

# Group Exercise Timetable



## Chesterford Research Park

Monday		Tuesday		Wednesday		Thursday		Friday	
07:30 08:00	Spin	07:30 08:00	Running Club AM	07:30 08:00	LBT	07:30 08:00	Core & Stretch	07:30 08:00	Workout of the Week AM
12:30 13:00	Total Tone	12:00 13:00	Golf Club (APRIL-NOV)	12:15 13:00	Bootcamp	12:00 12:45	Football Training	12:15 13:00	Bootcamp
17:30 18:00	Running Club PM	17:30 18:00	Circuits	17:30 18:00	Trim Trail	17:30 18:00	Workout of the Week PM	17:30 18:00	Spin

### For class bookings, contact us via:

**Web:** <https://cal.smoothbook.co/Class-Booking-System-Nucleus-Fitness-Centre>  
**Email:** [Gym.chesterfordrp@btconnect.com](mailto:Gym.chesterfordrp@btconnect.com)  
**Tel:** 01799 532256

#### Key

Core	Strengthen
Mind and Body	Functional
Aerobic	(£) – an external class and requires an additional cost (directly to the instructor)

Core & Stretch	A class dedicated to improving core strength and stability using functional exercises. Finish the class with a quick full body stretch to improve flexibility.
LBT	Using both bodyweight and resistance to target the muscles in your legs, bums and tums.
Total Tone	A combination of resistance and cardiovascular exercises targeting all muscle groups. This full body workout will burn calories and tone the body.
Circuits	This class will take you through a variety of exercises in a circuit structure giving you a varied, effective workout.
Trim Trail	Outdoor running incorporating monkey bars, parallel bars and chin up bars.
Running Club	Aiming to get your heart rate up and burn calories.
Spin	This 'exercise to music' group cycle class will take you through a variety of sprints, climbs and other moves to maximise your calorie burn.
Bootcamp	Subject to good weather conditions – A 45-minute tough, sweaty workout designed to burn calories and build strength. Bring a bottle of water & meet 5 minutes before the class on the Mansion Lawn.
Workout of the week	Workout of the week will always be tough, fun and will always offer a variety of different training methods.