

GROUP X
CLASSES TIMETABLE

[EN]GAGE
Fitness | Sport | Conditioning

Fitness, your way



[EN]GAGE @ Craiglockhart
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**Classes
from only
£3**

(Craiglockhart) Group X Summer timetable 2012

Classes are open to all levels of fitness and offer fun and that all important stress release complement to your health and wellness regime.

WILLPOWER

Barefoot cardio & flexible strength training - we teach you how to land lightly on your feet! Work on your posture and tone your whole body

POWER YOGA

Traditional yoga asanas with a modern approach - integrating the latest in sports science research & core training

ZUMBA

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

CXWORX

CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

A 30 minute intensive core buster.

LEGS BUMS & TUMS

A series of exercises to tone up the Legs, Bums & Tums improve the muscle tone and shape of the body through effective exercises which are specific for the Legs Bums & Tums.

CARDIO STREETDANCE

Is a street dance fitness program based around the phenomenon of street dance. With the popularity of dance acts such as Diversity and Flawless at an all time high, and with a nation desperate to shed weight. It has the perfect blend of edgy dance moves, aerobic, muscle-toning and intense fat-burning exercises.

This class harnesses the aerobic and muscle-toning aspects of street dance to create fun, high-energy street dance fitness routines.

Monday

Time	Duration	Class	Instructor
07.30 - 08.15	(45 mins)	Zumba	Melanie
12.15 - 12.45	(30 mins)	Cardio Streetdance	Melanie
12.45 - 13.15	(30 mins)	Legs Bums & Tums	Melanie

Tuesday

12.15 - 13.00	(45 mins)	Legs Bums & Tums	Derek
13.15 - 14.00	(30 mins)	CXWORX	Derek

Friday

11.45 - 12.30	(45 mins)	Willpower & Grace	Mel P
12.30 - 13.15	(45 mins)	Yoga	Mel P
13.20 - 13.50	(30 mins)	CXWORX	Mel P



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