

# thePoint

Group Exercise Programme  
Winter 2020



**Free For  
Members**

**£6.50 For  
Non-Members**



# Class Timetable

TIME	CLASS
<b>Monday</b>	
06:45 – 07:30	Synrgy
09:30 – 10:15	tP4Spin
10:30 – 11:15	Legs, Bums & Tums
11:30 – 12:15	Pilates
18:00 – 18:45	tP4Spin
18:00 – 18:45	Stretch & Core
18:00 – 19:00	Hot Yoga
19:00 – 19:45	Cycle Circuits
19:30 – 20:30	Yoga
<b>Tuesday</b>	
06:45 – 07:30	Cycle Circuits
09:30 – 10:15	Cycle Circuits
10:30 – 11:15	Barre
17:30 – 18:30	Cardiometrics (Student led. Term time only.)
18:00 – 18:45	tP4Spin
18:30 – 19:30	Tabata
19:45 – 20:45	Yoga
<b>Wednesday</b>	
06:45 – 07:30	HIIT Strength
08:30 – 09:15	Motion
09:15 – 10:15	Yoga
10:30 – 11:30	Fitness Pilates
17:45 – 18:45	Circuits
18:00 – 18:45	tP4Spin
18:30 – 19:30	Hot Yoga
19:00 – 19:45	Punch & Crunch

# Class Timetable

## Thursday

06:45 – 07:30	Stretch & core
09:15 – 10:15	Yoga
09:30 – 10:15	tP4Spin
10:30 – 11:15	Fitball & Core
17:30 – 18:30	Fab Abs (Student led. Term time only.)
18:00 – 18:45	tP4Spin
18:00 – 18:45	Legs, Bums & Tums
19:00 – 19:45	Pilates
19:00 – 19:45	Synrgy

## Friday

06:45 – 07:30	Barbell Tone
09:30 – 10:15	HIIT Crunch
10:30 – 11:15	tP4Spin
17:45 – 18:30	Motion
18:00 – 18:45	Spin & Core

## Saturday

09:30 – 10:15	tP4Spin
10:30 – 11:15	Lift Lean

## Sunday

09:30 – 10:15	tP4Spin
10:30 – 11:15	Stretch & Core



"As thePoint4 Fitness Supervisor I fully believe that thePoint4 has the best fitness facilities in Hereford. Our instructors will make sure that you have the best experience in our classes and fitness suite. I would highly recommend our classes for all levels of fitness. Whatever your goals, we can help you along the way."

Leah Yarranton

"I have been a member of thePoint4 since March 2014, starting out as a Weekday Member and then progressing to Full Membership and now I'm Staff! Group exercises classes have always been the way forward for me as I lack the discipline to motivate myself in the Gym. Everybody at thePoint4 from members to staff have become like family, there is always somebody to talk to or laugh with and it's healthy for me as well."

Jo Meredith



## Additional Information

Group exercise classes are included in most membership packages.

Non-members are also welcome - please contact Reception on 01432 376 376 for availability and prices.

Late arrivals may be refused entry into the class for health and safety reasons.

From time to time thePoint4 may have to modify class times and content in the event of instructor illness or holiday. Classes may be cancelled permanently due to low attendance.

Braille or large font formats of this leaflet are available. Please ask at Reception.

## Social Media

Like us on Facebook [@thepoint4hereford](#) | Follow us on Twitter [@thepoint4](#)  
Find us on Instagram [@thepoint4](#)

