



HALL CLASS SCHEDULE

SCAN ME



| | MON | TUE | WED | THURS | FRI | SAT | SUN |
|-----------|-------------------------------|--|--|-------|----------------------------------|-----|-----|
| MORNING | - | 10:00 CHAIR YOGA WITH ELLIE OVER 50'S | 09:00 YOGA WITH REBECCA | - | - | | |
| AFTERNOON | - | 11:30 PILATES WITH RACHEL | 11:10 TAI CHI WITH YOKO | | 12:00 PILATES WITH SARAH F | - | - |
| EVENING | 18:30 YOGA WITH REBECCA | - | 18:30 DEEP STRETCH WITH REBECCA | - | - | - | - |

For more info, please visit our website: www.chaphub.co.uk



GYM CLASS SCHEDULE

SCAN ME



For more info, please visit our website: www.chaphub.co.uk

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------------|--|---|--|--|-----|---------------------------------|------------------|
| EARLY MORNING | 07:15 FULL BODY BURN WITH JONNY | - | 07:15 ALL OUT FITNESS WITH JOE | 07:15 TABATA WITH ELLIE | - | - | - |
| MORNING | - | 09:15 FULL BODY BURN WITH JONNY 10:30 PT DROP IN | 09:15 ALL OUT FITNESS WITH JOE | 09:15 BODY BALANCE CIRCUITS WITH ELLIE | - | 09:30 FULL BODY BURN JOE/ JONNY | 11:30 PT DROP IN |
| AFTERNOON | 12:30 ALL OUT FITNESS WITH JOE 13:30 PT DROP IN | - | 13:30 BODY BALANCE CIRCUITS WITH ELLIE | 12:30 ALL OUT FITNESS WITH JOE | - | 12:00 PT DROP IN | - |
| PM/EVE | 17:30 CIRCUITS 18:10 ABS RIP WITH WENDY | 18:00 ABS WITH ELLIE | 17:30 BODY BALANCE WITH ELLIE | 15:15 FUNCTIONAL FITNESS WITH SARAH M | - | - | - |
| EVENING | 18:30 CG CYCLE WITH SARAH F | 18:30 BODY BALANCE WITH ELLIE 19:00 PT DROP IN | 18:30 PT DROP IN | 17:30 TABATA 18:10 ABS WITH JONNY | - | - | - |

TABATA

HIGH-INTENSITY INTERVAL TRAINING (HIIT) CLASS. BOOST ENDURANCE WITH 20 SECONDS OF ALL-OUT EFFORT FOLLOWED BY 10 SECONDS OF REST. IT'S A QUICK, HEART-POUNGING WORKOUT THAT DELIVERS MAXIMUM RESULTS IN MINIMAL TIME. ENERGIZING BLAST THAT LEAVES YOU BREATHLESS AND EXHILARATED!

ABS RIP

THE CORE ISN'T JUST THE 6 PACK! IT GOES ALL AROUND THE TORSO AND IN THIS CLASS SO DO WE! 15 MINUTES OF INTENSE CORE EXERCISES TO HELP STABILISE, IMPROVE POSTURE, INCREASE CORE STRENGTH AND IMPROVE BACK PAIN. WHAT COULD YOU DO IN 15 MINUTES THAT WOULD BE MORE FUN!!

BODY BALANCE CIRCUITS

A FULL BODY WORK OUT WITH A MIXTURE OF WEIGHT TRAINING, BODY WEIGHT & CARDIO EXERCISES TO WORK EVERY MUSCLE IN THE BODY. PERFECT YOUR TECHNIQUE & HELP BUILD UP YOUR STRENGTH. SUITABLE FOR ALL ABILITIES

FULL BODY BURN

CIRCUITS CLASS TARGETING FULL BODY RESISTANCE TRAINING. BLENDING UPPER & LOWER BODY WORK SET AT A MODERATE PACE FOCUSING ON CONTROLLED BUT INTENSE WEIGHT LIFTING.

PILATES

STRETCHING FEELS LIKE A DANCE, AND CORE WORKOUTS ARE A THRILLING ROLLER COASTER FOR YOUR ABS! IT'S NOT JUST EXERCISE; IT'S A FITNESS FIESTA THAT SCULPTS YOUR BODY AND LEAVES YOU FEELING EMPOWERED AND ENERGIZED. GET READY TO CONQUER THE WORLD, ONE PILATES MOVE AT A TIME!

CG CYCLE

A 45 MINUTE MODERATE TO INTENSE BIKE BASED CLASS TO HELP YOU IMPROVE CARDIO ENDURANCE, LOSE WEIGHT AND STRENGTHEN YOUR LEGS AND CORE.

DEEP STRETCH

TARGETED MOBILITY TRAINING INVOLVING LONG HOLD STRETCHES. POSES ARE PRACTISED PASSIVELY & HELD FOR 2-5 MINS WITH THE AIM OF RELAXING THE MUSCLES WITH CONTROLLED BREATH, TO ENCOURAGE THE PARASYMATHETIC NERVOUS SYSTEM TO KICK IN. CLASS SEQUENCES ARE BASED AROUND HIPS, SPINE & HAMSTRINGS ON A 3 WEEKLY ROTATION. IDEALLY TAKEN A FEW HOURS AFTER A WORKOUT, THIS PRACTICE IS MEANT TO SUPPLEMENT NOT REPLACE OTHER FORMS OF EXERCISE

YOGA

DURING THE ACTIVE "YANG" PART OF THE CLASS YOU WILL PRACTICE A FLOW STYLE OF YOGA WHERE PHYSICAL POSES ARE MATCHED WITH BREATH WORK. FOLLOWED BY A "YIN" STYLE PRACTICE WHERE WE HOLD EACH OF THE POSES FOR A LONGER PERIOD. THE CONCEPTS OF YIN AND YANG AS BEING OPPOSITE AND COMPLEMENTARY IN NATURE WILL ENSURE YOU LEAVE BOTH ENERGISED AND RELAXED.

ALL OUT FITNESS

A HIGH ENERGY FULL BODY TRAINING EXPERIENCE DESIGNED TO PUSH YOU TO YOUR LIMITS. STATION BASED CLASS WITH A SERIES OF DYNAMIC EXERCISES BLANDING WEIGHTS, CARDIO BURSTS & BODY WEIGHT EXERCISES FOR MAXIMUM IMPACT. EVERY ROUND CHALLENGES YOUR STRENGTH, ENDURANCE & AGILITY WHILE KEEPING THE INTENSITY HIGH FROM START TO FINISH

FUNCTIONAL FITNESS CIRCUITS

A FOCUSED & ACCESSIBLE SESSION COVERING MOVES OF EVERY DAY LIFE: PUSHING, SQUATTING, LUNGING & CARRYING. DESIGNED TO BUILD MUSCLE FITNESS & SUPERCHARGE YOUR ENERGY IN AN ACCESSIBLE & REWARDING ENVIRONMENT. A VARIETY OF EXERCISES USED INCLUDING EQUIPMENT AND BODY WEIGHT. YOU WILL BE SUPPORTED TO MAKE THE SESSION ACCESSIBLE TO YOU.



THE CHAPEL GYM
WHEATHAMPTON COMMUNITY FITNESS CENTRE

CLASS PROGRAMME

JOIN US FOR FUN & FRIENDLY CLASSES. CHECK OUT THE PROGRAMME ON CLUBRIGHT AND GET BOOKING! WE CAN'T WAIT TO SEE YOU AT A CLASS SOON.

IF YOU NEED MORE INFO PLEASE JUST ASK ONE OF OUR DUTY MANAGERS AND THEY WILL BE HAPPY TO HELP.

TO BOOK OR FOR MORE INFO JUST SCAN THE QR CODE BELOW.

SCAN ME



PT DROP IN SESSIONS

DO YOU NEED MORE HELP TO ACTION YOUR FITNESS GOALS, UNSURE OF WHERE TO START?

JOIN OUR KNOWLEDGABLE DUTY MANAGERS FOR A DROP IN PT SESSION.

EACH MEMBER CAN BOOK 1 X 15 MINUTE DISCOVER SESSION A MONTH ON CLUBRIGHT.

THIS IS A CHANCE TO DISCUSS YOUR FITNESS NEEDS, GET SOME CUSTOMISED EXERCISES AND LEAVE WITH A GREATER UNDERSTANDING OF YOUR FITNESS JOURNEY.

FOR MORE INFO OR TO BOOK PLEASE HEAD TO CLUBRIGHT OR ASK ONE OF THE TEAM.