Fitness Classes



MONDAY			
Fitness Circuits 12:30 – 1:30pm	Zumba 6:00 – 7:00pm	Krunch & Kore 6:15 – 6:45pm	Group Cycling 7:00 – 7:45pm

TUESDAY			
Krunch & Kore 12:15 – 12:45pm	Smash H.I.T 5:30 – 6:00pm	Total Body 6:00 – 7:00pm	BoxFit 7:00 – 8:00pm

WEDNESDAY				
Group Cycling 12:15 – 1:00pm	Zumba 6:00 – 7:00pm	Group Cycling 6:15 – 7:00pm	Pilates 7.00 – 8.00pm	Bootcamp Circuits 7:30 – 8:30pm

THURSDAY					
50+ Fitness 11am - 12pm	Fitness Circuits 12:30 – 1:30pm	Hatha Yoga 6 – 7pm	Krunch & Kore 6:15 – 6:45pm	Group Cycling 7 – 7:45pm	BoxFit 7:15 – 8:15pm

FRIDAY
Group Cycling 12:15 – 1:00pm

SATURDAY
Zumba 11:30am – 12:30pm

SUNDAY	
Yoga 10:00 – 11:00am	Bootcamp Circuits 11:30am – 12:30pm

All classes are on a first come first served basis except *Group Cycling – limited to 15 people, advanced booking available at reception

All classes subject to teacher availability

Kelsey Kerridge Sports Centre, Queen Anne Terrace, Cambridge, CB1 1NA
Tel: 01223 462226
www.kelseykerridge.co.uk

Classes

Bootcamp Circuits
Bootcamp Circuits is a workout using battle ropes, kettlebells, TRX & other functional training equipment. Ideal for all levels of fitness, this workout will enable participants to choose what level of fitness to work. Circuits classes may vary in format.

BoxFit
BoxFit is a fun and energetic routine using boxing moves for all levels of ability. Working all major muscle groups it provides an exhilarating exercise experience that delivers ultra-fast fitness results.

Fitness Circuits
Fitness Circuits is ideal for developing all round fitness. Cardiovascular and resistance exercises are performed at a series of workstations, creating a fun and challenging workout that is different every time.

Group Cycling
Group Cycling (on bikes) focuses on improving your aerobic fitness as well as toning your legs and bum. Great for losing weight and suitable for all levels of fitness.

Hatha Yoga
Experience first-hand the benefits of Hatha Yoga. This yoga approach focuses on improving flexibility, muscle strength and balance. Each practice has a specific focus, which varies every week. Postures are linked with the breath, helping to focus the mind whilst working the body.

Krunch & Kore
Krunch and Kore is an innovative workout designed to tone, tighten, and trim your body. This fun class format provides intense training for the abdominals and lower back muscles, improving balance and posture.

Pilates
This proven exercise system teaches core strength, flexibility and fluidity focusing on breath, posture and alignment. This class helps you to correct common muscle imbalances and reshapes your body, which will become leaner and more toned.

Smash H.I.T
A calorie torching workout based on max interval training. Get your body toned in no time with this fantastic workout.

Total Body
Total Body Workout is a fusion of resistance training and cardio, designed to sculpt, tone, and boost endurance—all in one session.

Yoga
Practice the physical postures of Yoga (Hatha Yoga) to renew and invigorate the body and free your mind from tension and fatigue. Get in shape no matter what your fitness level or age.

Zumba
Zumba is a Latin inspired dance class. Cardio based workout with sculping exercises designed to tone the entire body. It's fun, it's different, it's easy and it's effective!

50+
Our 50+ fitness class is a low-level circuits-based class for all levels of ability. An emphasis on low impact exercises, flexibility, and mobility, which makes this class an ideal class for the over 50's.