

crewing

a great workout suitable for all levels. develop your rowing skills and learn new training methods. complemented by resistance and core training. get motivated to make indoor rowing a part of your fitness programme

spin

a fun, effective, motivating indoor cycle. a challenging ride all at your own pace. instructor led and suitable for all levels

spin & abs

a fun, effective, motivating 45 min indoor cycle followed by 15 mins of abdominal and core exercises to improve strength and posture.

step / aerobics

a fun, high energy workout incorporating hi/lo impact moves. the use of a step helps develop co-ordination, increases fitness levels and maximises fat burning benefits. at any level of ability this is a great workout.

trekking

this low impact 30 minute class is like a coffee morning on a treadmill! our instructors will introduce you to the benefits of power walking utilising a variety of speeds and inclines set just for you

aerotone

a great class, combining a cardiovascular workout with standing and floor exercises to shape and tone your body, giving you a complete workout

body conditioning

a full body workout by using a combination of your own body weight, hand weights and body bands

boxercise

a circuit based class and a great workout for everyone, using boxing moves. it's a fun way to enhance fitness, strength, endurance, speed and co-ordination

fab abs

this short but effective 25 minute class aims to improve all areas of the torso, improving posture, core strength and helping prevent lower back troubles

gym circuits

a challenging & effective workout combining cardiovascular & resistance exercises at a series of stations suitable for all levels of fitness

legs, bums & tums

legs, bums & tums is a conditioning/toning class for all levels of fitness

pump fx

a structured free weight workout to target all the major muscle groups. challenging, effective and set to music



baby massage (£) (6 weeks - 9 months old)

providing a whole range of benefits for you and your baby - including assisting sleeping patterns, aiding digestion as well as giving you confidence in your ability to handle your baby

musical bumps (£) (up to 1 year old)

introduce baby to the joys of music making from just a few weeks old. meet other families & learn new songs, rhymes & lullabies to share with your baby at home

junior gym (11 - 15 years)

a supervised, gym based session, including cardiovascular, body weight and core stability exercises; developing a healthy interest/foundation to a new & exciting part of any young person's life

20:20:20

20 minutes of aerobics, 20 minutes of conditioning & 20 minutes core abs. suitable for all levels of fitness

martial arts (£)

jeet kune do

discover this exciting concept of mixed martial arts originally developed by bruce lee. a 2 hour class for all levels.

private, 1:1 or group tuition also available

pilates

focusing on core muscle development by balancing all the muscles in the body, improving posture, flexibility, stability, strength and helping to rehabilitate and prevent injuries

tai chi

achieve stress reduction and improve your breathing, balance & flexibility through gentle movements

yoga

discover the benefits of yoga and improve your flexibility, mental awareness and enjoy a feeling of well being. any age, any ability

booking guidelines

members may book up to 6 days in advance. please give us prior notice if you will not be attending a pre-booked class to allow us to free up your space to other members

non members may book on the day of the class



hildenstudio

january - march
2009

group exercise timetable & descriptions

to book call
01732 833570



hildenstudio

monday

9:30 10:25 pump fx
10:30 12:00 crèche (£)
10:35 11:00 trekking (g)
11:05 11:30 fab abs (g)
18:30 19:15 pilates
19:30 20:15 spin
20:30 21:15 boxercise

tuesday

9:30 10:25 aerotone
10:30 12:00 crèche (£)
11:00 11:15 crewing (g)
12:00 13:00 baby massage
18:00 18:45 spin
19:00 19:55 legs, bums & tums
20:00 20:55 yoga

wednesday

6:45 7:30 spin
9:30 10:25 step aerobics
10:30 12:00 crèche (£)
10:35 11:30 gym circuits (g)
12:05 12:50 pilates
13:00 14:00 tai chi
18:45 19:30 pilates
19:35 20:30 step aerobics (a)
20:35 21:55 beginners martial arts (£)

thursday

9:30 10:30 20:20:20
10:35 12:00 crèche (£)
14:00 15:00 musical bumps (£)
16:45 17:30 junior gym (g)
18:00 18:45 body conditioning
19:00 19:45 spin
20:00 21:00 yoga

friday

9:30 10:30 20:20:20
10:35 12:00 crèche (£)
10:40 11:10 trekking (g)
11:15 11:40 fab abs (g)
18:00 19:00 spin & abs
19:00 21:00 martial arts (£)

saturday

8:30 9:15 spin
9:30 10:25 legs, bums & tums
10:30 11:15 pilates
10:30 11:15 junior gym (g)

sunday

9:00 10:00 spin & abs

key

child activity

holistic

conditioning/resistance

cardiovascular

(£) extra charge for this activity

(a) advance class

(g) gym based activity

hilden
health club