

Class Descriptions:

Abs Blast

A class designed to focus just on the abdominal and core muscles. Great as class on it's own or tag it on to another class or your gym workout.

Ashtanga Yoga

This method of Yoga involves synchronising the breath with a progressive series of postures. Similar to Vinyasa Yoga, just more powerful style.

Aqua

Aqua Classes are becoming increasingly popular because of the minimal impact. It is a high intensity workout in the pool that utilises body buoyancy and resistance providing muscular strength and endurance training without the impact of weighted apparatus.

Body Combo

This is a class concentrated solely on the physical improvements one can make to their body by using, primarily slow and steady movements and later; faster and more energetic movements with adjustable weights. Notice your body contours change!!

Body Pump

This is a non-impact, resistance based training programme, which utilises bar-bells and adjustable weights helping to improve muscular strength, endurance and definition.

It is a studio-based group session which is held by motivating and highly skilled instructors so the sessions are safe and fun!

Box-Fit

Box-fit is a challenging and exciting way to increase your fitness and help drop body fat. Learn how to safely box through pads, bag work, traditional boxing drills, increase strength and cardiovascular fitness.

Cardio Combat

This combines powerhouse moves and stances from a range of self-defence disciplines including Karate, kickboxing, Tai Chi and Tae Kwon Do, into a 'come and get it' adrenaline-pumping routine. It is an empowering, athletic workout that will have you fighting fit in record time!!

Circuit

This circuit is designed to increase your aerobic power as well as your muscular tone and flexibility. By running a 'circuit' in the studio made up of different stations which demand different activities you will notice a real difference!

Extreme Dance

This class is a fun and inspiring class for all ages. It is a choreographed class and involves listening to the latest music from the charts.

Funky Dance Aerobics

A great fat burning class based upon exercise to music, which may include some elements of choreography. Excellent for increasing fitness and reducing fat in a fun class environment.

Hatha Yoga

Yoga means to yolk (to join together) mind, body and soul following a set of physical exercises/postures (asans) Tone your body... calm your mind...soothe your soul...

Hot Yoga

Hot Yoga incorporates the techniques and postures from basic Yoga and ensures that they are performed under hotter conditions therefore enabling the body to stretch further thus intensifying the effect from the class.

Pilates

Developed in the 1920's by the legendary physical trainer, Joseph H. Pilates, the Pilates Method is an exercise system focused on improving flexibility and strength whilst stretching and balancing the total body without building bulk. The Pilates Method is not just exercise, however, it is a series of controlled movements engaging your body and mind.

Running Club

Looking to start, get back into running or just want some company as you hit the road... then our run club is for you. Meet at reception.

Salsa/Latino

Using salsa and Latino rhythms this class is made of of short dance routines. Dance experience is not essential, but helpful.

Spinning

Maybe it's because you'll torch an average of 500 calories per 40-minute ride. Or maybe it's because regardless of your fitness level, you'll get a heart pounding yet low-impact workout-while maintaining the ability to go at your own pace. Whatever the reason, millions worldwide have found a lot to love about Spinning.

Step

A fun exercise to music class based on the use of a step which will help to increase fitness levels as well as increasing fat burning benefits.

Stretch Fusion

This class will focus on improving postural alignment, increasing flexibility and strengthening core muscles through the use of stretch, balance and functional exercises.

Swissball

Using a Swissball this class provides a total body workout. A great class for improving core strength and posture and overall body tone.

Yoga Based Stretch

Stretching using the breathe... this class incorporates principles from Yoga to give a complete all over body stretch. Help improve flexibility and joint mobility. This class is the perfect stepping stone for members that would to try Yoga but are concerned if it's not for them.

Zumba

Zumba is a Latin inspired, dance fitness class that incorporates Latin and International Music and dance movements, which create a dynamic, exciting and effective fitness system.

Many thanks,

Erica

We also run a selection of beginner's classes for those who are a little apprehensive which are highlighted on the timetable.

Our instructors are friendly and highly skilled at both the physical demands and also at putting people at ease; so don't worry if you're new to a class - you'll fit right in!

We do operate an 'advised booking service' for some of the classes. Booking is not compulsory but is advised.

Please do not hesitate to contact reception for further information.

Online booking available at www.themarkowclub.co.uk

themarkowclub.co.uk

The Marlow Club | Globe Park | Fieldhouse Lane | Marlow | Bucks | SL7 1LU

01628 475709



 the
Marlow club

Class Timetable

ENJOY

Monday

06:45 - 07:45	Vinyasa Yoga	Anne	A
09:30 - 10:15	Spinning*	Fran	A
09:30 - 10:30	Body Combo*	Anne	A
10:30 - 11:30	Pilates*	Anne	A
12:45 - 13:30	Spinning*	Lorraine	A
13:00 - 14:00	HathaYoga (Gentle)*	Davinder	I/A
14:00 - 15:00	Pilates*	Mel	A
17:30 - 18:30	Dance Extreme	Patrick	A
18:30 - 19:30	Circuits	Tracy	A
18:30 - 19:30	Spinning*	Zena	I/A
19:30 - 20:30	Pilates* (Beg / Int)	Kirsteen	B
20:30 - 21:45	Pilates*	Kirsteen	I/A

Tuesday

09:30 - 10:30	Circuits	Maria	A
10:00 - 10:45	Aqua	Sarah	A
10:30 - 11:30	Pilates*	Anne	A
11:30 - 12:30	Body Combo	Sarah	A
12:30 - 13:40	Body Pump	Lorraine	A
13:45 - 14:45	Yoga Based Stretch*	Annabel	A
18:15 - 19:00	Spinning*	Kristina	A
18:30 - 19:30	Body Pump*	Kirsteen	A
19:30 - 20:45	Pilates*	Kirsteen	I/A

Wednesday

07:00 - 07:45	Spinning*	Kirsteen	A
09:30 - 10:15	Spinning*	Fran	I/A
09:30 - 10:30	Swissball*	Kevin	A
10:45 - 12:00	Yoga Based Stretch*	Annabel	A
12:45 - 13:45	Pilates*	Anne	I/A
14:00 - 14:45	Aqua	Lisa	A
14:00 - 15:00	Pilates*	Anne	A
18:00 - 19:30	Circuits	Tracy	A
18:30 - 19:15	Spinning*	Zena	A
18:30 - 19:15	Aqua	Lauren	A
19:30 - 20:15	Boxfit*	Olly	A
20:15 - 21:15	Ashtanga Yoga*	Berengere	I/A

Thursday

06:45 - 07:45	Boxfit*	Daryl*	I/A
09:30 - 10:15	Spinning*	Pauline	A
09:30 - 10:30	Body Combo*	Anne	A
10:00 - 10:45	Aqua	Hannah	A
10:45 - 12:00	Hatha Yoga*	Annabel	A
12:45 - 13:30	Spinning*	Kirsteen	A
18:00 - 19:00	Funky Aerobics	Corey	I/A
18:00 - 19:00	Spinning*	Pauline	I/A
19:00 - 20:00	Body Pump*	Tracy	A
20:15 - 21:30	Hatha Yoga	Carlin	I/A

Friday

07.00 - 07.45	Spinning*	Pauline	A
07:00 - 08:00	Running Club	Unmanned	I/A
09:30 - 10:15	Spinning*	Richard	A
09:30 - 10:15	Step	Tracy	A
10:20 - 10:40	Abs Blast	Richard	A
10:45 - 11:45	Pilates*	Mel	A
12:45 - 13:45	Pilates Core Strength*	Lisa	I/A
17:30 - 18:30	Stretch Fusion*	Rowena	A
18:30 - 19:30	Cardio Combat	Patrick	A
18:30 - 19:30	Spinning*	Zena	I/A

Saturday

08:00 - 11:00	Triathlon Club* £	Pete	I/A
09:00 - 10:00	Circuit	John	A
09:00 - 09:45	Spinning*	Fran	A
10:00 - 10:45	Spinning*	Fran	I/A
10:15 - 11:00	Aqua	Lauren	A
10:15 - 11:15	Swissball*	John	A
11:15 - 12:15	Body Pump*	Fran	A
12:30 - 13:30	Dance Extreme	Patrick	A
14:00 - 15:15	Hatha Yoga*	Annabel	A

Sunday

08:30 - 09:30	Pilates	Tracy	A
08:45 - 09:15	Beginners Running Club	Unmanned	B
09:30 - 10:30	Running Club	Unmanned	A
09:30 - 10:30	Pilates*	Tracy	A
10:30 - 11:15	Spinning*	Russ/Alison	A
11:00 - 12:00	Circuits	Tracy	A
17:00 - 18:15	Hot Yoga*	Carlin	I/A

ENJOY

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Online booking available

www.themarlowclub.co.uk

KEY: * Pre book at Reception up to a week before
(£) Payment for Class
A All levels B Beginner
I/A Intermediate/Advance