

# CITY HEALTH & FITNESS CLUB

**AQUAFIT** - suitable for all ages and abilities, this class is a lot of fun and great way to look after yourself. Muscles will be toned and strengthened without the aches and pains sometimes experienced after exercising on dry land. Swimming skills are not necessary.

**SPINNING** – indoor cycling burns serious calories (about 450 in 45 minutes) and offers an awesome aerobic workout that makes your heart pump fast. It also tones your quadriceps (front thigh muscles) and outer thigh muscles. Because you stay in one place with the same basic movement throughout, this class doesn't involve a lot of coordination.

**PILATES** – targeting the deep postural muscles, Pilates works by building strength from the inside out, rebalancing the body and bringing it into correct alignment. It helps to reshape your body, which will become more toned. It will also improve your posture, achieving the perfect balance between strength and flexibility.

**ASHTANGA YOGA** – is a fast – paced, intense style yoga. A set series of poses is performed, always in the same order. Ashtanga practice is very physically demanding because of the constant movement from one pose to the next.

**ABS SHAPER** - 30 min intensive session that focuses on toning and strengthening abdominal

**VINYASA YOGA** – involves breath synchronized movement, tends to be more vigorous style based on the performance of a series of poses called Sun Salutations, in which movement is matched to the breath. Hatha yoga is usually slow paced and focused on stretching and learning the basic yoga poses.


**BODY SCULPT** – is about shape and tone, as well as improving strength and calorie burning. It's not about how much you can lift but about using a weight you are comfortable with over a set number of repetitions that address particular muscle group. Slower repetitions work on toning and strengthening; faster on maximum calorie burn.

**STEP** – you will challenge your mind and body as burn calories. The intensity of your workout will be determined by the speed, travel and execution of your movements.

**LEGS, BUMS & TUMS** – a 45 minute exercise class to music, working on toning up legs, bum and stomach area.

8-14 Cooper's Row  
London EC3N 2BJ  
T: 020 7863 3999

E: [membership@cityhealthclub.co.uk](mailto:membership@cityhealthclub.co.uk)  
[www.cityhealthclub.co.uk](http://www.cityhealthclub.co.uk)



**GYM INFORMATION PACK  
& CLASS TIMETABLE**

# CLASS TIMETABLE

## May - August



### MONDAY

CITY SPIN	12.15 - 13.00	Adam
BODY SCULPT	12.15 - 13.00	Teresa
LBT	13.15 - 14.00	Elena
PILATES	18.45 - 19.45	Ricardo

### TUESDAY

WAKE UP SPINNING	07.15 - 07.45	Adam
STEP	12.15 - 13.00	Elena
CITY SPIN	13.15 - 14.00	Adam
ABS SHAPER	13.15 - 13.45	Teresa
BODY SCULPT	18.00 - 18.45	Teresa

### WEDNESDAY

PILATES	07.30 - 08.30	Ricardo
ASHTANGA YOGA	12.15 - 13.00	Sandra
CITY SPIN	12.15 - 13.00	Elena
LBT	13.15 - 14.00	Teresa
SPINNING	18.00 - 18.45	Elena

### THURSDAY

WAKE UP SPINNING	07.15 - 07.45	Adam
AQUAFIT	12.15 - 13.00	Teresa
PILATES	12.15 - 13.00	Ricardo
CITY SPIN	12.30 - 13.15	Adam
STEP	13.15 - 14.00	Elena

### FRIDAY

BODY SCULPT	12.15 - 13.00	Teresa
VINYASA YOGA	13.15 - 14.00	Sandra

**Please book the class 24hrs in advance  
for confirmed place 020 7863 3999  
Thank you**

### GYM INDUCTION & FITNESS PROGRAM

As a new member of the City Health Club, you will receive a gym induction and complete fitness assessment including blood pressure, body fat, BMI, weight and postural analysis. The fitness team can design a program that is tailored to your needs and around your lifestyle to get you motivated and focused.

### PERSONAL TRAINING

Our team of professional trainers are here to help you to achieve your goals quickly and effectively. Whether you need an extra push, motivation or effective use of time in the gym please talk to a member of the Fitness Team.

### POWER PLATE

We offer one-to-one guidance and training on full body workout: warm up, balance, strength and massage, in as little as 30minutes. Increase fat burning process, increase muscle tone and strength; reduce cellulite, and active blood circulation. Please contact member of the Fitness Team.

### GYM & STUDIO ETIQUETTE

- Wear comfortable sport clothing and foot wear
- Stay hydrated throughout and after workout
- In the interest of hygiene, please wipe down gym equipment after use
- Due the health & safety please arrive 5-10 min before the start of the class

### SWIMMING POOL ETIQUETTE

- In the interest of hygiene, please shower before using the pool, Jacuzzi, sauna, steam and aroma room
- Appropriate swim wear must be worn at all times in the pool area
- If you suffer from heart disease, diabetes, high blood pressure do NOT enter hot rooms & Jacuzzi
- Children under 16 must be supervised by an adult at all times
- Do not enter the pool, hot rooms and Jacuzzi if you are under influence of alcohol, narcotics, anticoagulants, antihistamines, stimulants or tranquillisers – the management reserve the right of entrance and may reject anyone they deem to be under any of the above without question.



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