

## **AB ATTACK**

This 30min workout is an effective way to achieve that desired midsection, alongside strengthening and balancing the whole core.

## **ZUMBA**

Zumba Fitness is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-fitness sensation.

## **BODY CONDITIONING**

Blending a range of training methods using weights and general body weight. Body conditioning is a great way to tone your whole body in a fun yet effective way.

## **DUATHLON CLUB**

This two in one class will challenge your body on a bike and on the track.

## **CIRCUITS**

The fast flowing style of circuits from one station to another means that your body is worked from all angles. Each exercise is performed to a set time.

## **KETTLE BELLS**

Brings kettle bell training screaming into the 21st century one piece of equipment one goal. This workout targets the whole body in a way that only kettle bells can.

## **LEGS BUMS AND TUMS**

LBT is a class that tones those desired areas in a fun way using light weights and mats.

## **REVOLUTION**

This unique cycling class uses the coach by colour system. This allows the instructor to use training zones based on the colour of the screens. This gives the ability to work at your true intensity levels for optimal results.

## **YOGA**

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

## **PILATES**

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

## **CARDIO KICK**

A high intensity aerobics class using a mix of martial arts and kickboxing moves, Guaranteed to leave you breathless.

## **CARDIO TENNIS**

A fun sociable class set on a tennis court, open to people of all ages and abilities. You'll get to hit lots of balls and get a great cardio workout. If you don't have a racquet, we can loan you one on the day. You must wear **Tennis shoes only (no trainers)**

## **RIG CONDITIONING**

This new class uses the rig space in the gym to give a unique whole body workout. The blend of exercises taken from ab attack and circuits mixed with suspension training ensures you will condition the whole body in the 25 minute blast.

**\*\*\*\*\*NEW\*\*\*\*\***

## **FUNCTIONAL POWER TRAINING (FPT)**

FPT is a class that combines strength, power, cardio and plyometrics into a hard 45 minute blast! Workouts will range from 15-40 minutes, with the beginning of the class focusing on warm up and mobilization. Exercises can be modified for all abilities, expect to work hard but everyone can join in a fun group atmosphere.

## **OLYMPIC LIFTING**

This session teaches the principles of Olympic Lifting which hits your whole body. See your strength increase, technique improve and body change. Beg/Int/Adv classes are available.

## **Pay as you Go**

Cost per session  
1/2 hour class

**Adults**  
£7.00  
£5.00

**Students/Staff/Seniors**  
£6.30  
£4.50

Olympic Lifting

£8.00

£8.00

Please note bulk buy deals are available for the Olympic Lifting sessions only, this session is NOT included in the gym/classes membership.

## **Other Information**

The intent is for the timetable to reflect our customers' needs. Additional classes will be inserted if the demand dictates. The timetable will operate on a seasonal basis.

Classes are subject to change, for the up to date amendments and timetable please go to:  
[www.teambath.com/about/times-prices/fitness-classes](http://www.teambath.com/about/times-prices/fitness-classes)

Like us on Facebook at TeamBath Fitness for updates on classes and top fitness tips.

## **CONNECT**

For our online booking system go to:  
<https://bookings.teambath.com/Connect/MRMLLogin.aspx>.  
TeamBath + and members can book 7 days ahead. Non-members can book 3 days ahead, you must pay at time of booking and bookings are non refundable.

To log into Connect you will need the following:

- The email address we hold for you on our membership database.
- Your personalised PIN code.

Customers who do not have a PIN code can enter their email address they have registered with us and then click 'Forgotten PIN' to receive a new PIN code. If you have any problems linking to your account please see Reception.



UNIVERSITY OF BATH  
**TEAMBATH™**

