

Group Exercise Timetable

Chesterford Research Park



Monday		Tuesday		Wednesday		Thursday		Friday	
07:30	Spin	07:30	LBT	07:30	Workout of the Week	07:30	Core & Stretch	07:30	Running
08:00		08:15		08:00		08:00		08:00	
11:00	Core & Stretch	12:00	Football Training	12:15	Bootcamp	12:00	Circuits	12:15	Bootcamp
11:30		13:00		13:00		13:00		13:00	
18:00	Crossfit	18:00	Crossfit	17:30	Circuits	17:30	Tabata	17:30	Spin
18:30		18:30		18:15		18:00		18:15	

For class bookings, contact us via:

Web: <https://cal.smoothbook.co/Class-Booking-System-Nucleus-Fitness-Centre>

Email: Gym@chesterfordresearchpark.com

Tel: 01799 532256

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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.
Tabata	A combination of resistance and cardiovascular exercises targeting all muscle groups. This full body workout will burn calories and strengthen the body using specific intervals
Circuits	This class will take you through a variety of exercises in a circuit structure giving you a varied, effective workout.
Crossfit	Full body tone using both weights and bodyweight targeting all muscle groups.
HIIT	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.
Running	Running to improve running form and cardiovascular fitness.