



Ashmoor
Sports Centre

ASHMOOR SPORTS CENTRE



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EXERCISE CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY
HIIT & ABS	CIRCUITS	ZUMBA	SPIN FIT	BODY BLAST	STRETCH&TONE
18:00 – 19:00	19:00 – 20:00	18:00 – 19:00	18:00 – 19:00	18:00 – 19:00	19:00 – 20:00
Dance Studio	Gymnasium	Dance Studio	Spin Studio	Dance Studio	Dance Studio
£4.00	£4.00	£4.00	£4.00	£4.00	£4.00

CLASSES WILL COMMENCE ON MONDAY 5TH NOVEMBER 2018

- To book your space for any exercise class, please contact the Ashmoor Sports Centre reception. Exercise class bookings are non-refundable, T&C's apply.
- LIMITED TIME ONLY: Back to back classes - £6.00
- Ashmoor Partner Members: FREE ACCESS TO ALL EXERCISE CLASSES

Ashmoor Sports Centre, Balland Ln, Ashburton, Newton Abbot TQ13 7EW
Tel|01364 654303 Email| ashmoor@southdartmoor.devon.sch.uk

HIIT & ABS: Featuring 30 minutes of high intensity interval training, followed by abs...Pure abs! Designed to improve core strength, coordination and body posture.

CIRCUITS: A form of body conditioning, endurance training and resistance training using high-intensity aerobics. It targets strength building and muscular endurance.

ZUMBA: An aerobic fitness class featuring movements inspired by various styles of Latin American dance. Get your wiggle on!

SPINFIT: 45 Minutes of intense hill climbs, sprints and cycling fun!

BODY BLAST: Whole body workout using body weight exercises, great music and a fantastic atmosphere.

STRETCH & TONE: Whole body workout consisting of mat work and body weight exercises.