

### OPENING TIMES

Monday-Friday 07:00-21:45

Saturday 07:30-21:00

Sunday 8:30-21:00

# CLASS TIMETABLE 2025

*SIGN UP* TO BOOK A CLASS

### Adults Only:

07:00-08:30 13:00-14:00

19:00-Close

### General Swim:

08:30-13:00 14:00-19:00

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
am	<b>HIIT</b> 9:30-10:00 <b>AQUA</b> 10:15-11:00 <b>AQUA</b> 11:30-12:15	<b>BODY CONDITIONING</b> 9:30-10:15  <b>LOW IMPACT</b> 10:30-11:15	<b>INDOOR CYCLING</b> 9:30-10:00	<b>AQUA</b> 9:30-10:15  <b>AQUA</b> 10:45-11:30	<b>HIIT</b> 9:00-9:40  <b>LOW IMPACT</b> 10:00-10:40
pm	<b>AB'S &amp; CYCLE</b> 7:30-8:15	<b>HIIT</b> 6:30-7:00  <b>BODY CONDITIONING</b> 7:15-8:00	<b>TARGET TONING</b> 6:15-7:00  <b>AQUA</b> 7:15-8:00	<b>INDOOR CYCLING</b> 7:00-7:45	

To book onto a class call 01249 810944



[www.blacklandhealthclub.co.uk](http://www.blacklandhealthclub.co.uk)

email:

[blackland.healthclub@btconnect.com](mailto:blackland.healthclub@btconnect.com)

# FITNESS CLASSES EXPLAINED

## HIGH INTENSITY INTERVAL TRAINING

HIIT helps people to burn fat and carbohydrates within a short period of activity. People who do HIIT may also benefit from a revved-up metabolism post-workout. HIIT has been shown to increase resting energy expenditure, which means your body is continuing to burn calories at an elevated rate even after you exercise.

## LOW IMPACT

Unlike high impact workouts like HIIT, LIT does not overexert your body, and you can work at your own pace and level of intensity. If you're consistent in your workout routine, you can increase your muscle density, tone your body and improve stability and endurance with LIT.

## BODY CONDITIONING

45-minute full body sessions consisting of lower resting periods and more focused on perfecting form, developing muscle endurance & development and even balancing improvements.

## INDOOR CYCLING

Not only does a Spin class benefit your muscles—everything from your legs to your core—but it's also a great low-impact cardiovascular workout, which improves your blood flow, increases your stamina, boosts your mood, and prevents against chronic issues such as high blood pressure, heart disease, stroke, and diabetes.

## AQUA CIRCUITS

It gives you a good cardiovascular workout, gently increasing your pulse and breathing rate, so it's great for helping to improve your heart health. It strengthens and tones muscles – the resistance of the water means that opposing muscle groups are worked in each movement as you push and pull against it.

## TARGET TONING

Within one 45 minute session, this class aims to engage and isolate key muscle groups to ensure maximum results. Each week will be tailored to a different muscle group, using a range of training methods.