

## CLASS DESCRIPTIONS

### **OVER 50s, REHAB and ALZHEIMERS with Chris - ALL LEVELS – 1 hour class**

Did you know that the Warehouse Health Club provides our own "Over 50's & Alzheimers Fitness class". The class runs from 11am-12pm, it involves general mobilisation, and stations to help with everyday activities. Not to mention the music is amazing golden classics. Everyone meets at Warehouse at 10:30am for a tea/coffee and biscuit before class. All Free of charge.

### **POWER YOGA with Holly - ALL LEVELS – 1 hour class**

A unique combination of dynamic breathing and strong, flowing movement, which creates a high-heat, high-energy workout. Builds strength and flexibility. Connects mind & body, and reduces stress.

### **METABOLIC MADNESS with Leanne - ALL LEVELS – 30 minute class**

A 30 minute, total body workout that incorporates a blend of metabolic training exercises to burn fat and build lean muscle.

### **FAT BUSTER with Wendy - ALL LEVELS – 45 minute class**

Don't miss out on this complete body shape up. Incorporating simple choreography, this class is ideal for the beginner to the advanced. Major muscle groups will be worked safely and efficiently to ensure maximum results.

### **PILATES with Gillian – ALL LEVELS– 1 hour class**

Exercises the whole body from a strong core to train and re-educate the body to restore it to optimum muscular-skeletal function while improving strength, mobility, balance, posture and co-ordination.

### **CIRCUITS with Kerry - ADVANCED– 1 hour class**

Not for the faint hearted! Work at your own pace, but learn to push **your** body to new levels. Comprising mainly aerobic conditioning this class will burn mega calories, tone the body and give you a massive feel good factor!

### **HIIT BOXING with Chris - ALL LEVELS– 30 minute class**

is a group fitness class that is structured to give you the joys of Boxing & HIIT combined. The class combines Cardiovascular fitness, Muscular endurance, Muscular strength, Stamina, Co-ordination, and power into one workout which will leave you feeling exhilarated and satisfied. Putting together Boxing and Exercise will help to maximise your workout and will benefit you in endless way.

### **PUMP FX with Mark - ALL LEVELS – 1 hour class**

Function and intensity collide in a total-body blitz like no other. pump fx turns tried and tested resistance-based exercises into the ultimate physical challenge.

### **HIIT SQUAD with Kerry - ALL LEVELS – 45 minute class**

High-intensity interval training is a better cardio workout in less time! Got your attention?! Carry on burning calories long after you finish a workout. You work hard in intense bursts of activity with a brief recovery time to kick your metabolism into overdrive. This class is designed to strengthen and tone core muscles to give you a full body workout that maximises fat and calorie burning.

### **AQUA ZUMBA with Siobhan - ALL LEVELS– 45 minute class**

Splash your way into shape with the Zumba® "pool party". Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

### **CARDIAC and CANCER REHAB with Kerry - ALL LEVELS– 45 minute class**

This is a hospital referral class for cardiac patients. Please speak to our instructor for more information.

### **FAT MELT with Mark - ALL LEVELS – 1 hour class**

Using a mix of body weight and resistance based exercises this class will put you through a HIIT style workout ensured to help you burn calories, increase your metabolism and tone up the entire body.

### **REVOLUTION – INDOOR CYCLING with Darren - ALL LEVELS – 45 minute class**

Join this class for an exhilarating and fun workout. Find out just what your body can do and benefit from massive calorie burn and lower body toning.

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### **YOGA with Jodi - ALL LEVELS – 1 hour class**

A unique combination of dynamic breathing and strong, flowing movement. Builds strength and flexibility. Connects mind & body, and reduces stress

### **METABOLIC MASH UP with Chris - ALL LEVELS – 45 minute class**

Metabolic Mash-Up provides you with fast, effective high intensity interval training workouts. You will be training both aerobic and anaerobically in an integrated workout consisting of cardio and weight training. Each workout offers varying styles of HIIT exercises that adapts to the fitness level of each participant. This class will make full use of body-weight & equipment based workouts via circuit or strength based elements

### **STEP with Wendy - ALL LEVELS– 45 minute class**

Fun and high energy step class. Great for burning calories and improving cardiovascular fitness. Suitable for all levels participants.

### **FRIDAY NIGHT CIRCUITS with Mark - ALL LEVELS – 1 hour class**

Friday night circuit class is a great way to let off some steam after a busy and stressful week. Using functional equipment like battle ropes, TRX, dumbbells and barbells this session is ensured to help you get your weekend off to a flying start!

### **VIRTUAL SPINNING with Kerry - ALL LEVELS – 1 hour class**

With virtual Cycling you can turn up get on your bike and wind down the many roads, paths and tracks that are on the screen! Come and see the most amazing collection of virtual cycling videos optimized for use in Spinning@ classes! Amazing Locations! Epic Routes. Beautiful, Wide-Screen Picture and have your profile emailed to you after the class!.

### **URBAN FUNK with Amanda - ALL LEVELS – 1 hour class**

STREET HEAT FOR YOUR FEET! Get in the funk zone - Hip Hop, Groove and Old Skool in ice cool street style to burning hot sounds. In this class you'll bust a few heart pumping aerobic moves while shaking your body to the beat. WHY IS URBAN FUNK™ GOOD FOR ME? Well it works heart and lungs, de-stresses you and improves stamina!

### **YOGA FOR RUNNERS with Aii - ALL LEVELS – 1 hour class**

As a marathoner and yoga instructor I know the benefits that yoga has on running first hand ! 13 marathons and counting ! I focus on the strength and flexibility on the areas that are prone to tightness and weakness through the strenuous activity of running , cycling and any sport really ! Suitable for all levels !

### **METAFIT with Eve - ALL LEVELS – 1 hour class**

Looking to boost your fitness, rocket your energy levels & get massive results in the shortest amount of time possible? METAFIT is designed to burn mega calories and increase metabolism in just 30 mins - this bodyweight only HIIT workout targets all muscles group, ideal for those looking to tone up and improve their overall fitness levels.

### **POWER YOGA with Holly - ALL LEVELS – 1 hour class**

A unique combination of dynamic breathing and strong, flowing movement, which creates a high-heat, high-energy workout. Builds strength and flexibility. Connects mind & body, and reduces stress.

### **POLE FITNESS with Cat - 1 hour class**

Pole Fitness is a fun and challenging approach to pole dancing in a welcoming and professional environment. It is a sport that combines many different forms of exercise from dance to gymnastics, acrobatics to strength training. All classes are taught by a fully qualified instructor who will motivate and encourage you to achieve your own fitness goals whatever your age, size, shape or ability!

ABSOLUTE BEGINNERS - This class is specifically designed for those new to pole. All moves are carried out at floor level to enable easy learning and maximum safety.

EXPERIENCED BEGINNERS - \*For health and safety reasons, this class is only suitable for those who have completed the absolute beginners level.

Terms and Conditions - All sessions must be booked in advance due to limited spaces. First come, first served. Class rules apply. To book text 07528 651071. Your place will be secure once you receive a text confirmation. You will be required to show your gym membership card at each class, otherwise you may be asked to pay the full cost.



# Warehouse Health Club

## FITNESS CLASS TIMETABLE

### OPENING TIMES

	Regular	Off Peak
Monday – Friday	6am – 10pm	6am – 5pm
Saturday/Sunday	8am – 8pm	8am – 8pm

Last admission to the club is 1 hour before closing.

The swimming pool will close 30 minutes before the regular closing time.

## CONTACT

The Warehouse Health Club (Aberdeen) Limited

20 Mearns Street

Aberdeen

AB11 5AT

Tel: (01224) 571457

Text: 07568 363 112

Email: [info@thewarehousehealthclub.com](mailto:info@thewarehousehealthclub.com)

Website: [www.thewarehousehealthclub.com](http://www.thewarehousehealthclub.com)



Registered Address:

20 Mearns Street

Aberdeen

AB11 5AT

SC442265

Registered Number:



STUDIO 1	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
STUDIO 2														
POOL														
09:30											STEP (1 Hour Class)		METAFIT (45 Min Class)	
10:30													POWER YOGA (1 Hour Class)	
11:00	OVER 50s, REHAB & ALZHIEMERS (Free Class to all)										THEATRE OF DANCE		YOGA 4 RUNNERS (1 Hr Class)	
12:15	YOGA (1 Hour Class)										THEATRE OF DANCE (private hire)			
12:30			CIRCUITS (1 Hour Class)				CIRCUITS (1 Hour Class)				THEATRE OF DANCE (private hire)			
14:00											THEATRE OF DANCE (private hire)			
17:30	FAT BUSTER (45 Min Class)	METABOLIC MADNESS (30 Min Class)	PUMP FX (1 Hour Class)		FAT MELT (1 Hour Class)				FRIDAY NIGHT CIRCUITS (1 Hour Class)					
17:45					REVOLUTION - INDOOR CYCLING (45 Min Class)		METABOLIC MASHUP (45 Min Class)		STEP (45 Min Class)		VIRTUAL SPINNING (1 Hour Class)			
18:00			HIIT BOXING (30 Min Class)											
18:15	PILATES (1 Hour Class)		AQUA ZUMBA (45 Min Class)											
18:30			HIIT SQUAD (45 Min Class)		YOGA (1 Hour Class)				URBAN FUNK (1 Hour Class)					
19:00							POLE FITNESS ABS BEGINNERS (1 Hour Class)							
19:45			CARDIAC and CANCER REHAB											
20:00							POLE FITNESS EXP BEGINNERS (1 Hour Class)		POLE FITNESS ABS BEGINNERS (1 Hour Class)					