

# CLASS DESCRIPTIONS

## CARDIOVASCULAR & WEIGHT TRAINING

### **Spin** \*all fitness levels

This indoor group cycling class is one of our most popular classes here at topnotch, Blackfriars. Set to motivating music, burn loads of calories as you take on the challenge of riding the course set by the instructor. This will encompass a series of simple riding techniques based on riding hills and flat roads. Designed to suit all levels of fitness, this class will improve your cardiovascular fitness and your lower body strength and power, with the added bonus of toning up that area. If you are new to this class arrive nice and early so our instructor can set you up and start you off on the right track.

### **Body Combat** \*all fitness levels

This is a high energy, cardiovascular class based around martial arts; Boxing, Tai Chi, Taekwondo and Muay Thai. Set to inspirational music, work your whole body and burn serious calories. You don't need to be an expert, our excellent instructors will coach you throughout providing you with the support and motivation needed to acquire the right technique and achieve a new found level of fitness.

**Body Combat clinic** is also available on Tuesdays for those attending for the first time. The instructor will run through the basic moves and stances to set you off on the right track. If you cannot make the clinic, please arrive early to class and tell the instructor you are new.

### **Circuit Training** \*all fitness levels

Improve your stamina and strength as you make your way around a series of workout stations composed of different exercises providing you with the ultimate challenge. Push your body to the limits you choose whilst being motivated and driven by the instructor. This is a great choice of class for combing both cardiovascular training and weight training.

### **Step and Tone** \*all fitness levels

Just the class for you if you want a good step aerobics class with the added extra of upper body toning. Step aerobics is a class that is based around a step platform and will get you improving your cardiovascular fitness, whilst toning the lower body. Hand weights are also used to incorporate and tone the upper body providing you with a complete body workout.

# CLASS DESCRIPTIONS

### **Body Pump** \*all fitness levels

This class is a must and will combine perfectly with your cardiovascular training (i.e. spin/body combat). This is an endurance weight training class appropriate for both genders of all fitness levels. Throughout the class you will challenge each and every muscle group with a barbell, changing the weight according to the muscles being worked. A big calorie burner that will tone – the benefits are amazing! If you are new to this class arrive nice and early so our instructor can set you up and start you off on the right track.

### **Total Body Conditioning** \*all fitness levels

A popular class here with members and just the thing for you if your goal is to tone up. This is a low impact class which incorporates a series of toning exercises sometimes with the aid of various types of equipment such as hand weights.

### **Abs Blast** \*all fitness levels

A class based around the trunk region of your body. Ideal if your looking for extra abdominal training to add to your existing training sessions.

## MIND/BODY

### **Yoga** \*beginners/intermediate

Yoga encompasses both physical and mental practices helping to align the spine, improve flexibility and strength the body, whilst integrating the inner body. On a mental level, Yoga helps to improve concentration, mental clarity, emotional stability and overall well-being.

### **Ashtanga Yoga**

This is a more advanced form of Yoga. At this level breathing is synchronised with progressive postures, providing enhanced challenges and benefits.

### **Pilates** \*beginners/intermediate

This class is aimed at lengthening and strengthening the muscles and restoring the bodies balance. Suited to all levels of fitness, this class addresses specific areas such as your core, whilst re-educating and restoring optimum muscular and skeletal function. **Pilates Intermediate** is for regular participants who are ready to train to a higher level.

# TOPNOTCH HEALTH CLUBS BLACKFRIARS

## Group Fitness Timetable

Last updated: June 2010

Tel: 0207 867 1222  
3 Tudor St  
London  
EC4Y 0AH

Monday	Tuesday	Wednesday	Thursday	Friday
BODY PUMP 7:20 - 8:20am Kien	SPIN 7:30 - 8:15am Charles	YOGA 7:30 - 8:30am Nicky	CIRCUIT TRAINING 7:30 - 8:15am Charles	SPIN 7:30 - 8:15am Natasha
BODY PUMP 12 - 12:45pm Bruno	CIRCUIT TRAINING 12 - 12:45pm Cathy	BODY PUMP 12 - 12:45pm Natasha	STEP & TONE 12 - 12:40pm Claire	CIRCUIT TRAINING 12-12:45pm Kate
SPIN 12-12:45pm Michael	SPIN & ABS 12:30pm -1:15pm - <b>1:15 -1:30pm</b> Sam	SPIN 12-12:45pm Paul	SPIN 12:50 - 1:35pm Cathy	SPIN 12- 12:45pm Michael
BODY COMBAT 12:45 - 1:30pm Bruno	ABS BLAST (Studio 2) 1:30-1 :45pm Topnotch Team	BODY COMBAT 12:45 - 1:30pm Emma	BODY PUMP 12:45 - 1:30pm Claire	ASHTANGA YOGA 12:45- 1:45pm Annabelle
SPIN 12:50-1:35pm Natasha	TOTAL BODY CONDITIONING 12:45 - 1:30pm Cathy	SPIN 12:50-1:35pm Paul	ABS BLAST 1:35-2pm Cathy	SPIN 12:50-1:35pm Michael
YOGA 1:30 - 2:30pm Nicky	PILATES 1:30-2:30pm Tiffany	YOGA 1:30 - 2:30pm Annabelle		
SPIN 6 - 6:45pm Sam	<b>Body combat Clinic 5.45-6pm</b> BODY COMBAT 6 - 6:45pm Paul	SPIN 6:15-7pm Natasha	BODY PUMP 6 - 7pm Belinda	BODY COMBAT 6 - 7pm Emma
BODY PUMP 6-7pm Emma	YOGA 6:45 - 7:45pm Joyce	PILATES 6.45-7.45pm Vivianne	<p>&gt;All classes are for all fitness levels unless otherwise stated.</p> <p>&gt;Please ensure that you arrive on time for your class. Failure to make the warm up may result in refused entry to the class.</p> <p>&gt;Arrive early and inform the instructor if you are new to that style of class.</p> <p>&gt;Please bring water to all classes and a sweat towel to all high intensity classes such as Spin and Body Combat.</p> <p>&gt;Class tokens are released 15minutes before the classes start time.</p> <p>&gt;Classes with poor performance may be subject to change or removal from the timetable.</p>	
PILATES INTERMEDIATE 7-8pm Tiffany (Studio 2)				