

Group Fitness 2023 Talbot Campus

Monday	8-8.30am Xpress spin Spin Studio Helen P	12.30-1.25pm Yogalates Studio 2 Daphnee	1-1.55pm Pump Studio 1 Helen R	5-5.30pm Xpress spin Spin Studio Helen R	5.30-6.30pm Zumba Studio 1 Wendoly	6.30-7.30pm Legs, bums, and tums Studio 1 Nadia
	7.45-8.15am FREE Xpress spin Spin Studio Helen R	12-12.45pm Pilates Studio 1 Nikki	12.30-1pm Xpress spin Spin Studio Rachel	1-1.55pm Pump Studio 1 Rachel	5-5.55pm Ladies that lift Studio 1 Jasmine	5.15-5.45pm Xpress spin Spin Studio Rosie
Tuesday	12-12.30pm Xpress spin Spin Studio Helen P	12.30-1pm Xpress abs and core Studio 1 Helen P	1-1.55pm FREE Yoga Studio 1 Silvia	5.15-6.05pm Legs, bums, and tums Studio 1 Nikki	6.05-7pm Pilates Studio 1 Nikki	
	12-12.55pm *Stretch and Recover Studio 1 Jo	12.15-12.45pm Oldschool spin Spin Studio Vic	1-1.55pm Pump Studio 1 Rachel	5.15-6pm HIIT Studio 1 Simon	6-7pm *Yoga Studio 1 Melsia	
Wednesday	12-12.30pm Xpress spin Spin Studio Nikki	12.30-1.15pm Pilates Studio 1 Nikki	5.15-6.15pm Legs, bums, and tums Studio 1 Helen R			
	9.15-10am Endurance spin Spin Studio Rachel	10-11am Pump Studio 1 Rachel	11am-12pm Zumba Studio 1 Wendoly			
Thursday	9.30-10.30am Yoga Studio 1 Sue					

*Free for any athlete who played a game the night before.

New You: Group Personal Training

Six-week course from 18 January.
Every Wednesday 6-7pm – only £48!

Visit SportBU Reception or call
01202 965012 for more details.

**HARDER.
BETTER.
FASTER.
STRONGER.**

Class descriptions

Spin

From climbing hills to sprint finishes, get your heart racing with this high energy indoor cycling session!

Yogalates

Mixing yoga and pilates. Yoga will increase your flexibility and reduce stiffness, and pilates will increase the strength of your core muscles.

Zumba

An exciting fusion of interval training and dance influenced steps including salsa, merengue, and samba. Full of latin zest and fun for everyone!

Legs, bums, and tums

It's in the name! Work your Legs, Bums, and Tums in this class.

Ladies that lift

Ladies! This one's for you. This class focuses on weightlifting in a neutral environment, you got this!

Yoga

A relaxing class that helps improve flexibility, posture and balance.

HIIT

It stands for high intensity interval training. Exercise based on bursts of intense activity with short rest periods in-between.

Pilates

This class concentrates on strengthening the body with an emphasis on postural alignment, flexibility and muscular balance.

Xpress abs and core

A class which focuses on exercises to work the abdominal area and improve core strength.

Pump

A full body high rep barbell class, workout to the beat of the music!

Stretch and recover

A class aimed at improving flexibility through stretching, recovering, and unwinding from your sports game.

www.bournemouth.ac.uk/sportbu/classes