

# GROUP EXERCISE



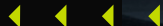
SEP '23

MON	TUES	WED	THURS	FRI	SAT	SUN
6.30am R4Spin	6.15am Super Circuits	6.30am R4Spin 360ZM	6.15am Rise Intense	6.30am R4Spin	8am Cyclone Spin	
9am HIIT Circuits	9am HIIT Step's BACK	9am BattleSlam Circuits	9am Circuits with Matt		9am FarmFit90	9am Sunday Circuits
10.15am Pilates*	10am Seniors Fitness			9am Core & Mobility		10am Sunday Stretch
11.30am Pilates*						
6pm Spinergy	6pm Box Fit's BACK	6pm Spinergy	6pm ICE			
6pm HIIT Strength	6.45pm Backyard45	6pm Weights				

Pilates is not included in membership. For bookings: [cotswoldpilates@gmail.com](mailto:cotswoldpilates@gmail.com)

All other classes to be booked via the Glofox app

[WWW.FREESTYLE360.CO.UK](http://WWW.FREESTYLE360.CO.UK)



## CLASS DESCRIPTIONS:

**Backyard45** - A dynamic 45 minute outdoor training class in our gym backyard! It's your weekly mystery class!

**Battle Slam Circuits** - We've added strength-based exercises to the popular Battle vs Slam style class using wall balls, bodyweight, core and ropes to add resistance, working your abs, arms and shoulders as well as conditioning and engaging your legs to give you an amazing workout!

**Box Fit's Back** - A fun fitness boxing class for everyone.

**Circuits with Matt** - A varied class of strength, cardio and core using a range of kit and bodyweight exercises.

**Core & Mobility** - Designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles. The class also focuses on multiple methods of stretching, foam rolling, muscle pain release to improve mobility.

- **FarmFit90** - A 90min outdoor army-style interval training workout with bursts of intense activity and rests of lighter activity. Expect explosive cardio, bodyweight exercises such as pullups, pushups and commando crawls, as well as tyre flips, drills and sprints.
- **HIIT Circuits** - High-intensity interval training infused with resistance exercises. A great way to torch fat while building the foundations to the body you want.
- **HIIT Step's Back** - A high-intensity interval training (HIIT) workout that uses a step and dynamic bodyweight exercises. It has been designed to improve power, increase strength and burn hundreds of calories.
- **HIIT Strength** - Get fitter, faster & stronger with our High Intensity Strength class, compound strength meets short rest periods, isometric challenges & bodyweight HIIT giving you an incredible full-body workout that challenges your cardiovascular fitness, builds incredible strength & burns for hours after.

## CLASS DESCRIPTIONS:

**ICE** - This revamped intensive conditioning exercise (ICE) class offers dynamic strength and conditioning movements to improve performance and overall fitness.

**Pilates** - independently run class at Freestyle360. Please email [Rebecca@CotswoldPilates.co.uk](mailto:Rebecca@CotswoldPilates.co.uk).

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

**R4Spin** - a 45-minute early morning calorie burner for those who want to get it done! (360MZ is an optional zone match class for Myzone users. Non users welcome).

**R4 Super Strength Circuits** - Get ahead of the day with this 45-minute exhilarating studio based combinations of fitness and core stability.

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■ **Seniors Fitness** - Intelligent training, great results. The motto is 'work smart AND hard' with a series of exercises designed to mobilise, stabilise and strengthen.

■ **Spin:**

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

■ **Spinergy** - high-energy, top tunes and a massive calorie burn.

■ **Sunday Stretch** - Give your body some much needed recovery and stretch and dedicate time to mobility. This recovery session will improve your skill and technique when training. You'll recover better and give your muscles a much needed stretch after a week of heavy training.

■ **Weights** - strength based class learning techniques and improving on strength training. Perfect for beginners and people already taking part in strength training.