

Times	Studio	7.00 - 8.00	9.30 - 10.25		10.30 - 11.25		11.30 - 13.00	12.30 - 17.30	17.30 - 18.25	18.30 - 19.25	19.30 - 20.25	20.30 - 21.30
MON	1		Step 9.30-10.25		Body Pump 10.30 - 11.25		Yoga & Meditation 11.40 - 12.40			Body Pump	Fitsteps	
	2	Body Balance 7.00 - 7.45	Prime Movers 9.15 - 10.00		Pilates		Body Balance 11.30 - 12.25	Tai Chi 13.00 - 14.00	Golf Stretch	Advanced Pilates	Balance	Yoga & Relaxation 20.30 - 21.15
	3 & Pool	Spin 7.00 - 7.45	Spin 9.45 - 10.30	Aqua 9.30-10.10	Aqua 10.15 - 11.00	Spin 10.30 - 11.15	Express Spin 12.30 - 1.00		Spin 18.00 - 18.45	Spin 18.45 - 19.30	Spin 19.30 - 20.15	Aqua 19.45 - 20.30
TUES	1	Pump FX 7.00 - 7.45	Body Combat		Fit Drum		CX Works 11.30 - 12.00		Zumba 18.00 - 18.55	Boot Camp 18.45 - 19.30	Body Combat 19.00 - 19.55	Ultimate Workout 20.00 - 21.00
	2	Fitness Pilates 8.45 - 9.25	Fitness Pilates		Body Balance		LBT 11.30 - 12.15	Vini Yoga 12.30 - 13.25	Body Blitz 18.00 - 18.45	Stretch & Tone 19.00 - 19.45		
	3 & Pool	Spin 7.00 - 7.45	Spin 9.30 - 10.15	Aqua 9.30 - 10.15	Spin 10.30 - 11.15				Spin 18.15 - 19.00		Ultimate Spin 19.30 - 20.30	
WEDS	1		Body Pump		Zumba		Pilates 12.00 - 13.00	Vini Yoga 14.30 - 15.30	Body Attack 18.00 - 18.55	Body Pump 19.00 - 19.55	CX Works 20.00 - 20.30	
	2		Yoga		Prime Movers 10.45 - 11.40		CX Works 11.45 - 12.15			Body Balance 18.30 - 19.25	Yoga	
	3 & Pool	Spin 7.00 - 7.45	Spin 9.45 - 10.30	Aqua 9.30 - 10.15	Spin 10.30 - 11.15				Spin 18.00 - 18.45	Spin 19.00 - 19.45	Aqua 19.30 - 20.15	
THUR	1		Step		Body Balance		Fit Drum 11.30 - 12.15		Kickboxing Circuits 18.15 - 19.10	Step n Tone 19.15 - 20.15		
	2		Pilates		LBT 10.30 - 11.00		Zumba Toning 11.00 - 11.55	Meditation 12.15 - 13.15	Low Impact Aerobics 13.30 - 14.15		Pilates 19.30 - 20.30	
	3 & Pool	Spin 7.00 - 7.45	Spin 9.45 - 10.30	Aqua 9.30 - 10.15	Spin 10.30 - 11.15				Spin 18.15 - 18.55		Spin 19.00 - 19.40	Spin 19.45 - 20.30
FRI	1		Ultimate Workout		Aero Tone		Body Combat 11.30 - 12.25		Body Pump 18.00 - 18.55			
	2		Core Stability				Body Balance 11.30 - 12.15	Pilates 12.15 - 13.15	Fitsteps 18.00 - 18.45	Dru Yoga		
	3 & Pool	Ultimate Spin 6.45 - 7.45	Spin 9.30 - 10.15	Aqua 10.00 - 10.45	Spin 10.30 - 11.15					Express Spin 19.00 - 19.30		
SAT	1		Kickboxing 9.00 - 9.55		Power Hour 10.00 - 10.55		Body Pump 11.00 - 12.00					
	2											
	3	Spin 8.45 - 9.30	Spin 9.30 - 10.10		Spin 10.15 - 11.00							
SUN	1		Body Combat 9.00 - 9.45		Boxercise 10.30 - 11.30		Family Zumba 11.30 - 12.15					
	2		Body Balance 9.00 - 9.55									
	3		Ultimate Spin 9.30 - 10.15		Spin 10.15 - 11.00							

\*Members must book a 15 minute studio technique session for spin & body pump before attending their first class. This session can be booked in the Gym at a time suitable for you.

Bookings can be made up to seven days in advance of the class, in person or by telephone or online. Numbers are limited. Please make every effort to cancel your classes online or via the club reception.

Book online at:  
www.lichfieldgolfandcountryclub.com

● Outdoor Classes - please wear appropriate attire to suit weather conditions

Lichfield Class Descriptions	DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS	
	<b>AERO TONE</b>	55mins	aerobics to music, light weight or no weights for toning	avg. <b>600</b> kcals	hand weights	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	<b>LEGS BUMS &amp; TUMS</b>	55mins	aerobics to music, light weight or no weights for toning	avg. <b>500</b> kcals	none	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	<b>POWER HOUR / ULTIMATE WORKOUT</b>	55mins	high & low intensity cardio & resistant workout	avg. <b>500</b> kcals	dumbbells & step	the latest inspirational & motivational tunes	improves heart & lung fitness improves muscle strength & tone
	<b>BODY COMBAT</b>	55mins	martial arts inspired cardio	avg. <b>740</b> kcals	none	the latest fun & funky tunes	tones & shapes, increases strength & endurance, builds self confidence
	<b>STEP</b>	55mins	step based cardio	avg. <b>600</b> kcals	height adjustable step	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	<b>BODY BLITZ</b>	55mins	high & low intensity cardio & resistant workout	avg. <b>600</b> kcals	dumbbells, bodyweight, height adjustable step	the latest inspirational and motivational tunes	improves heart & lung fitness increases muscle strength and tone
	<b>BODY ATTACK</b>	55mins	sports-inspired cardio	avg. <b>735</b> kcals	none	the latest fun & hard hitting tunes	improves agility, coordination, strength & endurance, improves heart & lung fitness
	<b>PILATES</b>	55mins	holistic	avg. <b>390</b> kcals	mat	relaxing & calming music	increases core strength, mobility & flexibility
	<b>GOLF STRETCH</b>	55mins	strength & holistic	avg. <b>300</b> kcals	mat	background music	increases golf body awareness, flexibility & strength
	<b>TAI CHI</b>	55mins	martial arts inspired holistic	avg. <b>200</b> kcals	mat	relaxing & calming music	improves balance & general mobility increases muscle strength in the legs
	<b>YOGA</b>	60/75mins	variety of yoga styles	up to <b>300</b> kcals	yoga mat	relaxing & calming music	increases core strength
	<b>BODY BALANCE</b>	55mins	inspired by yoga, tai chi & pilates	avg. <b>390</b> kcals	yoga mat optional	soulful, calming & inspiring	improves joint flexibility & range of motion tones & shapes, enhances well being
	<b>MEDITATION</b>	30mins	holistic	avg. <b>100</b> kcals	mat	none	benefits mind & body
	<b>BODY PUMP</b>	55mins	weight based resistant training	avg. <b>560</b> kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	increases strength & endurance, tones & shapes, helps maintain bone health
	<b>BOXERCISE</b>	55mins	cardio & conditioning	avg. <b>650</b> kcals	box gloves, mitts, steps & mat	highly motivating tunes	increases heart & lung fitness, increases upper body and core strength
	<b>KICKBOXING CIRCUITS</b>	55mins	cardio & conditioning	avg. <b>650</b> kcals	none	highly motivating tunes	increases heart & lung fitness, increases upper body and core strength
	<b>CX WORKS</b>	30mins	small group functional training - low impact & low cardio	up to <b>230</b> kcals	resistant tube & ball	upbeat	improves core strength
	<b>PRIME MOVERS</b>	55mins	low impact cardio & strength	avg. <b>300</b> kcals	resistance tubes, exercise balls & mats	upbeat	low-impact, whole body workout improves cardio fitness, improves core strength
	<b>SPIN</b>	45mins	cardio group cycling	avg. <b>600</b> kcals	indoor stationary exercise bike	upbeat & motivating tunes taking you on a cycle journey	improves heart & lung fitness, increases strength & endurance
	<b>ZUMBA/ ZUMBA TONING</b>	55mins	dance inspired cardio	avg. <b>450</b> kcals	none	latin inspired fitness party	increase heart & lung fitness, improves muscle tone & coordination, increases energy
	<b>FITSTEPS</b>	55mins	Latin and ballroom dance inspired cardio	avg. <b>450</b> kcals	none	Created by Ian Waite & Natalie Lowe inspired by the BBC show Strictly Come Dancing	increase heart & lung fitness, improves muscle tone & coordination, increases energy
	<b>FIT DRUM</b>	45/55min	dance inspired cardio	up to <b>400</b> kcals	none	lots of your favourite upbeat tunes, old & modern music	improves cardiovascular fitness, brain activity, hand eye coordination, and spatial awareness
	<b>PUMP FX</b>	55mins	weight based resistant training	up to <b>550</b> kcals	bar & plates mat & step	the latest & greatest in chart & club anthems	increases strength & endurance targets individual muscle groups
	<b>BOOT CAMP</b>	60mins	aerobic strength	avg. <b>600</b> kcals	tyres, sand bags, wooden logs, water cannisters, hammers, VIPRS, kettlebells, dumbbells, etc	upbeat & motivating	improves core strength, heart and lung fitness, balance, stability
	<b>AQUA</b>	45mins	water resistance aerobics	avg. <b>400</b> kcals	woggles	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body