

Fitness Class Descriptions

| INTERVAL | |
|--|---|
| HIIT Workout / HIIT & Run | High intensity interval training helps you to burn more calories in less time. It's so demanding and intense that it's proven to change your body, lower your fat composition and turn you into a fat burning machine. |
| Synrgy** | Achieve your fitness goals in less than 30 minutes! Add more diversity to your workout with strength, endurance, speed, agility and coordination training. **A Welcome Workout is required prior to attending all Synrgy classes. Synrgy classes take place on the gym floor and are inclusive of a gym session. |
| CARDIO | |
| Spin* / Spin Extreme* | A popular group cycling class set to motivating music that offers a highly effective workout! Encompassing a mixture of sprints and hill climbs to boost your cardio fitness and tone your muscles these classes are also highly addictive. |
| Beginners Spin* | A group cycling class set to motivating music. Ideal for beginners, you can set your own resistance to raise or lower the intensity of your workout. |
| STRENGTH / CONDITIONING | |
| Abs Blast | Zone in on your abs to strengthen your core whilst also improving your posture and overall fitness. |
| BODYPUMP* / BODYPUMP EXPRESS* | This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights to inspire you to get the results you came for and fast! |
| Kettlercise | Following a non-stop routine with the use of kettlebells, these classes will work every single muscle in the body to ensure you burn off fat, tone up, improve core stability and dramatically improve your endurance. |
| COMPLETE BODY WORKOUT | |
| BODYATTACK* / BODYATTACK EXPRESS* | BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. |
| BODYCOMBAT* / BODYCOMBAT EXPRESS* | Welcome to the worlds most popular martial arts group fitness class. Supported by role model instructors and driving music, get ready to strike, punch, kick and kata your way through calories to superior cardio fitness. |
| Boxing Circuit | One of the most fun, challenging and effective full body workouts using combinations of pad work, skipping and body weight exercises. Guaranteed to get you fit and enhance muscle definition. |
| Clubbercise | Clubbercise is an easy to follow dance fitness class with music anthems from the 90's to the latest hits, all in a darkened room with disco lighting and flashing glow sticks! |
| Legs, Bums & Tums | Tighten trim and tone all the bits we love to hate from the waist down in this easy to follow strength and conditioning class. |
| Nifty Fifties - Top 2 Toe | A fun and lively low impact workout suitable for the over 50's. This class offers a perfect combination of aerobic and toning exercises to condition and shape the whole body. |

| COMPLETE BODY WORKOUT | |
|--------------------------------------|--|
| Urban Fitness (11 - 16 years) | A mixture of urban & street dance fitness routines, a mixture of cardio, interval & conditioning. Age range 11-16 years. |
| Zumba | Join the Zumba revolution and party your way to the body you've always wanted in this fun and exciting fusion of Latin and international dance, with music that promotes an effective and infectious workout. |
| Zumba Gold | This class takes the Zumba formula and modifies the moves and pace to suit the needs of the older participant. What stays the same are all the elements that the Zumba fitness party is known for. |
| MIND & BODY | |
| Fitness Pilates | Fitness Pilates is a functional approach to the traditional Pilates class. It applies the main principles of Pilates such as breathing, centering, concentration, balance and control. This class is not recommended for pre and post natal customers. |
| Hatha Yoga | Hatha Yoga includes the practice of yoga postures and breathing exercises which help bring peace to the mind and body. Relatively gentle, slow and great for beginners or those who prefer a more relaxed style. |
| Iyengar Yoga | In a typical Iyengar class, poses are held longer than other styles of yoga, paying closer attention to alignment. Another trademark of Iyengar is the use of props, such as blocks, belts, chairs and blankets, used to accommodate injuries, tightness, as well as teaching how to move into a posture properly. |
| Pilates | The perfect workout for improving your strength, flexibility and agility. This class will invigorate your mind and condition your body through stretching and strengthening moves focused around your core muscles. Fitness Pilates adds a different concept, using dumbbells and resistance bands. |
| PiYo | PiYo is a fun, challenging class fusing Pilates and Yoga set to vibrant music. You will burn calories, tone muscle, work on balance and get a great stretch. This is unlike anything you've done before! |
| Yoga | A gentle paced class that will guide you through a series of structured sequences of postures. This class combines a series of gentle yoga movements alongside breath control that will not only increase your stamina but also condition your body. Perfect as a release against stress. |
| WATER WORKOUT | |
| Aqua Fit / Aqua Jog | A motivating class using water resistance to improve cardiovascular fitness and muscle tone. Aqua Fit is open to non swimmers and Aqua Jog is a deep water workout only suitable for confident swimmers. |
| Aqua HIIT | Aqua HIIT is a non stop water based workout that guarantees to get your heart pumping and burn calories. It is an interval based class that combines periods of intense exercise and varying amounts of rest. You will burn fat, improve muscle tone and build strength! |
| EXERCISE SAFELY | |
| ES - Circuits | Exercise Safely Circuit is a gentle class where customers can work at their own level with the assistance of our supportive instructor. It particularly suits our older customers and customers with certain medical conditions. |

Book fitness classes online at www.brioleisure.org

Brio Premier Membership

The Brio Premier Membership offers great value for money, making your health and fitness goals both affordable and achievable.

Only £32.00 per month or £26.00 per month for Concessions
Or, get 2 months FREE when you pay annually!

- ✦ No joining fee or contract
- ✦ Access to all 8 Brio Leisure centres
- ✦ Over 475 fitness classes
- ✦ PLUS gym, swim, and off-peak racquets

Your Member Journey FREE for Members!

It's one thing to have a goal but it's not always easy knowing how to achieve it. That's where we come in with Your Member Journey.

When you start to use the gym, a qualified instructor will take you through a Welcome Workout session including a personalised fitness programme to give you a great start. As you complete your on-going sessions you'll receive advice and regular programme updates with plenty of motivation.

Head to the website to find out more or join now!

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 Chester Way, Northwich, CW9 5QJ
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northwichmc@brioleisure.org



Northwich Memorial Court



Fitness Class Timetable
Summer 2018

At the heart of life

www.brioleisure.org

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| QUICK KEY | |
|-------------------------|--|
| Cardio | |
| Complete Body Workout | |
| Interval | |
| Mind & Body | |
| Strength / Conditioning | |
| Water Workout | |
| Exercise Safely | |

N - New Instructor

| MONDAY AM | |
|--|-------------------------|
| 6.45am - 7.30am Lee | HIIT Workout |
| 9.15am - 10.00am Stefan / Michelle | Spin* |
| 9.30am - 10.15am Tony | BODYATTACK® EXPRESS |
| 10.00am - 11.00am Jill / Heather | Aqua Fit / Jog |
| 10.15am - 11.00am Stefan / Michelle | Beginners Spin |
| 10.20am - 11.20am Tony | BODYPUMP®* |
| 11.00am - 11.30am Gym Team | Synrgy Core** |
| 11.30am - 12.15pm Tracey | Nifty Fifties Top 2 Toe |

| TUESDAY AM | |
|-----------------------------|----------------------|
| 6.45am - 7.30am Corbyn | Spin* |
| 9.30am - 10.15am Tony | Spin* |
| 9.30am - 10.30am Tracey | Pilates |
| 10.30am - 11.15am Joe | Spin* |
| 10.30am - 11.30am Alison | Legs, Bums & Tums |
| 11.15am - 12.00pm Jill | Aqua Fit |
| 11.30am - 12.15pm Alison | BODYCOMBAT® EXPRESS* |

| WEDNESDAY AM | |
|-------------------------------------|----------------------|
| 6.45am - 7.30am Lee | HIIT Circuit |
| 9.30am - 10.15am Carol | Spin* |
| 9.30am - 10.15am Alison | BODYCOMBAT® EXPRESS* |
| 10.00am - 11.00am Jill / Heather | Aqua Fit / Jog |
| 10.30am - 11.00am Gym Team | Beginners Synrgy** |
| 10.30am - 11.15am Alison | BODYPUMP® EXPRESS* |
| 11.20am - 12.05pm Heather | Zumba |

| THURSDAY AM | |
|-------------------------------|-------------------|
| 6.45am - 7.30am Lee | Spin* |
| 9.15am - 10.00am Jill | Aqua Fit |
| 9.30am - 10.15am Stefan | Spin* |
| 9.30am - 10.30am Tony | BODYPUMP®* |
| 10.00am - 11.00am Jill | Aqua Natal |
| 10.30am - 11.00am Gym Team | Synrgy Fat Burn** |
| 10.30am - 11.30am Tony | BODYCOMBAT®* |
| 11.45am - 12.45pm Carol | Fitness Pilates |

| FRIDAY AM | |
|-----------------------------------|---------------------|
| 6.45am - 7.30am Lee | HIIT & Run |
| 9.00am - 9.45am Jill / Heather | Aqua Fit / Jog |
| 9.15am - 10.15am Tracey | Pilates |
| 9.30am - 10.15am Stefan | Spin* |
| 10.20am - 10.50am Stefan | BODYATTACK® EXPRESS |
| 10.30am - 11.00am Gym Team | Synrgy Core** |
| 10.55am - 11.40am Tony | BODYPUMP® EXPRESS* |
| 11.45am - 12.30pm Tony | Beginners Spin* |
| 11.45am - 12.30pm Heather | Zumba Gold |

| SATURDAY | |
|-------------------------------|-------------|
| 8.25am - 9.10am Stefan | Spin* |
| 9.15am - 10.00am Stefan | PiYo |
| 9.30am - 10.15am Joe | Spin* |
| 9.30am - 10.30am Stella | BODYPUMP®* |
| 10.30am - 11.00am Gym Team | Synrgy** |
| 10.30am - 11.30am Stella | BODYATTACK® |

| SUNDAY | |
|-------------------------------|---------------|
| 8.45am - 9.15am Stefan | Spin Extreme* |
| 9.30am - 10.30am Stefan | BODYPUMP®* |
| 10.30am - 11.00am Gym Team | Synrgy** |
| 10.30am - 11.30am Stefan | BODYCOMBAT®* |
| 6.00pm - 7.30pm Carmen | Iyengar Yoga |

| MONDAY PM | |
|-----------------------------|-------------------------------|
| 12.15pm - 1.15pm Tracey | Pilates |
| 1.20pm - 2.50pm Lucy | Hatha Yoga |
| 4.30pm - 5.30pm Jenny | Urban Fitness (11 - 16 Years) |
| 5.30pm - 6.00pm Gym Team | Synrgy** |
| 6.00pm - 7.00pm Alison | BODYPUMP®* |
| 6.00pm - 6.45pm Heather | Zumba |
| 6.00pm - 6.45pm Stefan | Spin* |
| 7.00pm - 8.00pm Stefan | PiYo |
| 7.00pm - 8.00pm Alison | BODYCOMBAT®* |
| 7.30pm - 8.00pm Gym Team | Synrgy Extreme** |
| 8.00pm - 8.45pm Joe | Spin* |
| 8.05pm - 9.35pm Carmen | Iyengar Yoga |

| TUESDAY PM | |
|-----------------------------|----------------------|
| 5.30pm - 6.00pm Gym Team | Synrgy** |
| 6.00pm - 6.45pm Julie | Spin* |
| 6.00pm - 7.00pm Lianne | Legs, Bums & Tums |
| 6.00pm - 6.45pm Stella | BODYATTACK® EXPRESS |
| 6.45pm - 7.30pm Julie | Spin* |
| 7.00pm - 7.45pm Jill | Aqua Jog |
| 6.45pm - 7.30pm Stella | BODYCOMBAT® EXPRESS* |
| 7.00pm - 8.00pm Carol | Fitness Pilates |
| 7.30pm - 8.00pm Gym Team | Synrgy Fat Burn** |
| 7.35pm - 8.35pm Heather | Zumba |
| 7.45pm - 8.15pm Jill | Aqua HIIT |

| WEDNESDAY PM | |
|-----------------------------|----------------------------|
| 12.10pm - 1.10pm Carol | Fitness Pilates |
| 1.15pm - 2.00pm Andrew | ES - Circuits |
| 2.00pm - 2.45pm Heather | Nifty Fifties Top 2 Toe |
| 5.30pm - 6.00pm Gym Team | Synrgy** |
| 6.00pm - 7.00pm Tomoko | Spin* |
| 6.00pm - 6.45pm Tony | BODYCOMBAT® EXPRESS* |
| 6.15pm - 6.45pm Joe | Abs Blast |
| 6.50pm - 7.35pm Stefan | PiYo |
| 6.50pm - 7.35pm Dawn | Clubbercise |
| 7.00pm - 7.30pm Gym Team | Synrgy Legs, Bums & Tums** |
| 6.50pm - 7.35pm Tony | BODYPUMP® EXPRESS* |
| 7.30pm - 8.30pm Tomoko | Spin* |
| 8.00pm - 9.30pm Carmen | Iyengar Yoga |

| THURSDAY PM | |
|-----------------------------|----------------|
| 1.20pm - 2.50pm Lucy | Hatha Yoga |
| 5.30pm - 6.00pm Gym Team | Synrgy** |
| 6.00pm - 6.45pm Stefan | Spin* |
| 6.00pm - 7.00pm Stella | BODYCOMBAT®* |
| 6.15pm - 7.15pm Clare | Masters Swim |
| 6.45pm - 7.30pm Stefan | Spin* |
| 7.00pm - 7.30pm Jill | Aqua HIIT |
| 7.00pm - 8.00pm Andy | Boxing Circuit |
| 7.00pm - 8.00pm Stella | Kettlercise |
| 7.30pm - 8.15pm Jill | Aqua Jog |
| 8.00pm - 9.00pm Sue | Pilates |

| FRIDAY PM | |
|-----------------------------|--------------------------|
| 12.45pm - 1.30pm Lee | Exercise Safely Circuits |
| 5.30pm - 6.00pm Gym Team | Synrgy** |
| 5.30pm - 6.15pm Alison | BODYATTACK® EXPRESS |
| 6.00pm - 6.45pm Jana | Spin* |
| 6.30pm - 7.30pm Alison | BODYPUMP®* |

YOU SAID WE DID!

Quiet timeslots with no music and no classes, allowing you to get into your own headspace.

Monday And Thursday
8.00am - 9.00am
12.00pm - 1.00pm

Tuesday and Wednesday
8.00am - 9.00am
11.15am - 12.15pm

Friday
8.00am - 9.00am
12.45pm - 1.45pm

Saturday and Sunday
11.15am - 12.15pm

NORTHWICH MEMORIAL COURT Fitness Class Timetable

Book classes online now at www.brioleisure.org

Please note that this timetable is subject to change. Although correct at time of press the best way to stay up to date is through our website, our Facebook page or on Twitter.

ALL classes are FREE for Brio Premier Members and WorkFit Members.

Leisure Card holders receive £1.00 discount on ALL classes.

Classes are £5.30 per half hour and £6.70 per hour unless Premium Rate.

Concessions apply to all classes except for Premium Rate sessions.

*** Premium Rate sessions are £7.00 per class.**