

FREE OPEN WEEK SCHEDULE

MON 7TH - SUN 13TH JANUARY 2019

FREE GROUP CLASSES

Day	Time	Class Name	Description	Instructor
MON	5.30pm-6.30pm	Legs, Bums & Tums	Focus on those key problem areas, slightly lower impact	Amanda
	6.30pm-7.30pm	Step Fit	Great cardio workout, also superb for glutes and lower body	Amanda
	6.30pm-7.30pm	Rumble	Boxing fitness class. Non-contact. Suitable for all.	Mark
	7.30pm-8.30pm	Insanity	Interval training class, high impact, great total body workout	Mark
TUE	6.00pm-7.00pm	Move Fitness	Cardio class with functional strength and training	Gail
	6.00pm-6.45pm	Pure Strength Pump	Barbell workout to burn calories, strip fat and build lean muscle	Mark
	7.00pm-7.30pm	Warrior Circuits	A 30-minute circuit class with plenty of variety	Mark
	7.30pm-8.30pm	Bootcamp	Challenging full-body exercises - different every week	Mark
WED	5.45pm-6.30pm	Core Conditioning	Elements of pilates and yoga to strengthen the core	Dawn
	6.30pm-7.30pm	The Hour of Power	Low impact, light weights, high reps for true fitness balance	Dawn
	8.30pm-9.30pm	Zumba	Your mid-week Latino fitness class	Abi
THU	5.45pm-6.30pm	Pump	A barbell class choreographed to music	Dawn
	6.30pm-7.00pm	Ab Attack	A high-intensity cardio and functional strength class	Hannah
	7.00pm-8.00pm	Rumble	Boxing fitness class. Non-contact. Suitable for all	Mark
SAT	9.00am-10.00am	Rumble	Boxing fitness class. Non-contact. Suitable for all.	Mark
	10.00am-11.00am	Warrior Circuit	HIIT class, high impact, great total body workout	Mark
	10.00am-11.00am	Zumba	Another chance to shake your hips with our Zumba class	Paul
	10.30am-11.00am	Spin	Indoor group cycle class in the gym	John
	11.00am-11.45am	Spin	Indoor group cycle class in the gym	John



Come and try our revolutionary eGYM equipment at Oakwood

The automated, electronic equipment adjusts the settings and guides you through your workout to make it safe and effective every time.

Suitable for all levels from absolute beginner so come and give it a try.

Free Open Week trial sessions are 30 minutes.



Free 15 minute Health Checks using our superb Boditrax system



Although you may be watching the scales in January we're interested in how that weight is made up.

Is it fat, muscle, bone, water? What is your visceral fat level and are you in healthy zones?

Our brilliant Boditrax system gives you all the important data you need and lets you track your results using the App so you can see your progress over time.

INDOOR CYCLING POP-UP STUDIO

Real bikes and a new way of training for great results

We have set up a pop-up indoor cycle studio in the car park for the Winter.

You'll use real bikes and superb software which automatically adjusts the resistance based on your personal fitness level.

It's suitable for riders of all abilities (from absolute beginner to pro) and gives you a fun new way of getting fit!



READY TO BOOK YOUR FREE PLACES?

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NEED SOME ADVICE OR RECOMMENDATIONS? 01293 822238