

clubvitae

BELFAST

Mon	Tues	Wed	Thurs	Fri
	Body Conditioning 7:00am – 7:30am Club Staff	Spin in the Gym 7.00am - 7.30am Club Staff	Core Conditioning 7:00am – 7:30am Club Staff	
	HEAT 7.30am – 8.00am Club Staff	Resistance Training 7.30am – 8.00am Club Staff	Bodyweight Training 7.30am – 8.00am Club Staff	
Resistance Training 12:15pm - 12:45pm Club Staff	Core Conditioning 12:15pm - 12:45pm Club Staff	Bodyweight Training 12:15pm - 12:45pm Club Staff	Core Conditioning 12:15pm - 12:45pm Club Staff	HEAT 12.15pm-1.00pm Club Staff
Iyengar Yoga 5:30pm-7:00pm Angela	Yoga 5:30pm – 6:30pm Angela	Bums, Legs & Tums 6:00pm – 7:00pm Julie	Bums, Legs & Tums 5:45pm – 6:45pm Julie	Spin in the Gym 5.15pm – 6.00pm Club Staff
Kickstart Bootcamp 7.15pm – 8.15pm Gary Fitness Belfast		Bro Flo Yoga for Guys 7.15pm –8.15pm Gary Fitness Belfast		Kickstart Bootcamp 7.15pm -8.15pm Gary Fitness Belfast

Opening Hours

Monday – Friday 6.30am – 10.00pm

Saturday – Sunday 7.00am – 9.00pm

*Last entry 1 hours before closing

*Facilities cleared 30 mins before closing

clubvitae

BELFAST

Body Conditioning focuses on strength, muscular endurance and fitness conditioning.

These classes will help you develop a strong and toned physique.

Body conditioning classes involve a high energy and high impact workout involving a combination of aerobics and toning.

Spin in the Gym is more intense than riding a stationary bike. The intensity varies throughout the class using different body positions, pedal speed and resistance.

Core Conditioning is 30 condensed minutes targeting core/ab muscles. Various skills and techniques will be used to develop, strengthen and tone.

HEAT (High Energy Athletic Training) is split into three rounds. R1 consists of basic conditioning and aerobic exercises, R2 involves strength based movements. R3 finishes with power and plyometrics working to fatigue.

Resistance Training will improve muscular strength and endurance using resistance provided by bands, weighted bars or dumbbells.

Bodyweight Training will focus on exercises that strengthen and tone your entire body without the use of weights or weight equipment

Iyengar Yoga is probably the most widely practiced method in the world. The emphasis on precision and alignment favours quality of movement over quantity and the use of props makes it accessible to anyone. An enthusiastic and patient teacher Angela Beattie will guide you through an energising yet relaxing class.

Bums, Legs and Tums taken by Julie this 1 hour class incorporates a mixture of abdominal workouts, lunges, stretches and exercises for the legs, thighs, buttocks and stomach. Bums, Legs and Tums is designed to tone and build strength, increasing stamina and cardiovascular fitness.

Kickstart Bootcamp and Bro Flo Yoga for Guys is not included in membership

Please contact Gary for more information

gary@fitnessbelfast.com

07557 116 789