min	5:30PM FULL BODY BURN 30mins	6:00PM ZUMBA 1 Hour	7:00PM YOGA 1 Hour
<b>Fri</b>	6:15AM FIT BODY4 45mins	8:30AM FIT BODY4 30 mins	9:15AM FIT BODY4 45mins				
<b>Sat</b>	7:00AM BOOT CAMP 45mins	8:00AM BOOT CAMP 45mins	9:00AM FLEX & FLOW 45 MINS				

by a former Royal Marine Commando Metafit™ combines traditional bodyweight exercises with the latest HIIT training techniques to set the metabolism on fire! Work big muscle groups with simple non choreographed, high-intensity intervals and get quick results!

**TONE & SCULPT** – A full-body toning and sculpting experience, using a unique combination of strength and body weight exercises, pulsing and holding techniques, that target deep muscle groups and core strength that will tone and sculpt the physique.

**HIIT MIX** – a high-intensity, 30-45 minute, interval-timed session, which may include bodyweight, strength and step-based exercises, that will work the WHOLE body, boosting your metabolism and cardiovascular fitness.

**STRENGTH & ENDURANCE**- A combination of a compound strength exercises and cardiovascular endurance training, aimed at improving your overall strength, endurance and mental resilience.

**FLEX & FLOW** - A mat-based class, with a full-body and mind recovery focus. Using a combination of deep stretching, mobility work and finally a mindful body-scan, lower your Cortisol levels and feel less stressed in your body and mind. This session will leave you feeling less tension in your muscles, more flexibility in your joints, peaceful and rested.

**PILATES** - A mat-based class, a strengthening and lengthening form of exercise that focuses on core strengthening, while also toning the deep muscles of the arms and legs. With regular participation, you can expect improved strength, posture, flexibility, agility, and toned muscles.

**YOGA** - 1 hour flow. You will move through a yoga flow offering an opportunity to create heat within your body and connect breath and movement.

**Zumba**- A fun and energetic class that incorporates cardio and Latin inspired dance.

**\*\*All classes are suitable for beginners (work at your own pace)**