

MAYFLOWER GYM

Fitness Class Timetable

28 September—11 December 2015

Monday	07:30-08:00 Indoor Cycling Studio ££	12:15-13:00 Total Tone Studio ££	13:00-13:30 Total Balance Studio ££	17:30-18:00 Indoor Cycling Studio ££	18:30-19:00 Express HIIT Studio ££
	12:15-13:00 Zumba Studio ££	13:15-13:45 Express HIIT Studio ££	17:30-18:00 Indoor Cycling Studio ££		
Tuesday	07:30-08:00 Indoor Cycling Studio ££	12:15-13:00 Pilates Studio £	13:15-14:00 Latin Fusion Studio ££	17:30-18:00 Indoor Cycling Studio ££	
	12:15-13:00 Indoor Cycling Studio ££	13:15-13:45 Express HIIT Studio ££	17:30-18:00 Indoor Cycling Studio ££		
Wednesday	07:30-08:00 Indoor Cycling Studio ££	12:15-12:45 Express HIIT Studio ££			
	12:15-13:00 Indoor Cycling Studio ££	13:15-13:45 Express HIIT Studio ££	17:30-18:00 Indoor Cycling Studio ££		
Thursday	07:30-08:00 Indoor Cycling Studio ££				
	12:15-13:00 Indoor Cycling Studio ££	13:15-13:45 Express HIIT Studio ££	17:30-18:00 Indoor Cycling Studio ££		
Friday	07:30-08:00 Indoor Cycling Studio ££	12:15-12:45 Express HIIT Studio ££			

Prices	Sport & Wellbeing	Non-member Student	Non-member Community Partner	Public
1/2 hour indoor cycling	FREE	£2.30	£2.30	£2.80
45 min indoor cycling	FREE	£3.30	£3.30	£3.80
45 min Fitness Class	FREE	£4.50	£4.50	£5.00
1/2 hour Fitness Class	FREE	£3.00	£3.00	£3.40
45 min Pilates	£4.00	£4.50	£4.50	£5.00

££ - Additional Cost for non members only

£ - Additional Fees for all

All classes need to be booked in advance at Mayflower gym reception or online booking system.

Please see our website for further details.

Failure to attend a pre-booked slot without notifying us in advance will result in a fine of £3.40.

The timetable is subject to change—please go to www.southampton.ac.uk/sportandwellbeing for live updates and closure information

A brief description of each class

Express HIIT

A Great High Intensity Interval Training workout, using body weight exercises and equipment, a great 30 min express workout.

Indoor Cycling

Indoor cycling, is a group exercise class, performed on stationary bikes. The instructor simulates hill climbs, standing and seated, flat roads, sprinting and races. A great overall aerobic fitness session, kept motivated by the instructor, class and music.

Latin Fusion

A Cardio workout where you are free to enjoy Latin dance music with Salsa, Merengue, Bachata, Cha Cha, Reggaton, moves. A great way to work out and have some fun.

Pilates

Pilates focuses on controlling the core postural muscles, which help keep the body balanced, providing essential support to the spine. Pilates teaches awareness of the breath and the alignment of the spine. These sessions will leave you feeling centred, calm and refocused.

Total Balance

A workout that blends flexibility with balance and strength working through sequences to challenge the body, creating a feeling of calm and harmony a mind and body holistic approach.

Total Tone

A Body Conditioning class that will help improve your muscular strength and endurance, toning your muscles using a variety of equipment. Focusing on different areas of the body each week.

Zumba

The Class that takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.