

Classes	Mon	Tues	Wed	Thu	Morning
	Spinning 6.30-7.15 Emma/Lucy	Legs Bums and Tums 5.30 - 6.15 Lorraine Pilates 6.15 - 7.15 Fit Firm and Fun 7.15 - 8.15 Jill Ab Attack 8.15-8.30 Kim Spinning 8.30-9.15	Spinning 5.30-6.15 Emma/Lucy Boxercise 6.30 - 7.30 Emma Yoga 7.30 - 9.00 Jane Urban Boot Camp 7.00-8.00 Kim	Zumba 6.00-7.00 Sarah Essential 4 7.30 - 8.30 Pam	Tuesday's Spin 9.30am - 10.15am Friday's Spin 9.30am - 10.15am Sunday's Spin & Tone 10.00 am - 10.45am
	9.00+	7.30	8.00	8.30	

THE MARSH ACADEMY
LEISURE CENTRE



Exercise Class Timetable

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BODY CONDITIONING – The ultimate all over body workout

The perfect class with a little bit of everything, Cardio, Strength and core work.

SPINNING - A Great cardio workout

45 min session of studio cycling. Ride the hills and the sprints.

ZUMBA – Feel the rhythm feel the moves

Latin rhythms and easy to follow moves makes this class so much fun, you will not realise your burning off those calories. A class for everyone.

BOXERCISE - Improve your fitness, co-ordination and endurance

A circuit style class, using boxing combinations with a mix of resistance equipment for a fantastic all over body workout.

Essential 4 - The Essential studio class

Ab's, Arms, Legs and Bums a resistance class that targets these 4 areas mixed up with some cardio exercises to give your body a real challenge.

LEGS, BUMS & TUMS - Tighten and tone those problem areas

A low impact workout using various resistance techniques. Does exactly what it says on the tin!

PILATES - Intelligent exercise

A series of exercises for lengthening, strengthening and toning muscles.

URBAN BOOT CAMP - Let's just do it!!!!

Are you ready for the challenge that is Boot Camp? An hour long outdoor session that is fun and exciting no two sessions are the same come and take up the challenge.

AB ATTACK – Abs all the way

Need we say more, its all about the Abs.

YOGA - Rebalance your mind and body

Tone, stretch and relax your mind and body

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(01797) 369200

www.marshacademyleisure.org.uk