

THE SPENCER HEALTH CLUB

January 2023 Class Timetable

<u>MONDAY</u>		<u>TUESDAY</u>	
7.30am	Upper Body Blitz – 30m	7.30am	Stretch & Flow - 30m
12.30pm	Stretch & Flow – 30m	12.30pm	Push & Lift – 30m
6.30pm	Box-fit – 45 m	6.30pm	Spin– 45m

<u>WEDNESDAY</u>		<u>THURSDAY</u>	
7.30am	Circuits -30m	7.30am	Spin – 30m
12.30pm	Bums Legs Tums – 30m	12.30pm	Upper Body Blitz - 30m
6.30pm	Push & Lift – 45m	6.30pm	Cardio Attack - 45m

<u>FRIDAY</u>		<u>SATURDAY</u>	
7.30am	Stretch & Flow – 30m		
12.30pm	Arms & Shoulders –30m	12.30pm	Yoga - 30m
6.30pm	Straps & Bells – 45m		

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BOX-FIT

Box-fit is a high-intensity exercise class that combines resistance training with aerobic exercise. This class is non-contact; the emphasis is on knocking your body into shape, not knocking anyone out. You will be taught core boxing techniques to punch your body to the next level while strengthening your core and pushing your cardiac output to its maximal limit.

BUMS, LEGS AND TUMS

This is the class for you if you want to build your glutes, strengthen your core and shape your legs. Using weights and your own bodyweight we will guide you through exercises like squats, lunges, glute bridges, dead bugs and planks to achieve all this and more!

CIRCUITS

Circuits is a form of body conditioning using resistance training and high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program.

CARDIO ATTACK

Cardio attack is a high energy, challenging cardio based workout where we combine athletic movements like squats, jumps, lunges, crawls, burpees and ski movements and we also add in combat movements such as kicks and punches and core work to improve your stamina, agility, CV fitness and bring out the beast mode in you!

KETTLEBELLS

Kettlebell training is a quick, effective full-body workout that gives you super-fast body-shaping results. Kettlebells are a cast-iron weight, shaped like a ball with a handle on top for easy grip. They vary in weights so you can pick the kettlebell that's best for you.

PUSH & LIFT

Push and Lift will sculpt, tone and strengthen your entire body! Push and Lift is one of the fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. So with your choice of weight and highly-trained instructors you can get the group effect and the results you've been looking for!

SPIN

This is the ultimate indoor cycling experience which has an equal amount of sprints and uphill climbs but its all systems go with quick bursts and short recoveries. It triggers a high metabolic response and allows for your body to burn extra calories after the class and throughout the day.

STRAPS & BELLS

Combination of suspension training that uses body weight exercises to develop strength, balance, and flexibility with kettlebell training where you use a cast-iron weights to exercises such as "the swing," "the clean" and "the press" that will work multiple muscle groups

STRETCH AND FLOW

Here we help stretch out those tired, tight muscles while also strengthening the body. We slow down our breathing while we move, creating a flow.

TABATA & CORE

Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes but it's likely to be one of the longest four minutes you've ever endured. The structure of the program is involves working hard for 20 seconds and resting for 10 seconds x 8 rounds. You can do pretty much any exercise you wish. You can do squats, push-ups, burpees or any other exercise that works your large muscle groups.

UPPER BODY BLITZ

This class will enable you to build a lean, defined upper body using free weights and your own bodyweight. We achieve this by doing exercises such as shoulder presses, bicep curls, tricep extensions, chest presses, reverse flys and more!