

MAYFLOWER GYM
Fitness Class Timetable
24 July–5 September 2017

Monday	12:15-12:45 Express HIIT Studio £	17:30-18:15 Indoor Cycling Studio £	18:30-19:00 Express HIIT Studio £
Tuesday	13:15-13:45 Express HIIT Studio £	No classes Bank Holiday Monday 28 August	
Wednesday	12:15-12:45 Core Fitness Studio £	18:15-18:45 Express HIIT Studio £	
Thursday	13:15-13:45 Express HIIT Studio £	18:00-18:45 Indoor Cycling Studio £	
Friday	07:30-08:00 Indoor Cycling Studio £	12:15-12:45 Core Fit Studio £	

Prices	Sport & Wellbeing	Non Member
1/2 hour indoor cycling	FREE	£2.80
45 min indoor cycling	FREE	£3.80
1/2 hour Fitness Class	FREE	£3.40

£ - Additional Cost for non members only

All classes need to be booked in advance at Mayflower gym reception or online booking system.

Please see our website for further details.

Failure to attend a pre-booked slot without notifying us in advance will result in a fine of £5.50.

The timetable is subject to change—please go to www.southampton.ac.uk/sportandwellbeing for live updates and closure information

Please see overleaf for class descriptions

A brief description of each class

Core fitness

A class designed to strengthen core muscles and help with posture and back problems.

Express HIIT

A Great High Intensity Interval Training workout, using body weight exercises and equipment, a great 30 min express workout.

Indoor Cycling

Indoor cycling, is a group exercise class, performed on stationary bikes. The instructor simulates hill climbs, standing and seated, flat roads, sprinting and races.

A great overall aerobic fitness session, kept motivated by the instructor, class and music.

Latin Fusion

A Cardio workout where you are free to enjoy Latin dance music with Salsa, Merengue, Bachata, Cha Cha, Reggaton, moves. A great way to work out and have some fun.

Pilates

Pilates focuses on controlling the core postural muscles, which help keep the body balanced, providing essential support to the spine. Pilates teaches awareness of the breath and the alignment of the spine. These sessions will leave you feeling centred, calm and refocused.

Zumba

The Class that takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba[®] Fitness classes are often called exercise in disguise.