

# STUDIO TIMETABLE

2 April - 1 July 2018 Spring Edition

## MONDAY

TIME	CLASS	AREA	INST.	LEVEL
07.00 – 07.55	Boxing Training*	Power	Nathan	All
09.15 – 10.00	Active Body Shred*	Power	Shaun	All
09.30 – 10:25	Pilates Reformer*	Reformer	Nicholas	All
09.30 – 10.25	Mat Pilates*	Peace	Marilena	All
10.00 – 10.25	Stretch & Lengthen*	Power	Shaun	All
10.30 – 11:25	Pilates Reformer*	Reformer	Nicholas	All
10.30 – 11.25	Combo Ballet Barre*	Peace	Marilena	All
10.30 – 11.15	Indoor Cycling*	Power	Adam	All
11.30 – 12.25	Mat Pilates*	Peace	Scott	All
12.30 – 13.25	Core Cycle*	Power	Shannon	All
18.30 – 19.25	Pilates Reformer*	Reformer	Morena	All
18.30 – 19.25	Shred Cycle*	Power	Gareth	All
19.35 – 20.25	Hatha Yoga*	Peace	Aisha	All
20.30 – 21.05	Zero Gravity Yoga*	Peace	Aisha	Adv

## TUESDAY

TIME	CLASS	AREA	INST.	LEVEL
08.45 – 09.55	Dynamic Tower*	Reformer	Annalisa	All
09.30 – 10.15	ZUU*	Power	Paul	All
09.30 – 10.15	Power Aqua*	Pool	Maria	All
10.00 – 10.55	Pilates Reformer*	Reformer	Annalisa	Adv
10.30 – 11.15	Dance Fitness*	Peace	Shaun	All
10.30 – 11.15	Bounce & Burn*	Power	Vanessa	All
11.20 – 11.50	Release & Roll*	Peace	Shaun	All
11.30 – 12.15	Indoor Cycling*	Power	Adam	All
12.30 – 13.15	Body Tone*	Power	Max	All
15:00 – 16.25	Restorative Yin Yoga*	Peace	Michele	All
17.15 – 18.25	Vinyasa Yoga*	Peace	Michele	All
18.30 – 19.25	Boot Camp*	Power	Gareth	All
18.30 – 19.25	Mat Pilates*	Peace	Debra	All
19.30 – 20.55	Vinyasa Yoga*	Peace	Andrew	All
20:10 – 21:10	SpinAddikts®*	Power	Frances	All

## WEDNESDAY

TIME	CLASS	AREA	INST.	LEVEL
06.30 – 07.15	Indoor Cycling*	Power	Gerry	All
07:00 – 08:00	Power Yoga*	Peace	Belinda	Int/Adv
09.00 – 09.45	HIIT*	Power	Peter	All
09.30 – 10.15	Cycl'H2O*	Pool	Malcom	All
09.30 – 10.25	Pilates Reformer*	Reformer	Emma	Adv
10.45 – 11.25	Bounce & Burn*	Power	Shaun	All
10.00 – 10.55	Hatha Yoga*	Peace	Aisha	All
10.45 – 11.40	Swimsanity*	Pool	Paul	All
12.00 – 12.55	Pure Tower*	Reformer	Morena	Beg
12.00 – 13.25	Vinyasa Yoga*	Peace	Michele	All
12.30 – 13.25	Core Cycle*	Power	Shannon	All
17.15 – 18.00	Indoor Cycling*	Power	Shannon	All
18.30 – 19.25	Chelsanity*	Power	Gareth	All
18.30 – 19.25	Pilates Reformer*	Reformer	Ivana	Adv
19.30 – 20.25	Boxing Training*	Power	Nathan	All
19.30 – 20.55	Vinyasa Yoga*	Peace	Michele	Beg
19.40 – 20.35	Dynamic Tower*	Reformer	Ivana	Adv

## THURSDAY

TIME	CLASS	AREA	INST.	LEVEL
09.00 – 09.55	Mat Pilates*	Peace	Beth	All
09.30 – 10.25	Pilates Reformer*	Reformer	Vanessa	Int
09.30 – 10.25	Chelsanity*	Power	Gareth	All
10.00 – 10.55	Spinedango*	Peace	Vladimir	All
10.30 – 11.15	Indoor Cycling*	Power	Gareth	All
11:00 – 11.55	Combo Ballet Barre*	Peace	Marilena	All
12.30 – 13.15	Tabata*	Power	Karine	All
17:15 – 18:00	HIIT*	Power	Fit Team	All
18.30 – 19.25	Boot Camp*	Power	Gareth	All
18.30 – 19.25	Pilates Reformer*	Reformer	Morena	Beg
18.30 – 19.55	TRE®*	Peace	Emma	All
19.00 – 19.45	Cycl'H2O*	Pool	Malcom	All

## FRIDAY

TIME	CLASS	AREA	INST.	LEVEL
06.30 – 07.15	Indoor Cycling*	Power	Gerry	All
09.00 – 09.55	Mat Pilates*	Peace	Lida	All
09.00 – 09.55	Pilates Reformer*	Reformer	Ivana	Int
09.15 – 10.00	HIIT*	Power	Shaun	All
09.30 – 10.25	Swimsanity*	Pool	Paul	All
10.00 – 10.55	Hatha Yoga*	Peace	Aisha	All
10.30 – 11.15	Bounce & Burn*	Power	Kate	All
11.00 – 11.40	Zero Gravity Yoga*	Peace	Aisha	All
11.30 – 12.15	ZUU*	Power	Paul	All
11.45 – 12.30	Barre Fit*	Peace	Kate	All
12.30 – 13.25	Core Cycle*	Power	Shannon	All
12.30 – 13.25	Pure Reformer*	Reformer	Nicholas	Beg
17.30 – 18.25	Active Body Shred*	Power	Anthony	All
18.30 – 19.55	Kundalini Yoga*	Peace	Emma	All

## SATURDAY

TIME	CLASS	AREA	INST.	LEVEL
09.00 – 09.55	Boot Camp*	Power	Gareth	All
09.30 – 10.25	Pure Mat Pilates*	Peace	Lida	Beg
09:30 – 10:25	Pilates Reformer*	Reformer	Chrisen	Adv
10:00 – 11:30	SpinAddikts®*	Power	Frances	All
10:30 – 11:25	Pilates Tower*	Reformer	Chrisen	Adv
10.30 – 11.55	Vinyasa Yoga*	Peace	Andrew	All
11:30 – 12:25	Pure Tower*	Reformer	Fit Team	Beg
12:00 – 13:30	Yoga Nidra*	Peace	Michele	All
12:30 – 13.25	Pure Reformer*	Reformer	Fit Team	Beg

## SUNDAY

TIME	CLASS	AREA	INST.	LEVEL
09.30 – 11.00	Iyengar Yoga*	Peace	Suzet	All
09.30 – 10.30	SpinAddikts®*	Power	Frances	All
10:30 – 11:15	TRX*	Power	Frances	All
10.00 – 10.55	Power Aqua*	Pool	Jonathan	All
11.15 – 12.00	Cycl'H2O*	Pool	Malcom	All
11.15 – 12.10	Mat Pilates*	Peace	Scott	All
12.15 – 13.45	Restorative Yin Yoga*	Peace	Michele	All

Access to all classes is included within all memberships.

\* Denotes class must be booked due to limited number of places. One booking per person. Bookings may be placed via telephone or at the fitness/reception desks.

Personal and Private Group Training for all classes available on request and subject to an additional fee.

All classes and instructors are subject to change at late notice, especially if a Chelsea home match is taking place. Strictly no entry 10 minutes after a class has started.



020 7915 2200

chelseahealthclub.com

# CLASS DESCRIPTIONS

## **Active Body Shred\***

*This class uses low-weights with high-reps, aimed at burning calories and defining muscles. It includes a high intensity cardio section, followed by 30 minutes of legs, arms, abs and back to ensure you achieve a whole body workout.*

## **Ashtanga Yoga\***

*This powerful form of Yoga has an emphasis on strength and stamina through energetic patterns of poses. Improve the body's flexibility, physical strength and muscular tone whilst calming the mind and improving circulation.*

## **Boot Camp\***

*A military-style class for strength and conditioning. The instructor pushes you to move onto the next exercise with very little rest in a circuit fashion.*

## **Bounce & Burn\***

*Bounce & Burn is a full body workout, but low impact and de-toxifying form of exercise. Rebounding is jumping on a specialised, mini trampoline, aimed at aerobic and core fitness, improving the body's natural ability to heal itself, helping burn calories and improve circulation.*

## **Boxing Training\***

*Learn the skills, the moves, the focus and the flexibility of boxing to assist weight loss, muscle tone and overall fitness.*

## **Chelsanity\***

*A specifically formatted class of 20 second bursts of different ultra-intense exercises, repeated one after the other with only 10 second rests in between.*

## **Combo Ballet Barre\***

*A fantastic way to tone your body. Fun ballet-inspired workouts target and isolate small postural muscles through a combination of styles including Yoga and Pilates.*

## **Core Cycle\***

*Hard cycling through various intervals to develop your speed and ultimate cycling power. Powerful and effective exercises help blast and build whole body strength.*

## **Dance Fitness\***

*Fitness-based dance includes a warm-up, dance routines to popular and upbeat music that get the aerobic system going and target specific areas for burning calories and toning.*

## **DIVA Train\***

*Diva Train combines a total body-conditioning workout with feel good music & leaves you with an overwhelming sense of achievement. It uses a variety of body weight exercises, HIIT & welcomes girls and women of all ages and athletic ability. It ties together the feel good aspect of a dance class with well thought-out & constructed exercise programs leading to individual & personal achievement.*

## **Hatha Yoga\***

*This slower paced and more gentle form of yoga is great for beginners. Build your flexibility over time while focusing on your breath.*

## **HIIT\***

*Increase your capacity for high-intensity exercise. HIIT offers a longer "after burn", helps maintain muscle mass while still burning calories and enhances performance in sports and athletic activity.*

## **Interval Cycling\***

*A great cardiovascular workout, find your groove and pedal through hill climbs. Get your heartrate elevated with this intense calorie-burning class. A sure way to stay in shape and keep your heart healthy as you ride on the heels of your instructor through flat terrain and bursting up mountain peaks.*

## **Mat Pilates (Int & Adv)\***

*Floor exercises using an exercise mat. Includes low-impact, controlled breathing, during body weight resisted movement to build core strength. Great for improving posture and spinal alignment.*

## **Pilates Reformer (Int & Adv)\***

*All kinds of exercises are done on the reformer to promote length, strength, flexibility, and balance. The reformer provides both resistance and support, using resistance from springs. With the majority of reformer exercises involving pushing or pulling the carriage, whilst you core engages. It's a gentle way to perform precise exercises safely to regain strength, stability and control. It's particularly good for aiding back injury recovery, back pain management and improving your core stability.*

## **Pilates Tower (Int level)\* / Dynamic Tower\* (Adv level)**

*Through a system of springs and bars, the combination of Tower and Reformer equipment gives you one of the most effective workouts. The system supports the body to ensure proper stabilisation and positioning whilst providing added weight resistance from the springs for strengthening, toning and lengthening muscles.*

## **Power Aqua\***

*Get out of the gym and into the pool! This class sculpts different areas of the body with no impact on the joints.*

## **Pure Mat Pilates\* – Beginners ONLY**

*Aimed at helping to strengthen and tone with low-impact. Emphasis lies on spinal and pelvic alignment, breathing, developing a strong core and improving coordination and balance.*

## **Pure Reformer\* – Beginners ONLY**

*Our beginners workout is based on the reformer beds with a focus on learning specific techniques to isolate muscle groups and activate them correctly at a gentler pace. Master core strength and technical capability in Pure Reformer to reach intermediate level, before maximising your experience in the advanced reformer classes.*

## **Spinaddikts®\***

*This a signature class designed and taught by Dr Frances H Mikuriya. SpinAddikts® sessions train in multiple heart rate zones from aerobic to anaerobic, with a combination of workouts to challenge and optimise your strength and fitness. Cyclists, triathletes, runners, skiers, rowers and anyone needing a structured & focused workout to enhance performance will benefit from the sessions. Heart rate monitors are highly recommended.*

## **SpinAddikts® Endurance\***

*An extended 90 minute workout (Sat @ 10am). You will be working with the goal to increase aerobic capacity and to resist fatigue. This session gives us the time to work on improving endurance in different zones as well as challenging your ability to sustain your power for longer.*

## **Swimsanity\***

*Developed in London, the Swimsanity workout utilises inter-changeable drills, which gives participants an effective, mixed ability, aqua-exercise experience every time.*

## **Shred Cycle\***

*Taking body weight exercises to new heights! A specifically formatted class of 2 body weight exercises followed by 60 second bursts on the bike, repeated again, and again, and again! With different body weight exercises each time, plus a rest period in between, you really work your Aerobic and Anaerobic fitness systems. Not for the fainthearted...an extreme class for Intermediate to Advanced.*

## **TRE®\* – Tension Release Exercises\***

*Tension Release Exercises are an amazing tool for helping the body let go of deep, chronic tension patterns. TRE® is a simple and quick set of movements that provides immediate relief from everyday stress to deeply held tension and trauma. TRE® is adaptable for all body types, fitness levels and mobility challenges. Completion of the autonomic stress response cycle is critical for peak human performance. TRE® goes straight to the root of the issue by activating your body's natural response for releasing stress, increasing capacity and resilience.*

## **Vinyasa Yoga\***

*This type of aerobically vigorous yoga is flowing and continuous. The movement is smoothly synchronized to the breath and the poses run together, re-energising your body and mentally relaxing your mind.*

## **Warrior Yoga\***

*A strong & intense form of Yoga, with a fully balanced class routine with Vinyasa movements. Designed for busy people who only have a short time to practice.*

## **Yin & Restorative Yoga\***

*Restorative Yoga is a gentle healing form of Hatha Yoga that is practiced with props to provide a supportive environment for total relaxation. Specific poses create physiological responses which are beneficial to your health & can reduce the effects of stress-related illness, whilst focusing on back rehabilitation & posture.*

## **Zero Gravity Yoga\***

*With the weight of the body supported, learn how to achieve proper postural alignment through relaxation rather than effort, producing a peaceful state of mind.*