

MONDAY 16 <sup>TH</sup>	TUESDAY 17 <sup>TH</sup>	WEDNESDAY 18 <sup>TH</sup>	THURSDAY 19 <sup>TH</sup>	FRIDAY 20 <sup>TH</sup>	SATURDAY 21 <sup>ST</sup>	SUNDAY 22 <sup>ND</sup>
<b>BALLET BARRE</b> MAIN STUDIO 🕒 10:00-10:45 🧑 Louie	<b>FULL BODY WORKOUT</b> MAIN STUDIO 🕒 07:00-07:45 🧑 Fitness Team	<b>YOGA</b> MAIN STUDIO 🕒 06:45-07:30 🧑 Lzzy	<b>RIDE2TONE</b> MAIN STUDIO & SPIN STUDIO 🕒 06:30-07:15 🧑 Edyta	<b>BEGINNER PILATES</b> MAIN STUDIO 🕒 11:15-12:15 🧑 Louie	<b>YOGA</b> MAIN STUDIO 🕒 08:15-9:00 🧑 Medea	<b>BOOT CAMP</b> MAIN STUDIO 🕒 08:30-09:15 🧑 Fitness Team
<b>BODY PUMP</b> MAIN STUDIO 🕒 11:00-11:45 🧑 Fitness Team	<b>BOOT CAMP</b> MAIN STUDIO 🕒 10:00-10:45 🧑 Fitness Team	<b>CROSS TRAINING</b> MAIN STUDIO 🕒 10:00-10:45 🧑 Fitness Team	<b>PILATES</b> MAIN STUDIO 🕒 07:00-07:45 🧑 Louie	<b>BODY HIIT</b> MAIN STUDIO 🕒 12:30-13:00 🧑 Fitness Team	<b>PILATES ON THE BALL</b> MAIN STUDIO 🕒 09:15-10:15 🧑 Ruth	<b>BARRE PILATES</b> MAIN STUDIO 🕒 09:15-10:00 🧑 Louie
<b>CIRCUITS</b> MAIN STUDIO 🕒 12:15-13:00 🧑 Fitness Team	<b>BEGINNER YOGA</b> MAIN STUDIO 🕒 11:00-12:00 🧑 Carly	<b>LBT</b> MAIN STUDIO 🕒 12:00-12:45 🧑 Fitness Team	<b>ZUMBA</b> MAIN STUDIO 🕒 10:00-11:00 🧑 Prince	<b>KIDS KEEP EM' MOVING!</b> MAIN STUDIO 🕒 17:00-18:00 🧑 Fitness Team	<b>ZUMBA</b> MAIN STUDIO 🕒 10:30-11:30 🧑 Michael	<b>RIDE2TONE</b> MAIN STUDIO & SPIN STUDIO 🕒 10:00-11:00 🧑 Fitness Team
<b>SPIN</b> SPIN STUDIO 🕒 13:30-14:00 🧑 Fitness Team	<b>KETTLE BLAST</b> MAIN STUDIO 🕒 12:15-13:00 🧑 Fitness Team <b>SPIN</b> SPIN STUDIO 🕒 13:30-14:00 🧑 Fitness Team	<b>SIX PACK</b> MAIN STUDIO 🕒 13:00-13:30 🧑 Fitness Team	<b>SPIN</b> SPIN STUDIO 🕒 12:30-13:00 🧑 Fitness Team		<b>RIDE2TONE</b> MAIN STUDIO & SPIN STUDIO 🕒 12:00-13:00 🧑 Fitness Team	<b>LBT</b> MAIN STUDIO 🕒 11:15-12:00 🧑 Fitness Team
<b>KIDS TAEKWONDO</b> MAIN STUDIO 🕒 17:00-18:00 🧑 Dwayne	<b>KIDS BOOT CAMP</b> MAIN STUDIO 🕒 17:00-17:45 🧑 Fitness Team	<b>H.I.I.T</b> GYM FLOOR 🕒 18:30-19:00 🧑 Fitness Team	<b>FULL BODY WORKOUT</b> MAIN STUDIO 🕒 13:15-14:00 🧑 Fitness Team		<b>BODY PUMP</b> MAIN STUDIO 🕒 13:15-14:00 🧑 Fitness Team	<b>KIDS MARTIAL ARTS</b> MAIN STUDIO 🕒 15:00-16:00 🧑 Fitness Team
<b>FLOW YOGA</b> MAIN STUDIO 🕒 18:15-19:00 🧑 Medea	<b>INSANITY</b> MAIN STUDIO 🕒 18:25-18:55 🧑 Fitness Team	<b>BODY CONDITIONING</b> MAIN STUDIO 🕒 19:15-20:00 🧑 Fitness Team	<b>KIDS BALLET</b> MAIN STUDIO 🕒 16:45-17:45 🧑 Sofia		<b>KIDS BOX FIT</b> MAIN STUDIO 🕒 14:15-15:00 🧑 Fitness Team	<b>KIDS DANCE</b> MAIN STUDIO 🕒 16:15-17:15 🧑 Tracy
<b>FULL BODY WORKOUT</b> GYM FLOOR 🕒 18:30-19:00 🧑 Fitness Team	<b>SPIN</b> SPIN STUDIO 🕒 19:00-19:45 🧑 Edyta	<b>SPIN</b> SPIN STUDIO 🕒 20:15-20:45 🧑 Fitness Team	<b>ZUMBA</b> MAIN STUDIO 🕒 17:45-18:45 🧑 Michael			
<b>KETTLE BLAST</b> MAIN STUDIO 🕒 19:10-19:50 🧑 Fitness Team	<b>BOXING</b> MAIN STUDIO 🕒 19:00-19:45 🧑 Paul	<b>ANDALE DANCE</b> MAIN STUDIO 🕒 20:00-21:00 🧑 Michael	<b>CARDIO PILATES</b> MAIN STUDIO 🕒 18:45-19:30 🧑 Louie			
<b>PILATES ON THE BALL</b> MAIN STUDIO 🕒 20:00-21:00 🧑 Louie	<b>SIX PACK</b> GYM FLOOR 🕒 19:50-20:20 🧑 Fitness Team		<b>BODY COMBAT</b> MAIN STUDIO 🕒 19:30-20:15 🧑 Fitness Team			
<b>INDOOR CYCLING</b> SPIN STUDIO 🕒 20:00-20:45 🧑 Edyta	<b>ANDALE ZUMBA</b> MAIN STUDIO 🕒 20:00-21:00 🧑 Michael					

● Mind & Body ● Cardio/Sculpt ● Muscle ● Strength & Conditioning ● Children Classes (5 - 13 years)

Class places are allocated by booking upto 3 days in advance. Five minutes after the class has commenced, entry will be at the instructor's discretion.

Remaining class places are allocated on a first come, first served basis. Once capacity is reached, no more participants may enter the class.

Members who are new to classes or have medical problems, must make the Instructor aware of this prior to the class commencing

## MEMBERSHIP BENEFITS

Get more from your membership. Along with our reward scheme, members now save 10% in our ELEMIS Spa.

**SAVE 10%**

# CLASS EXERCISE ACTIVITIES

## → Andale Dance

Rhythm dancing featuring many of the sensual, romantic, sexy Latin dances. Latin dancing is performed in couples and the dancers are close and physical; making the atmosphere of Latin dance classes charged and vibrant.

## → Andale Zumba

A Latin inspired dance fitness class that blends red hot international music and contagious steps to form a fitness party.

## → Aerial Yoga

Aerial yoga combines acrobatic arts and anti-gravity asana, but it's also an accessible practice that can help you find more length in your spine and safe alignment in your poses.

## → Boxing

Classes can take a variety of formats but a typical one may involve shadow-boxing, skipping, hitting pads, kicking punchbags, press-ups, shuttle-runs and sit-ups.

## → Barre

A fusion of dance, ballet and pilates with a strong focus on dance. Classes give you a low impact but high intensity full body workout.

## → Ballet Barre

Is a workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training.

## → Barre Pilates

Combine complex ballet technique and Pilates principles to deliver a safe, effective, flowing workout for everyone, with no need of dance experience.

## → Body Conditioning

From strength training and body sculpting to functional training and core conditioning, you'll move better, feel stronger, and look more chiselled.

## → Boot Camp

Bootcamp mixes cardio and resistance exercises to improve your balance, strength and flexibility.

## → Body Pump

A barbell workout for anyone looking to get lean, toned and fit – fast. It will burn up to 540 calories.

## → Cardio Pilates

Have you the power to keep up! Burn calories. Flow from one exercise to the other. Get ready to sweat with Pilates intermediate introduction.

## → Circuits

The "musical chairs" of the exercise world, you'll move around each station and workout different muscle groups. You'll work hard and test both your cardio and strength for an all-round challenge.

## → Cross Training

These classes use a combination of exercises to work various parts of the body. The aim is to reduce the risk of injury and improve overall fitness levels.

## → Dance Yoga

Uniquely combines gentle yoga, movement therapy, mindfulness meditation, guided movement, free dance fun, deep relaxation and heart-warming community interaction suitable for all levels.

## → Flow & Restore Yoga

This 90-minute Yoga class is a gentle, calming, therapeutic kind of Yoga that uses props to support the body as it eases into relaxation and balance.

## → Flow Yoga

Based directly on the nature of the body, this yoga training method helps recalibrate both body and mind by using movement as the preparation for stillness.

## → HIIT

You give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. Keeps your heart rate up and burns more fat in less time.

## → Indoor Cycling

An indoor cycling class choreographed to music for a high intensity workout, which will take you from tough hill climbs to fast sprints.

## → Insanity

High intensity interval training at its very best! Build muscle while stripping away fat, increase cardiovascular endurance and improve stamina all in one class.

## → Peloton

Competitive cycling class in which trip distance and calorie expenditure is used to reward the top 3 fastest man or woman.

## → Legs Bums Tums

This class is designed to target those stubborn areas that normal exercise does not get to. LBT! Legs Bums Tums!

## → Pilates

A body conditioning class that promotes great posture, fantastic overall strength, and a sculptured body.

## → Pilates On The Ball

Putting your gravity bound body against a mobile ball requires balance. Balancing recruits many of the body's deep stabilising muscles (like the pelvic floor muscles).

## → Ride2Tone

Our unique blend of endorphin-boosting indoor cycling and toning bodyweight moves. Start with a 30 minute cardio ride, followed by 30 minutes of mobility and toning exercises designed to improve all-round athleticism and mental wellbeing.

## → Six Pack

Work every section of your abdominal muscles to achieve the toned stomach you have always wanted.

## → Spin

Self-controlled cardio and resistance interval training class done on a fixed wheel bike.

## → Yoga

Increases flexibility, strengthens, and tones your body, and calms your mind.

## → Zumba

A Latin inspired dance fitness class that blends red hot international music and contagious steps to form a fitness party.

## KIDS

### → Kids Aerial Yoga

Building strength, flexibility, coordination, and fitness in a fun and inspiring environment of flying hammocks.

### → Kids Ballet

Contemporary ballet, with an exotic twist of modern creativity and flexibility.

### → Kids Box Fit

Our structured and upbeat boxing classes allow your child to learn boxing, respect and courtesy from day one, in a safe controlled environment.

### → Kids Boot Camp

Mixing cardio and resistance exercises, this is a great class to help your kids regain fitness and lose fat.

## CLUB OPENING HOURS



Monday - Friday  
06:00 - 22:30



Saturday - Sunday  
08:00 - 21:00

## OFF-PEAK HOURS



Monday - Friday  
07:00 - 16:00



Saturday - Sunday  
12:00 - 21:00

### → Kids Circuits

Put your little ones through their paces and get them to really enjoy exercise. They'll move around each station and workout different muscle groups.

### → Kids Dance

Our structured and upbeat Dance classes allow your child a wide range of dance styles including ballet, tap & jazz.

### → Zumba Kids

Perfect for our younger Zumba fans! Kids 5-13 years old get the chance to be active and jam out to their favourite music.

### → Kids Keep Em' Moving

Dynamic movement coupled with resistance exercises helps kids get fit.

### → Kids Taekwondo

Master Waine will show you the art of martial arts and how to defend yourself against the world.

## 3 STEPS TO SUCCESS

Whether you are brand new to exercise or a gym veteran, our qualified fitness coaches will put you at ease, help you begin your Health & Fitness journey and support your future goals.

### STEP 1 - GETTING STARTED

Your Health & Fitness journey starts with a 1-2-1 Consultation with one of our expert personal trainers who will help tailor a bespoke gym experience based on your specific needs.

### STEP 2- PROGRESS SESSIONS

Joining a gym is a huge step for most of us. To help ensure you stick to your goals and keep moving forward successfully, we've designed the progress sessions. Every 4-6 weeks we will offer you the opportunity to re-evaluate your progress with your fitness expert. Assessing what's going well, what could be improved, plus your likes and dislikes will all be taken into account to reinvigorate your experience.

### STEP 3: COMPLIMENTARY PERSONAL TRAINING CONSULTATION

As a Meridian Fitness member, you are entitled to a complimentary Personal Training consultation with one of our expert Personal Trainers. This is the next step in your membership journey and will help you really get to grips with your goals and understand how to achieve outstanding results throughout your gym experience. Your complimentary Personal Training consultation will be designed by our Level 3 qualified Personal Trainers, and once an initial assessment of your goals are complete, you will receive a program card designed specifically for you and your needs.

