

Group Exercise Timetable

Chesterford Research Park



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

Key

FREE

Members only

For class bookings, contact us via:

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

Email: Gym@chesterfordresearchpark.com

Tel: 01799 532256

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.
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.
Game of the Week	A fun game which can change weekly – includes the like of volleyball, golf, rounders etc. on the Mansion Lawn.
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.
Football	Friendly kickabout/match (depending on numbers) on the Mansion Lawn.