

**UWE
Bristol**

University
of the
West of
England



2018 EXERCISE CLASSES

Commencing Monday
8 January 2018

Fitter
Healthier
Happier

2018 EXERCISE CLASSES

A wide range of workouts are available for everyone. Variety is the spice of life, so **challenge yourself to something different each month!**

Ab Attack: Focus exclusively on the abdominal region to work towards that trim waistline you've always wanted!

Body Blitz: Using barbells, this class strengthens your entire body from head to toe.

Body by Design: Change the shape of your body by combining high-rep training with aerobic conditioning.

Body Conditioning: This weights-based class builds strength and tones your body.

Body Sculpt: Mix cardio with toning in this dynamic workout using light weights and reps.

Circuits: Great for all levels, give your body a complete workout with a mix of cardio and resistance stations.

Fitness on Demand: Grab some mates and choose your own workout. Our brand new Fitness on Demand service provides fun and motivating classes at the touch of a button.

Hatha Yoga: Balance mind and body through a selection of poses connected to breathing techniques.

HIIT: Increase cardiovascular fitness with high intensity exercise and limited rest periods.

Insanity Blast: The fun way to get fit, burn calories and improve fitness with this dance workout.

Ladies Free Weights: Use compound exercises to develop and improve your free weight workout.

Leg, Bums and Tums (LBT): This classic workout focuses on hard to tone areas using resistance and cardio moves.

Pilates: Focusing on core strength, Pilates will help improve posture and tone.

Pre/Postnatal Class: Designed to strengthen, tone and work your whole body, this gentle workout is suitable for women in all stages of pregnancy and new mums.

PT Blast: Kick start your weekend with our personal trainers as they guide you through HIIT, circuits, conditioning and core exercises.

Spin: A calorie burning, energising, fun indoor cycling workout that keeps you coming back for more!

Spin / Ab Blast: Mix a spin cardio workout with building your core strength and abdominal muscles.

Synrgy Rig: Short, intense CrossFit style circuit class for an extra boost in the gym.

Referral only

Cardiac Rehab Phase 4: A 12-week rehab programme guiding patients through changes to their exercise routine to enhance their lifestyle and help prevent further cardiac episodes.

Progression Circuits: This is a GP referral and progression class for those who have completed the 12-week rehab programme.

Cardio

Holistic

Combination

Conditioning

All classes are included as part of an Active Card membership; class rates for non-members are £5 per class.

A penalty of £3.50 will be charged if you fail to attend your class or provide less than 12 hours notice of cancellation however you will not be charge if the place gets filled. Class timetable subject to change throughout busy periods of the year. Please check availability and book online; check in with a member of the gym team upon your arrival.

Get in touch

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For full terms and conditions, opening hours and more information on our membership packages visit www.uwe.ac.uk/sport

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2018 Timetable

Book online or download the UWE Sport App



M	Fitness on Demand	Fitness on Demand	Synrgy	Body Sculpt	Circuits	Hatha Yoga	Cardiac Rehab Phase 4	Progress Circuits (GP)	Spin	Ab Attack	Beginner Pilates	Body Blitz	Intermediate Pilates	Insanity
	07:30 - 08:30	08:30 - 09:30	09:30 - 10:00	12:15 - 13:00	12:15 - 13:00	12:15 - 13:15	13:15 - 14:15	14:30 - 15:30	17:15 - 18:00	18:00 - 18:30	18:30 - 19:15	18:30 - 19:30	19:30 - 20:15	19:45 - 20:30
T	Spin	Synrgy	Pre / Post Natal Fitness	Circuits	Mixed Pilates	Hatha Yoga	Synrgy	Spin	Beginner Pilates	Spin & Ab Blast	Body Conditioning	Intermediate Pilates	Ladies Free Weights	
	07:30 - 08:15	09:30 - 10:00	10:00 - 11:00	12:15 - 12:55	12:30 - 13:15	13:15 - 14:15	14:30 - 15:00	17:45 - 18:30	18:30 - 19:15	18:30 - 19:30	19:30 - 20:30	19:30 - 20:30	20:35 - 21:35	
W	Spin	Fitness on Demand	Fitness on Demand	Synrgy	Spin		Body by Design			Body Blitz	Spin & Ab Blast	HIIT		
	07:30 - 08:15	08:30 - 09:30	09:30 - 10:00	09:30 - 10:00	12:15 - 13:00		17:15 - 18:00			18:00 - 19:00	19:15 - 20:15	20:30 - 21:15		
T	Synrgy	Mixed Pilates	Circuits	Hatha Yoga	Synrgy		Spin	Circuits	Intermediate Pilates	Spin & Ab Blast	Beginner Pilates	Body Conditioning	Mixed Pilates	Ladies Free Weights
	09:30 - 10:00	12:15 - 13:00	12:15 - 13:00	12:15 - 13:15	14:30 - 15:00		17:15 - 18:00	17:30 - 18:25	18:00 - 18:45	18:00 - 19:00	19:00 - 19:45	19:00 - 19:45	19:45 - 20:30	20:35 - 21:35
F	Kettlebells			Mixed Pilates	LBT	Intermediate Pilates	Progress Circuits (GP)			Spin & Ab Blast	Circuits	Synrgy		
	07:30 - 08:15			12:15 - 13:00	12:30 - 13:15	13:15 - 14:00	15:00 - 16:00			17:15 - 18:00	18:00 - 18:45	19:00 - 19:30		
S			PT Blast											
			09:00 - 10:00											

Get set for 2018 with our latest class timetable!

From Circuits to Pilates, and Yoga to Kettlebells, we've squeezed in a packed timetable to ensure you are ready to get Fitter, Healthier, Happier.

Launching by September 2018, we are also working on a brand new class timetable featuring exciting new classes and more of your favourites.