

## CLASSLIST

### KETTLERCISE

Brings kettlebell training screaming into the 21st century one piece of equipment one goal. This program delivers a lean toned body, without the look of bulky muscles.

### TRIXTER X-BIKING

Burn more calories in less time on the only indoor cycle that allows the rider to functionally engage the upper body and core.

### BODY CONDITIONING

This class uses light weights, low impact aerobic exercises & mat work to improve all over body tone and muscle definition.

### AB ATTACK

Tone up your tummy in your lunch break! Full abdominal workout targeting all individual areas of the mid-section

### CIRCUIT TRAINING

This involves various cardio, strength and endurance exercises providing you with a whole body workout.

### LEGS BUMS AND TUMS

A gentle workout to target those problem areas. This class will include lower body toning exercises and mat work.

### PILATES

This mat based class is ideal for strengthening your core as well as improving your posture and coordination.

### STEP

Improve your fitness and burn fat using choreographed movements involving stepping on & off a raised platform. An excellent lower body toner!

### YOGA

This mat based class will improve your strength and flexibility as well as your breathing and relaxation techniques.

### AEROBICS/LATINO/ZUMBA

A variety of choreographed moves set to music. The class includes all over body toning using light weights and mat work. Latino aerobics and Zumba have a dancy, Latin twist

**Ask about class membership  
TODAY!**

**TEAMBATH™**  
UNIVERSITY OF BATH

#### Studio Membership

Contact Richard on 01225 383597 or e-mail [rtt20@bath.ac.uk](mailto:rtt20@bath.ac.uk)

#### Annual Rate (12 months for rate of 11)

	Adults	Concessions
Classes	£280.5	£225.5
Gold	£583	£473

Gold members = Free classes (except Netball Club), plus membership to Fitness Suite, Tennis, 50m Swimming Pool, Sauna, Athletics track and Hydrotherapy Pool.

Concessions = University Staff (this includes sports department staff) & students, couples (pay concessionary rate each), University Alumni, Corporate members and Seniors.

#### Pay as you Go

	Adults	Students/staff//seniors
Cost per session	£4.05	£3.00
1/2 hour class	£3.00	£2.50

Netball Club (\*) = Adults only, £3 for everyone

#### Other Information

The intent is for the timetable to reflect our customers' needs. Additional classes will be inserted if the demand dictates. Equally, the offering will generally be diminished during student holidays and poorly attended classes may be culled. To this end the timetable will operate on a seasonal basis.

The membership rates are based on off peak seasons when potentially fewer classes may be offered.

Please be aware that on all Bank Holidays there will be no classes

All classes are subject to change.

If you would like to be informed of any changes to classes via e-mail then please e-mail Eloise Comer on

[E.S.Comer@bath.ac.uk](mailto:E.S.Comer@bath.ac.uk) who will add you to the e-mail list.



PAUSE  
PITBULL



**TEAMBATH™**  
UNIVERSITY OF BATH



**ZUMBA®**  
**FITNESS**

**STUDIO CLASS**

**TIMETABLE**

**3 January**

**2012**

DAY	CLASS	TIME	LOCATION	INSTRUCTOR
<b>MON</b>	SHORT CIRCUITS	12.30-13.00	FENCING HALL	CAROLINE FRANK
	YOGA	13.00-14.00	DOJO	CAROLINE FRANK
<b>TUES</b>	X-BIKING	13.00-13.30	SPRINT TRACK BALCONY	CAROLINE JOLANTHE
	ZUMBA	13.00-13.45	FENCING HALL	RICHARD
	KETTLERCISE	17.15-18.00	ATHLETICS HALL	GEORGE
	X-BIKING	17.30-18.00	SPRINT TRACK BALCONY	
<b>WEDS</b>	YOGA	12.00-13.00	DOJO	FRANK
	BODY CONDITIONING	12.15-13.00	FENCING HALL	PATSY MILES
	X-BIKING	12.30-13.00	SPRINT TRACK BALCONY	PATSY
	AB ATTACK	13.00-13.30	DOJO	CAROLINE RICHARD
	PILATES	17.15-18.15	DOJO	
	X-BIKING	17.30-18.00	SPRINT TRACK BALCONY	
<b>THURS</b>	PILATES	12.15-13.15	DOJO	CAROLINE PAUL
	X-BIKING	12.30-13.00	SPRINT TRACK BALCONY	JOLANTHE NIGEL
	ZUMBA	12.30-13.30	FENCING HALL	LAURA
	KETTLERCISE	12.45-13.30	ATHLETICS HALL	GEORGE
	STEP	17.30-18.30	FENCING HALL	LAURA
	X-BIKING	17.30-18.00	SPRINT TRACK BALCONY	GEORGE
	AB ATTACK	18.30-19.00	FENCING HALL	LAURA
<b>FRI</b>	YOGA	12.15-13.15	DOJO	FRANK
	STEP AND TONE	12.30-13.15	FENCING HALL	CAROLINE PAUL
	X-BIKING	13.15-13.45	SPRINT TRACK BALCONY	CAROLINE FRANK
	AB ATTACK	13.15-13.45	FENCING HALL	CAROLINE GEORGE
	YOGA	13.15-14.15	DOJO	
	X-BIKING	17.30-18.00	SPRINT TRACK BALCONY	
<b>SAT</b>	CIRCUIT TRAINING	18.30-19.30	FENCING HALL	
	BODY CONDITIONING	12.45-13.30	FENCING HALL	LAURA
	PILATES	13.00-14.00	DOJO	CAROLINE MILES
	X-BIKING	13.00-13.30	SPRINT TRACK BALCONY	NIGEL
	KETTLERCISE	13.00-13.45	ATHLETICS HALL	NIGEL
<b>SAT</b>	X-BIKING	17.30-18.00	X-BIKING TERRACE	NIGEL
	X-BIKING	18.15-18.45	X-BIKING TERRACE	NIGEL
<b>SAT</b>	LEGS BUMS & TUMS	09.30-10.30	VENUE CHANGES	LAURA
	AEROBICS	10.30-11.30	VENUE CHANGES	LAURA