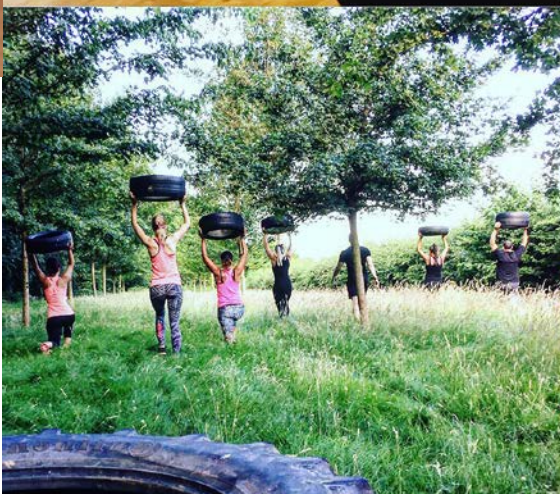




Group Exercise Classes



01432 376 376

www.thePoint4.co.uk



“ I’ve been a member of thePoint4 for a number of years and regularly attend the group exercise classes, I find the instructors and other members so friendly and motivational. Whatever the class, the instructors will push you to do the best you can to make sure you get the most from the session. I’ve tried most of the gyms in Hereford and thePoint4 is by far the best.”

Hayley Birch, Member



TIME	CLASS
Monday	
07:00 – 07:45	Synrgy
09:30 – 10:15	Spinning®
10:30 – 11:15	Legs, Bums and Tums
11:30 – 12:15	Pilates
18:00 – 18:45	Spinning®
18:00 – 19:00	Hot Yoga
19:00 – 19:45	Spin Circuits
19:30 – 20:30	Yoga
Tuesday	
06:45 – 07:30	Spinning®
09:30 – 10:15	Body Blitz
10:30 – 11:15	Spinning®
10:30 – 11:15	Barre®
17:30 – 18:30	Cardiometrics <i>(RNC Student led class, term time only)</i>
18:00 – 18:45	Hurricane Training
18:00 – 18:45	Spinning®
19:00 – 19:45	HIIT Strength
20:00 – 21:00	Yoga

TIME	CLASS
Wednesday	
06:45 – 07:30	HIIT Strength
09:15 – 10:10	Yoga
09:30 – 10:15	Strength & Conditioning
10:15 – 11:10	Yoga
10:30 – 11:15	Legs, Bums and Tums
18:00 – 18:45	Spinning®
18:00 – 18:45	Functional Fitness
18:30 – 19:30	Hot Yoga
19:00 – 19:45	Fitball + Core

Thursday	
07:00 – 07:45	Synrgy
09:15 – 10:15	Yoga
09:30 – 10:15	Spinning®
10:30 – 11:15	Fitball + Core
17:30 – 18:30	Fab Abs <i>(RNC Student led class, term time only)</i>
18:00 – 18:45	Pilates
18:00 – 18:45	Spinning®
19:00 – 19:45	Synrgy Tabata
19:00 – 19:45	Legs, Bums and Tums

Friday	
06:45 – 07:30	Barbell Tone
09:30 – 10:15	HIIT Crunch
10:30 – 11:15	Spinning®
18:00 – 18:45	Synrgy Box
18:00 – 18:45	Spinning®

Saturday	
09:30 – 10:15	Spinning®
10:30 – 11:15	Barbell Tone

Sunday	
09:00 – 09:45	Synrgy
09:30 – 10:15	Spinning®

BARBELL TONE

A full body workout allowing you to tone up using high repetitions to increase your endurance with your chosen weight and pace. With this class you will shape and define your body. The instructor will ensure you keep ideal form to optimise your results.

BARRE®

If you want to tone up, improve your core strength and flexibility then Barre® is the class for you. It is low impact so no stress on the joints. As well as strength there is a massive emphasis on the length of the muscles. Exercising on the mat or the ballet Barre®, it incorporates the precision of Pilates with the positions, moves, grace and technique of ballet. Add to this the alignment of yoga and the strength from sports conditioning and you will have all of the aspects of a typical Barre® workout, helping you burn fat and improve balance, strength, stamina, power and flexibility. This workout produces dramatic results that sculpt and redefine the entire body.

BODY BLITZ

Full body session focusing on strengthening your muscles and conditioning your body, combining upper and lower body toning with aerobic exercise. The emphasis is on correct technique using hand held weights up to 5kg, where you can decide your work rate.

SYNRGY BOX

Synrgy Box is a high-intensity exercise class that combines resistance training with aerobic exercise ensuring an intense and diverse workout. Synrgy Box is non-contact, but will involve busting some moves on punch bags and pads from time to time. These sessions are fun, energetic and addictive. This type of session will also enhance your sport-specific sense, including hand eye co-ordination, balance and timing.

YOGA

Suitable for all levels. Yoga is an alignment-oriented practice that emphasises the forms and actions within yoga postures. This class is based on physical postures, deep breathing, mindfulness and listening to your body. Yoga improves physical and mental levels including strength, flexibility, energy, concentration, confidence and keeping a relaxed, calm mind.

FUNCTIONAL FITNESS

Functional Fitness is a fun, varied and challenging session which will improve your fitness, strength and body composition. This class will help improve your daily routines by working your body to similar movements you perform on a daily basis.

FITBALL + CORE

Improves your posture and balance whilst working your core stabilisers and other muscles during this safe and effective way of training. Fitball + Core will help strengthen the core muscles (abs, hips, lower back and the thighs). It may also involve adding resistance to advance your workout for the upper and lower body. Witness improvement in abdominal tone and a healthier core within weeks.

HIIT CRUNCH

High Intensity Interval Training (HIIT) drills help to achieve results quickly. This training protocol works the body through the whole range of total-body exercises, with high repetitions and minimal rest periods creating high intensity workouts for those that like to work! Add in the crunch element and you have a full-body HIIT routine with core work thrown in.

HIIT STRENGTH

Want to burn fat? HIIT Strength should be part of your programme! The magic of High Intensity Interval Training lies in its ability to keep you burning calories even after you leave the studio.

A quick method to get a great workout, HIIT Strength is extremely effective for transforming your physique. The result — a metabolism that is revved up and switched on throughout the day.

HOT YOGA

This emphasises the link between mind, body and breath. Physically it helps to improve strength, flexibility and energy. On a mental level it helps gain a deeper sense of awareness, better concentration, increased self-confidence and well-being, and a calm and relaxed mind. Performed in the Spa area at thePoint4, the room is heated which increases both heart rate and flexibility.

HURRICANE TRAINING

Hurricane Training is a form of metabolic conditioning. Used by athletes of all sports this style of training will help improve your muscular physique. It involves a mixture of bodyweight exercises and weights to vary the workouts and keep the body guessing. It is easy to perform and offers an exciting change from your regular routine.

LEGS, BUMS AND TUMS

If you struggle to shift the fat from these areas – Legs, Bums and Tums is the class for you! It does exactly what it says on the tin. A 45 minute exercise class to music, working on toning up the legs, bum and stomach area. Legs Bums and Tums is suitable for all ages and levels of fitness, and incorporates standing and floor work.

PILATES

Pilates uses smooth, deliberate movements and controlled postures to tone and elongate your muscles and increase your flexibility. Purely focused on exercise and breathing technique alone, this class offers a low-impact, deep-reaching work-out for your “core” – your abdominals: pelvis, back, shoulders and buttocks. Pilates is the ideal class to truly tone up, learn proper alignment, centering, concentration, control, precision, breathing and flowing movement.

SPIN CIRCUITS

Turbo charge your workout! Spin Circuits is a full body workout, mixing Spinning® with floor-based exercises using equipment and your own bodyweight to push your body to fatigue. Spin Circuits is suitable for beginners and you do not need Spinning® experience to get the best out of this workout. This class is designed to improve stamina and muscular endurance, it is also highly enjoyable. Join in and challenge yourself!

SPINNING ®

The original and most popular indoor static group cycling class around! With no complicated moves to learn, the best instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun. Look no further for a calorie-burning, energising, fun workout for all levels.

SYNRGY

Synrgy is a gym floor based class which targets every muscle using the Synrgy rig. Synrgy has ways of working your body in many other different ways that you may not get in a studio class. This new training method is growing in the industry very quickly and is proving to see fitness results drive sky high!

STRENGTH & CONDITIONING

This engaging 45 minute strength and conditioning class is suitable for everyone, complete beginners to conditioned athletes. Using a combination of equipment including medicine balls, dumbbells, barbells, stability balls, resistance bands and step benches, the instructor will provide variety and offer options to keep all participants engaged. Every class will be challenging but achievable and introduce you to elements of Olympic lifting, plyometrics, agility and speed training.

SYNRGY TABATA

Burn out all of your major muscle groups in this exciting fast-paced class. 'The best super-aerobic cardio workout around' – Tabata turns the body into a fat-burning super engine! This training protocol works the body through the whole range of total-body exercises with high repetitions and minimal rest periods, creating high intensity workouts for those that like to work! There are always alternatives and progressions, so don't be put off, you will love it.

“thePoint4 offers a great selection of low and high impact classes, the instructors always work hard to welcome and support every member. It’s great being part of thePoint4 family. ”

Marc Holmes, Member



ADDITIONAL INFORMATION

Group exercise classes are included in membership packages.

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

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

Failure to cancel within 2 hours of the class start time may incur an administration charge. 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.

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