

CLASS DESCRIPTIONS

ZUMBA FITNESS® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a “fitness-party” that is downright addictive.

Since its inception in 2001, the Zumba program has grown to become the world’s largest - and most successful - dance-fitness program with more than 12 million people of all shapes, sizes and ages taking weekly Zumba classes in over 110,000 locations across more than 125 countries.

Aqua Zumba®

Known as the Zumba® “pool party,” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class.

STRIKE FORCE is a High Impact, non-contact, martial Arts based fitness programme with moves drawn from Karate, Tae Kwan Do, Kung Fu, Kickboxing, Muay Thai and T'ai Chi.

NIRVANA BALANCE is the Yoga, T'ai Chi and Pilates workout that leaves you feeling long, strong, centred and calm.

DANCE FIT is the cardio workout that frees you to enjoy the Sensation of dance. An addictive fusion of the latest dance Styles and hottest new sound puts the emphasis as much on having fun as breaking a sweat.

STRETCH & TONE is a innovative low impact class focusing on core Stability, flexibility leaving you full of vitality.

YOGA offers postures that develop core strength, balance and flexibility.

CIRCUIT TRAINING is a session based on requirements for stamina ie, push ups, sit ups, bagwork etc.

SPINNING Looking for quick results? Set to motivating, pumping music, ‘spinning’ helps burn fat, improve stamina and tone the lower body. Suitable for all levels of fitness.

MATURE MOVERS Basic Dance class for the over 50’s but all welcome, shimmy your way to fitness.

TAI CHI is a slow-motion, moving meditative exercise for relaxation, health and self-defense. Originally from China, Tai Chi has gained enormous popularity in America and throughout the rest of the world for its health benefits.

AQUAFIT is more than just aerobics in the water. It’s a complete workout for the whole body and is suitable for everyone.

YOUNG AT HEART is a low impact aerobics class to help improve suppleness and flexibility.

SHOTOKAN KARATE is a form of unarmed combat. It is co-ordinated with defensive and attacking moves using the body’s limbs, arms, hands, feet and legs.

KUNG FU is a style of martial art that does anything and everything. It covers Kickboxing Grappling, Throwing, Weapons and much more.

AIKIDO is a modern, Japanese martial art that Incorporates techniques and motions from Ju Jitsu as well as sword and spear forms.

nirvana
fitness

**Class Timetable
Spring 2012**

aqua
ZUMBA®



**New
Class**

STRIKE FORCE
Ultimate Combat Aerobics

www.nirvana-fitness.co.uk

Tel: 01502 566346

Nirvana Fitness, 60 Pinbush Road,
Lowestoft, Suffolk, NR33 7NL

Monday

09.30am	Stretch & Tone	Kirstie
10.30am	Beginners Dance Fit	Zoe
11.15am	Nirvana Balance	Zoe
12.30pm	Aqua Zumba	Zoe
17.30pm	Ab Attack	Jo
18.00pm	Yoga	Fiona
18.00pm	Figure 8	Kirstie
18.30pm	Kids Boxing	Frank/ John
19.30pm	Adults Boxing	Frank/ John
19.00pm	Zumba	Zoe
19.30pm	Kung Fu	Johnny
20.00pm	Belly Dancing	Pauline

Tuesday

09.15am	StrikeForce	Wayne
10.00am	Aquafit	Jo
13.45pm	Aquafit	Jo
16.45pm	Kids Karate	James
17.30pm	Boot Camp	Matt
18.00pm	Stretch & Tone	Kirstie
18.00pm	Karate (beginners welcome)	Chris/Dan
19.00pm	Tai Chi	James
19.30pm	Spinning	Jason

Wednesday

09.30am	Yoga	Fiona
09.30am	Young at Heart	Zoe
12.30pm	Boot Camp	Matt
16.30pm	Junior Gym	Gym Staff
17.30pm	Spinning	Jason
18.00pm	Zumba	Zoe
18.30pm	Boxing Kids	Frank/ John
19.00pm	Pilates	Sarah
19.15pm	Aquafit	Jo
19.30pm	Boxing Adults	Frank/ John
19.30pm	Kung Fu	Johnny
20.00pm	Belly Dancing	Pauline

Thursday

10.00am	Zumba	Zoe
11.00am	Legs, Bums, Tums	Zoe
12:30pm	Mature Movers	Zoe
13.45pm	Aqua Zumba	Zoe
18.00pm	Strike Force	Wayne
18.30pm	Karate All Grades Adults	Christian
18.00pm	Ladies Boxing	Frank/ John
19.00pm	Begginers Spinning	Danny
20.00pm	Aikido	Frank

Friday

10.00am	Ab Attack	Jo
09.45am	Parent & Toddler Swim 1hr	N/A
10.45am	Aquafit	Jo
10.45am	Begginers Spinning	Danny
17.00pm	Kids Karate	Kevin/Chris
17.30pm	Legs, Bums, Tums	Jo
18.30pm	Karate All grades/ages	Chris
19.45pm	Kung Fu	Johnny

Saturday

09.00am	Tai Chi	James
10.00am	Strike Force	Wayne
13.00pm	Junior Gym	Gym Staff

Sunday

08.30am	Aikido	Frank
09.30am	Zumba	Zoe
10.30am	Begginers Spinning	Danny
11.30am	Adults / Kids Karate	Bex
11.30pm	Legs, Bums, Tums	Jo

	GENTLE AEROBICS
	AEROBICS
	WATER AEROBICS
	MARTIAL ARTS
	KIDS CLASSES
	DANCE AEROBICS

CLUB HOURS

MONDAY - FRIDAY 06.30AM - 23.00PM

SATURDAY - SUNDAY 08.00AM - 21.30PM

CHILDRENS SWIM TIMES

MONDAY - SUNDAY 14.30PM - 19.30PM

SATURDAY - SUNDAY 10.00AM - 11.30AM

CHILDREN UNDER 16 MUST BE ACCOMPANIED
BY AN ADULT IN THE POOL AT ALL TIMES



Leaflet statements and timetable correct at time of press

28/1/12