



THE LENSBRURY



VI-03/2018

## Gym Floor Programme Spring 2018

Please remember to book on to classes that you would like to attend.  
To book please see Members' or Lockside Reception, alternatively you can  
book online at **[www.lensburyclub.com](http://www.lensburyclub.com)**

## Gym Floor Class Programme

### Monday

08:45-09:05	<b>Metcon Max</b>	<i>Gym Floor</i>	<i>Charles</i>
20:00-20:20	<b>Power</b>	<i>Gym Floor</i>	<i>Vikki</i>

### Tuesday

12:50-13:05	<b>Core Control</b>	<i>Gym Floor</i>	<i>Cheryl</i>

### Wednesday

11:00-11:20	<b>Prehab Power</b>	<i>Gym Floor</i>	<i>Amanda</i>
18:40-19:00	<b>Grand Slam</b>	<i>Gym Floor</i>	<i>Natasha</i>

### Thursday

11:00-11:20	<b>Prehab Power</b>	<i>Gym Floor</i>	<i>Amanda</i>
19:15-19:30	<b>Core Control</b>	<i>Gym Floor</i>	<i>Vikki</i>

### Friday

16:30-16:50	<b>Flash (Ages 8-13)</b>	<i>Gym Floor</i>	<i>Charles</i>

## Class Description

All classes last up to 20 minutes and take place on the Gym Floor.

Classes	Descriptions
Core Control	Challenge your centre with this ultimate core strength and balance workout!
Metcon Max	Metabolic Conditioning is a method used to challenge your cardiovascular capacity, increase your metabolism and as a result rapidly burn body fat. This high intensity workout is suitable for anyone who is not afraid of hard work!
Prehab Power	Prehab will take you through a variety of exercises to help you to achieve a greater range of mobility and flexibility. These classes are the perfect preparation before any workout.
Power	Power is perfect for anyone looking to challenge their strength, define and sculpt their body.
Grand Slam	Expect high intensity interval training, tabata and a whole lot of sweat!
Flash	Flash is a full body workout incorporating bodyweight and small equipment. Perfect for anyone aged between 8-13 years old.

## Gym Induction Timetable

### Monday

11:00-11:30	General Fitness Induction	<i>Gym Floor</i>
13:30-14:00	Pre and Post Natal	<i>Gym Floor</i>
20:30-21:00	General Fitness	<i>Gym Floor</i>

### Tuesday

07:30-08:00	Strength & Conditioning	<i>Gym Floor</i>
16:00-16:30	Junior	<i>Gym Floor</i>
19:30-20:00	General Fitness	<i>Gym Floor</i>

### Wednesday

11:30-12:00	Rehab	<i>Gym Floor</i>
16:00-16:30	Junior	<i>Gym Floor</i>
19:30-20:00	Strength & Conditioning	<i>Gym Floor</i>

### Thursday

07:30-08:00	Sports & Events	<i>Gym Floor</i>
16:00-16:30	Junior	<i>Gym Floor</i>
20:00-20:30	General Fitness	<i>Gym Floor</i>

### Friday

07:30-08:00	General Fitness	<i>Gym Floor</i>
08:30-09:00	General Fitness	<i>Gym Floor</i>
20:00-20:30	Strength & Conditioning	<i>Gym Floor</i>

### Saturday

08:30-09:00	General Fitness	<i>Gym Floor</i>
-------------	-----------------	------------------

## Induction description

**We would always recommend that new members attend an induction as our facilities may be different to those that you have used before. We offer six different inductions as part of your Member Journey. These include:**

Induction	Description
<b>General Fitness</b>	Perfect for anybody who is new to the gym.
<b>Strength and Conditioning</b>	Great for anybody who has some experience within the Gym, but would like a little more knowledge on lifting techniques, improving muscle mass and injury prevention.
<b>Rehab</b>	This induction is designed to support anybody who is recovering from an injury.
<b>Pre and Post Natal</b>	Brilliant for new mothers. From your first trimester to post-natal, come along and see how you can stay fit and healthy throughout your pregnancy and after.
<b>Sports and Events</b>	Sports and events is a perfect induction for anybody who has joined the gym in preparation for a challenge or sport, whether it's a 5k, triathlon, Tough Mudder or simply improving your skills for a sport. We can help you with those first steps towards achieving your goals.
<b>Junior</b>	This induction is aimed at juniors aged between 8-13 years old who would like to get involved with the Gym.

## Fitness Programmes

### Monday

09:30-10:30	Programmes	<i>Gym Floor</i>
14:30-15:30	Programmes	<i>Gym Floor</i>
18:30-19:30	Programmes	<i>Gym Floor</i>

### Tuesday

09:30-10:30	Programmes	<i>Gym Floor</i>
14:30-15:30	Programmes	<i>Gym Floor</i>
17:30-18:30	Programmes	<i>Gym Floor</i>
18:15-19:15	Programmes	<i>Gym Floor</i>

### Wednesday

09:30-10:30	Programmes	<i>Gym Floor</i>
14:30-15:30	Programmes	<i>Gym Floor</i>
17:30-18:30	Programmes	<i>Gym Floor</i>

### Thursday

09:30-10:30	Programmes	<i>Gym Floor</i>
14:30-15:30	Programmes	<i>Gym Floor</i>
18:20-19:10	Programmes	<i>Gym Floor</i>

### Friday

14:30-15:30	Programmes	<i>Gym Floor</i>
18:00-19:00	Programmes	<i>Gym Floor</i>

### Saturday

10:00-11:00	Programmes	<i>Gym Floor</i>
-------------	------------	------------------

**Programme description:** All programmes are personalised to suit your individual goals previously decided with your Trainer during your induction. During your session you will be taken through cardiovascular, strength, core and mobility exercises. These programmes will enable you to begin your fitness journey with knowledge and confidence.

## Gym Floor Terms and Conditions

- All classes, inductions and programmes have to be booked in advance to avoid disappointment. Classes can be booked up to one week in advance by calling Members' Reception 020 8614 6420 / 6468 or Lockside 020 8614 6550 (all from 8am), or by booking online.
- Please arrive on time for your class. Late arrivals may be refused admission at the discretion of the instructor if it is considered unsafe for you to join the class.
- Please remember to cancel any classes, inductions or programmes that you have booked and are subsequently unable to attend.
- Inductions and Fitness Programmes have a capacity for one person. Any additions will be down to the discretion of the Instructor.
- Please ensure that you have eaten at least two hours before your appointment.
- Ensure that you notify the Instructor if there have been any changes to your health or physical well-being since your last medical disclaimer
- Please bring water or other form of sports refreshment with you (no glass bottles). Please also bring a sweat towel.
- Please inform instructor of any injuries or illness which may affect your fitness.
- Please ask if you require any advice on suitable classes.
- Appropriate footwear must be worn at all times.
- We reserve the right to substitute instructors, cancel or move classes when necessary