

### Aerobics

Good old fashioned mixed impact aerobics working your heart & lungs

### Aqua

A fun "non impact" group exercise to music class in the shallow water

### Boxercise

Learn proper boxing techniques in this fantastic fat burning, body shaping workout

### Circuit

A great all round workout using various pieces of equipment one after the other

### Kick Combat

Work out the stresses of the day with martial arts based aerobic choreography

### Virtual Salsa

Aerobics with a twist... fun choreography set to latin rhythms

### Step

Aerobic choreography on a step box ensuring a consistent workout

### Tone / Walking Club

A fun low impact local walk (as well as a few days out!!!)

### Dance Aerobatics

High energy areobics class with dance choreography

### EZ Dance & Virtual Hip-Hop

Dance and get fit at the same time. These classes use dance choreography set either to R&B music or rhythmic rap music

### X-Bike

Indoor cycling at it's best... bring the outdoors inside and pedal like your life depends on it!!!

### Fight Club

If you want to burn it... you get to earn it. This 30 minute workout is for beginners to advance. Working in a group, it involves punch and bag work, drills and fun

### Xpress Gym

Give all the major muscle groups a full workout and get fit. All in just 32 minutes

### Body Tone

Body shaping to music using body weight, as well as a variety of equip't

### Bums n Tums

This class does what it says on the tin... Great exercises for the "problem" areas

### Power Pump

A fun studio based strength training programme using Decks, Bars and Bands to tone, shape and strengthen

### Deck

A strength training class using tubes, free weights and decks

### Ju Jitsu

This is a Japanese martial art consisting of grappling and striking techniques. They rely on leverage so you don't have to be strong to participate

### Swiss Ball

A great fun toning class using a Swiss ball. Is good for developing core stability and strength. Great for rehab

### Vew Do

Challenge your core strength and balance with this unique piece of fitness equipment that resembles a skate board

### Meditation

Life takes it out of you... This class puts it back!

### NIA

Fusion fitness for the mind, body and spirit. East meets West. Combining martial dance and healing arts

### Pilates/Stretch & Virtual Pilates

A series of exercises to engage the body and mind... Great for core strength, mobility and flexibility

### Weigh & Measure Club

Exactly what it says!!!

### Yoqa & Virtual Fitness Yoqa

Focus your breathing with a variety of postures to help improve balance, flexibility and strength in a relaxed environment

### Tai Chi

This ancient form of exercise is beneficial to the mind, body and spirit. Energy flows as you do slow motion routines

### Class Etiquette

- Participants must be aged 16 or over
- Remember to drink water before, during and after the class
- Please wear the appropriate footwear for your class
- Class places are allocated on a booking system (at reception). Once capacity is reached no more participants may enter
- You will not be permitted to enter once classes start as you will miss warm up
- If class numbers are lower than 3, the class may take place in the gym. If numbers are consistently low the class may be withdrawn.
- Smile, classes are fun!

### Gym Opening Times

6.00am to 10.00pm	Monday - Friday
7.30am to 9.00pm	Saturday
8.00am to 9.00pm	Sunday

### WELTI Health & Fitness

Shrewsbury 01743 46 77 55  
SY1 4RG www.weltileisure.co.uk

Design and Production by www.carjonesdesign.com

## Studio Schedule Summer/Autumn 2008



Virtual sessions are supervised training programmes using the Virtual Trainer

**welti** health & fitness

## Aerobic

Develop the efficiency of your heart and lungs in these fun classes that are designed to burn calories without even thinking about it...

### Monday

Studio - Ground Floor

6.30 to 7.30am	X-Bike
9.30 to 10.30am	Aerobics
10.30 to 11.30am	Deck
11.30 to 12.30pm	Bums n Tums
1.30 to 2.00pm	Xpress Gym
5.30 to 6.00pm	Swiss Ball
6.00 to 7.00pm	Kick Combat
7.00 to 8.00pm	Circuits
8.00 to 9.00pm	Xpress Gym

Mind & Body - First Floor

9.30 to 10.30am	Virtual Tai Chi
10.30 to 11.30pm	Pilates/Stretch
7.00 to 8.00pm	Virtual Fitness Yoga
8.30 to 9.30pm	Ju-Jitsu

Pool

11.30 to 12.15pm	Aqua
------------------	------

### Tuesday

Studio - Ground Floor

6.30 to 7.30am	Deck
9.30 to 10.30am	Bums n Tums
10.30 to 11.30am	Boxercise
11.30 to 12.30pm	EZ Dance
11.45 to 12.15pm	Weigh & Measure
5.30 to 6.00pm	Bums n Tums
6.00 to 6.30pm	Weigh & Measure
6.00 to 7.00pm	Step
7.15 to 8.15pm	Boxercise

Mind & Body - First Floor

9.30 to 10.30am	Virtual Salsa
10.30 to 11.30am	Pilates/Stretch
11.30 to 12.30pm	Virtual Cyber Combat
7.00 to 8.15pm	Yoga
8.15 to 9.00pm	Pilates

Pool

12.30 to 1.15pm	Aqua
6.30 to 7.15pm	Aqua

## Body

Tone, shape and condition yourself to a new you in these complete conditioning based classes...

### Wednesday

Studio - Ground Floor

6.30 to 7.00am	X-Bike
7.00 to 7.30am	Swiss Ball
9.30 to 10.30am	Kick Combat
10.30 to 11.30am	Power Pump
11.30 to 12.30pm	Boxercise
5.30 to 6.15pm	Body Tone
6.15 to 7.15pm	Dance Aerobics
7.15 to 8.00pm	Bums N Tums
8.00 to 9.00pm	Fight Club

Mind & Body - First Floor

9.30 to 10.30am	Vew Do
10.30 to 12.00pm	Yoga
7.00 to 8.00pm	NIA
8.00 to 9.00pm	Yoga

Pool

10.30 to 11.15am	Aqua
------------------	------

### Thursday

Studio - Ground Floor

6.30 to 7.30am	Circuits
9.00 to 9.30am	Bums n Tums
9.30 to 10.30am	Aerobics
10.30 to 11.30am	Body Tone
11.40 to 12.30pm	Walking Club
1.30 to 2.00pm	Swiss Ball
5.30 to 6.00pm	Bums n Tums
6.00 to 7.00pm	Kick Combat
7.00 to 8.00pm	Power Pump
8.00 to 9.00pm	Boxercise

Mind & Body - First Floor

9.00 to 9.45am	Tai Chi
10.30 to 11.30am	Virtual Fitness Yoga
7.00 to 8.00pm	Yoga
8.00 to 9.00pm	Virtual Pilates

Pool

10.30 to 11.15am	Aqua
6.00 to 6.45pm	Aqua

## Calm

Release the stresses of the day in these mind, body and soul classes, designed to stretch, relax and rejuvenate...

### Friday

Studio - Ground Floor

6.30 to 7.30am	X-Bike
9.30 to 10.30am	Step
10.30 to 11.30am	Boxercise
11.30 to 12.30pm	Deck
1.30 to 2.00pm	Body Tone
5.30 to 6.00pm	X-Bike
6.00 to 7.00pm	Deck

Mind & Body - First Floor

9.30 to 10.30am	Virtual Hip-Hop
10.30 to 11.30am	Pilates
11.30 to 12.30pm	Yoga
7.00 to 8.00pm	Virtual Pilates

Pool

10.30 to 11.15am	Aqua
------------------	------

### Saturday

Studio - Ground Floor

9.30 to 10.30am	Super Circuit
10.30 to 11.30am	Power Pump

Pool

9.30 to 10.15am	Aqua
-----------------	------

### Sunday

Studio - Ground Floor

10.30 to 11.30am	Areobics/Step
11.30 to 12.30pm	Pilates/Stretch