

Inverness exercise activity timetable

IN PARTNERSHIP WITH



Monday 29th August 2016 - Sunday 1st January 2017

■ Cardiovascular
 ■ Muscle
 ■ Mind & Body
 ■ Cardio/Sculpt

monday

- 06.45-07.30 **Indoor Cycling** Studio 2
- 07.00-07.30 **B:conditioned** Functional area
- 09.30-10.00 **CXWORX** Studio 1
- 09.30-10.15 **RPM** Studio 2
- 10.00-11.00 **Body Attack** Studio 1
- 11.00-12.00 **Body Balance** Studio 1
- 10.30-11.00 **Lite Hearted** Studio 2
- 10.30-11.00 **B:strong** Functional area
- 11.15-12.00 **Aqua** Pool
- 12.00-12.45 **Indoor Cycling** Studio 2
- 12.45-13.30 **Body Pump** Studio 1
- 17.30-18.00 **CXWORX** Studio 1
- 18.00-19.00 **Body Attack** Studio 1
- 18.00-18.45 **RPM** Studio 2
- 18.15-19.00 **Aqua** Pool
- 19.00-19.30 **B:core-fit** Functional area
- 19.15-20.30 **Iyengar Yoga** Studio 2
- 19.00-20.00 **Body Balance** Studio 1

tuesday

- 06.45-07.30 **RPM** Studio 2
- 07.00-07.30 **B:strong** Functional area
- 09.00-09.30 **Metafit** Studio 1
- 09.15-10.00 **RPM** Studio 2
- 09.30-10.30 **Body Pump** Studio 1
- 10.30-11.30 **Body Combat** Studio 1
- 10.15-11.00 **Sweat and Tone** Studio 2
- 10.30-11.00 **B:core-fit** Functional area
- 11.15-12.00 **Aqua** Pool
- 12.30-13.00 **Indoor Cycling** Studio 2
- 13.00-13.30 **CXWORX** Studio 1
- 17.30-18.00 **Metafit** Studio 1
- 18.00-18.45 **RPM** Studio 2
- 18.15-19.00 **Aqua Natal** Pool
- 18.00-19.00 **Body Combat** Studio 1
- 19.00-19.30 **B:conditioned** Functional area
- 19.00-20.00 **Body Pump** Studio 1
- 20.00-21.15 **Tai Chi** Studio 1

wednesday

- 06.45-07.30 **Indoor Cycling** Studio 2
- 06.45-07.45 **Body Pump** Studio 1
- 07.00-07.30 **B:core-fit** Functional area
- 09.00-09.30 **CXWORX** Studio 1
- 09.30-10.15 **RPM** Studio 2
- 09.30-10.30 **BLOCK FIT** Studio 1
- 10.30-11.00 **B:conditioned** Functional area
- 10.30-11.30 **Body Balance** Studio 1
- 11.15-12.00 **Aqua** Pool
- 11.30-12.45 **Tai Chi** Studio 1
- 12.35-13.20 **Indoor Cycling** Studio 2
- 17.30-18.00 **CXWORX** Studio 1
- 18.00-18.45 **BLOCK FIT** Studio 1
- 18.00-18.45 **RPM** Studio 2
- 19.00-19.30 **B:strong** Functional area
- 19.00-20.00 **Body Balance** Studio 1

thursday

- 06.45-07.30 **Indoor Cycling** Studio 2
- 07.00-07.30 **B:conditioned** Functional area
- 09.30-10.30 **Body Combat** Studio 1
- 10.30-11.30 **Body Pump** Studio 1
- 10.30-11.00 **B:conditioned** Functional area
- 12.30-13.00 **CXWORX** Studio 1
- 14.00-15.00 **Qi Gong** Studio 1
- 15.15-16.15 **Enjoy-a-ball** Studio 1 (p1-p4)
- 17.30-18.00 **Metafit** Studio 1
- 18.00-18.30 **B:strong** Functional area
- 18.00-18.45 **RPM** Studio 2
- 18.00-19.00 **Body Pump** Studio 1
- 18.30-19.00 **Core-fit** Functional area
- 19.00-19.45 **Indoor Cycling** Studio 2
- 19.00-20.00 **Body Combat** Studio 1

friday

- 06.45-07.30 **Indoor Cycling** Studio 2
- 07.00-07.30 **B:strong** Functional area
- 09.30-10.15 **Sweat and Tone** Studio 1
- 10.15-11.00 **Indoor Cycling** Studio 2
- 10.15-11.00 **Step to Tone** Studio 1
- 11.00-12.00 **Body Balance** Studio 1
- 11.15-12.00 **Aqua** Pool
- 12.00-12.30 **B:core-fit** Functional area
- 12.30-13.30 **Body Pump** Studio 1
- 17.30-18.15 **Step to Tone** Studio 1
- 18.00-18.45 **Indoor Cycling** Studio 2
- 18.15-19.00 **Roman Circuits** Studio 1
- 19.00-20.00 **Body Balance** Studio 1
- 19.00-19.30 **B:conditioned** Functional area

saturday

- 08.30-09.15 **Indoor Cycling** Studio 2
- 09.00-09.30 **B:core-fit** Functional area
- 09.30-10.15 **Indoor Cycling** Studio 2
- 09.30-10.30 **Body Attack** Studio 1
- 10.30-11.30 **Body Pump** Studio 1
- 11.30-12.00 **B:conditioned** Functional area
- 12.00-12.30 **B:strong** Functional area

sunday

- 08.30-09.00 **B:strong** Functional area
- 09.00-09.30 **B:core-fit** Functional area
- 09.30-10.30 **Body Pump** Studio 1
- 10.30-11.15 **RPM** Studio 1
- 11.30-12.00 **B:conditioned** Functional area
- 11.30-12.30 **Body Balance** Studio 1
- 17.00-17.30 **Metafit** Studio 1
- 17.30-18.30 **Body Pump** Studio 1

- All classes offer a high and low intensity option.
- Aqua classes are based in the Pool, with at least one swimming lane available at all times during this class.
- Members new to classes, or with medical problems must make themselves known to the Instructor prior to participation in the class.
- Members will not be permitted to enter classes once it has commenced, as this will prevent injuries from inadequate warming up.
- Appropriate clothing and supportive training shoes with non-marking soles must be worn in the studios.
- Classes can be booked up to 3 days in advance.
- Please ensure that you have a sweat towel and adequate water to avoid dehydration. (Glass is NOT permitted in the studios).
- Members are advised that classes are fun, please enjoy yourselves...!
- Participants must be aged 16 or over for adult classes.

BLOCK FIT
Exclusive to Bannatyne

1. Aqua

A mixture of water-based aerobics and toning for all levels.

2. Aqua-Natal

Please arrive 15 mins prior to class starting.

3. B:conditioned

Sculpt a lean body with Bosu's, battle ropes and across our Omnia Frame. This class will burn a lot of calories, melt off body fat and tone your body with a range of dynamic movements and high intensity interval training.

4. B:core-fit

Attack your abs and core using a mix of floor and functional training. This class will focus on abdominals and core strength to flatten your tummy or get that six pack!

5. BLOCK FIT

4 workouts in 1 class! A revolutionary all in one class that fuses Dance, Combat, Hi & Low interval training as well as Yoga inspired moves and meditation. There really is something for everyone!

6. BodyAttack

A high energy interval training class with athletic, aerobic movements.

7. BodyBalance

Ideal for anyone and everyone, BodyBalance is the yoga-based class that will improve your mind, your body and your life. During BodyBalance an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

8. BodyCombat

A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

9. B:strong

Tone up and boost explosive strength with slam balls, kettlebells and sand bags. This class will boost explosive strength and burn calories using all over body exercises and a range of functional equipment.

10. BodyPump

This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BodyPump is THE REP EFFECT, a breakthrough in fitness training focusing on high repetition movements with low weight loads.

11. CXWORX

Intensely challenging 30 minute core workout.

12. Enjoy a Ball

13. Lite Hearted

A doctor referral class for adults with medical conditions who have been advised by their doctor to try a gentle exercise class.

14. Metafit

30 Minute energetic bodyweight workout to help boost the metabolism and burn fat. For all ages.

15. Qi Gong

A martial arts class to help de-stress the body.

16. RPM

is a cycling workout that delivers maximum results with minimum impact on your joints.

Tune in to some great music and get your pedals spinning as your instructor takes you on a journey of hill climbs, sprints and flat riding.

17. Indoor Cycling/Express Indoor Cycling

Improve cardio, stamina and tone your body on an indoor bike.

18. Step to Tone

Aerobic moves using a step to tone and sculpt.

19. Tai Chi

A martial arts exercise class to suit all fitness levels.

20. Iyenga Yoga

The flexibility, strength and toning experience.

Login to the member portal now to book your class up to 3 days in advance*

*T&Cs apply

children's swimming times

Mon - Fri 9.00am - 6.00pm

Sat - Sun 10.00am - 5.00pm

Children must be accompanied by an adult in the pool at all times, a maximum of two children per adult.

All activities are subject to availability and booking restrictions. Could all beginners please arrive 5 minutes before the class commences.

personal training

Do you find it hard to motivate yourself? Why not try Personal training from one of our experienced Fitness Instructors. They will motivate, guide and coach you until you reach your goal whether it be a firmer bottom, flatter tummy or increased stamina.

Bannatyne

Health Club & Spa



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SPORT