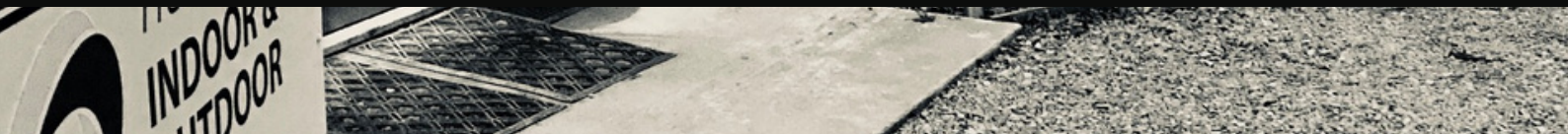




















FREESTYLE360



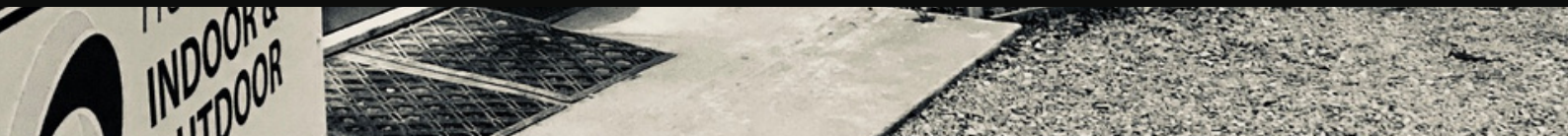
HYBRID CLASS PROGRAMME | OCTOBER 2020



DAY	TIME		CLASS
M	06:30-07:15		Spin - RISE 45
	09:00-10:00		HIIT
	10:30-13:30		Pilates* (3 classes)
	18:00-19:00		Spinergy
	18:00-19:00		Family Circuits
T	06:15-07:00		RISE 4 Circuits
	09:00-10:00		Women's Step
	11:45-12:45		Seniors Fitness
	18:00-19:00		Sport Spin
	18:30-19:30		Women's Shape Up
W	06:30-07:15		Spin - RISE 45
	09:00-10:00		Bodyweight Fitness
	10:00-11:00		MOVE!
	18:30-19:30		HIIT Step III
	18:00-19:00		Spinergy
T	06:15-07:00		RISE 4 Circuits
	09:00-10:00		Circuits with Matt
	18:00-19:00		Spin45

FREESTYLE360

HYBRID CLASS PROGRAMME | AUGUST 2020



DAY	TIME		CLASS
	18:00-19:00		MOVE!
	19:00-20:00		Cross Training
F	06:30-07:15		Spin - RISE 45
	09:00-10:00		Women's Conditioning
	18:00-19:00		Boxing Conditioning
S	08:00-09:00		Cyclone Spin
	09:00-10:00		FarmFit
	09:15-10:15		Energetic Vinyasa Yoga*
S	09:30-10:30		Sunday Circuits

DETAILS AND BOOKINGS VIA GLOFOX APP
*ADDITIONAL FEES APPLY

CLASS LOCATION:

ONLINE FARM





FREESTYLE360



CLASS DESCRIPTIONS | AUGUST 2020



Boxing Conditioning

A circuit-style boxing fitness class. All abilities welcome. Sadly we can no longer pad box due to the COVID regulations, unless 2 participants are from the same household. You will need your own gloves and pads.

Circuits:

Rise 4 Circuits

Get ahead of the day with Adam and his 45-minute exhilarating studio based combinations of fitness and core stability.

Circuits with Matt

A varied class of strength, cardio and core.

Family Circuits

Circuit training for the whole family and all abilities.

FarmFit

An outdoor army-style interval training workout with bursts of intense activity and rests of lighter activity. You can expect explosive cardio, bodyweight exercises such as pullups, pushups and commando crawls, as well as tyre flips, drills and sprints. Please wear suitable clothing, outdoor shoes (you might get muddy) and waterproofs if needed! Please ensure you sign in at reception on arrival.

Sunday Circuits

A tough Sunday workout with Tim Rew. Based around strength and movement, everyone is put through their paces.

Cross Training

Cross training means training across various mediums of strength and cardio for all round fitness. Challenging and effective.



FREESTYLE360

CLASS DESCRIPTIONS | AUGUST 2020



HIIT / Bodyweight Fitness

High-intensity interval training infused with resistance exercises. A great way to torch fat while building the foundations to the body you want.

MOVE : A fusion class like no other

With elements of dance, HIIT, boxing, barre and pilates, this class was designed to work every muscle. Expect an all-round workout that will leave you strong, lean and agile!

Pilates

Independently run classes by Rebecca. For booking and details please email cotswoldpilates@gmail.com

HIIT Step III

A high intensity class using bodyweight and step exercises to burn fat and improve fitness.

Seniors: Intelligent training, great results

In our Seniors' class, the motto is 'work smart AND hard' with a series of exercises designed to mobilise, stabilise and strengthen.

360 Spin:

If it's high-intensity, fat burning and beat-driven indoor cycling you are after, then these are the classes for you. Whether you are a complete beginner or an accomplished cyclist, 360 Spin has everything you need and ticks all the boxes.

RISE for Spin – a 45-minute early morning calorie burner for those who want to get it done!

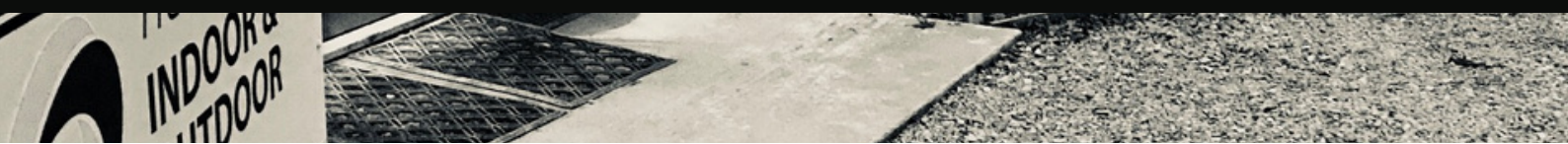
360 Spinergy – High-energy, top tunes and a massive calorie burn.

Spin45 – Fast and furious from the off. Non-stop racy tunes for 45 minutes.



FREESTYLE360

CLASS DESCRIPTIONS | AUGUST 2020



Sport Spin - A structured interval and intensity-based indoor cycling session offering benefits for both strength and fitness.

Cyclone Spin – Kick the weekend off with our popular Saturday morning session. Loud, intense and packs a punch!

Women's Body Conditioning: Targeted workouts for women of all ages.
A class which compliments cardio and HIIT training to build muscle tone in all the right places.

Women's Shape Up. Georgii offers a dynamic strength and conditioning class exclusively for women who want to 'shape up!'

Women's Step: The best of both worlds.
Created for those who don't want to choose between cardio and strength training, this class will build and burn in equal measure.

Energetic Vinyasa Flow
A dynamic yoga flow class which aims to build strength and flexibility whilst connecting and focusing on the breath. Please let the instructor know if you are a complete beginner to yoga.