

# OCTOBER 2010

	17.00 - 18.00	18.00 - 19.00	19.00 - 20.00	20.00 - 21.00
MONDAY		All Over Body Workout 17.30-18.30	Body Blast Circuits 18.30-19.30	
TUESDAY		B.B.B 17.45-18.15		Pole Fitness Taster £5 per person 18.45-19.45
WEDNESDAY		Cardio Blast 17.30-18.15	Spin 18.15-18.45	BAB Attack (Butt, Abs, Back) 18.45-19.15
THURSDAY		Glide Away 17.45-18.15	Spin 18.30-19.00	Yoga For all levels 19.00-20.00
FRIDAY		All Over Body 17.30-18.00	Spin 18.00-18.30	Yogalates 18.30-19.30

10.00 - 11.00	11.00 - 12.00
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SATURDAY
SUNDAY

Body Bootcamp 10.00-11.00	Sun Salutation 11.00-11.45	

**All Over Body Workout** Using bands, balls, steps & weights, you will tone & strengthen your entire body.

**Body Blast Circuits** Move from station to station, performing different exercises for a complete body workout.

**B.B.B (Bosu, Ball, Bender)** An abdominal & back strengthening workout to help improve posture, back strength & stomach tone.

**Yoga - All Levels** Yoga based workout essential for complete fitness as addition to improved posture & joint stability.

**Cardio Blast** Get the heart rate up, burn those excess calories and get fitter faster, with this cardio based workout!

**BAB Attack (Butt, Abs, Back)** 15mins focus on each body part, using your own body weight, bands and lots of determination!

**Glide Away** An all over body workout, using gliders to ensure a smooth, full range movement helping to increase joint flexibility.

**Yogalates** Combining yoga and pilates for core strengthening and flexibility.

**Core Pilates** A Pilates based workout combined with core strengthening and flexibility exercises.

**Body Bootcamp** An intense workout, broken up into 3 sections: Aerobic based warm up & cardio drills / Circuits / Deep stretch & abdominal strengthening.

**Sun Salutation** Part of the Yoga sequence, this is the perfect all over body workout – focusing on strength, balance, co-ordination, flexibility and breath.

ELLE HOLE

casall fitness studio