

STANDARD CLASSES

More Abs

A short and effective session that focuses on exercises for toning and strengthening the mid torso.

Circuit Training

An effective and fun multi-station based workout for the whole body. Combining aerobic and muscle work with flexibility training and coordination.

Hour of Power

A non-impact, resistance training routine that utilises barbells and adjustable weights. It is a high-energy class focusing on improving muscular strength and endurance, giving your muscle tone and definition. Studio based exercised suitable for male and female, and all ages.

More Legs, Bums and Tums

A low impact workout designed to tone, reshape and strengthen. Concentrating on those *problematic areas* of the lower body – thighs, buttocks and abdominals.

Aerobics

A high level workout choreographed to music. This class is designed to improve efficiency of the heart and lungs and it's also a great fat burner.

More Spin

Group indoor cycling incorporating top choreography and motivational coaching techniques. This explosive class is designed to improve your cardiovascular fitness and endurance, whilst strengthening lower body and burning calories with no impact. *Beginners need to arrive five minutes early*

More TBT

A high intensity low impact workout to tone and tighten the entire body. This class also works on fat burn elements to create an all over lean appearance.

Core stability

A slower class using Fit Balls concentrating on core abdominal strength to improve posture, balance and coordination as well as working all the major muscle groups.

SPECIALIST CLASSES

TKO!

A fitness class which incorporates a number of boxing moves and techniques without the physical contact. The most obvious benefits are to the cardio-vascular system, muscular strength & endurance, improvement in motor skills & flexibility. Strike! is a great way of toning your body and letting off steam.

Pilates

If you'd like to have longer, leaner body with flatter stomach, Pilates is right for you. It provides a series of exercises to strengthen the inner core muscles therefore providing a good base of strength to work on the outer muscles. Exercises will also improve flexibility and balance without stressing joints.

Yoga

Yoga balances your mind, body and spirit through the practice of meditation, breathing exercises and asanas (physical postures), all of which are known to increase energy levels, improve flexibility and enhance general health and well-being

Lyrical Hip Hop

A dance based class helping teach up and corners dancers to learn to flow to the beat as well as the lyrics. Great fun for a cardio based class.



group exercise timetable



More Energy Fitness Centre, Brunel University, Kingston Lane,
Uxbridge, UB8 3PH

Tel: 01895 265307
energy.co.uk

www.more-energy.co.uk



Brunel

**TIME
INSTRUCTOR****CLASS TYPE**

Monday

8:00am – 8:30am	More Abs	Gym Team
12:00pm – 1:00pm	Pilates*	Marisa
5:15pm – 6:00pm	Aerobic Dance	Karina

Tuesday

12:00pm – 1:00pm	Yoga*	Lesley
7:15pm – 8:00pm	More Legs Bum and Tums	Gym Team

Wednesday

8:00am – 8:30am	More Circuits	Gym Team
7:00pm – 8:00pm	Hour of Power	Lynne

Thursday

12:00pm – 12:30pm	More TBT	Gym Team
5:15pm – 6:00pm	More Spin	Anita

Friday

1:15pm – 1.45 pm	More Core	Gym Team
8:00pm – 9:00pm	Lyrical Hip Hop Dance*	Yaw

* Specialist Classes

Last updated October 2009.

PRICES

Standard classes**Students**

Gold Members - Free
Silver and Bronze Members - £1.50 (*SuperSaver* - 10 for £10)
Non-members - £3.50 (*SuperSaver* - 10 for £25)

Standard classes**Staff and Public**

Gold and Silver Members - Free
Bronze Members for peak class - £2 (*SuperSaver* - 10 for £15)
Non-members - £3.50 (*SuperSaver* - 10 for £25)

Specialist classes*Students**

Gold Members - £1.50 (*SuperSaver* - 10 for £10)
Silver and Bronze Members - £3 (*SuperSaver* - 10 for £20)
Non-members - £4.50 (*SuperSaver* - 10 for £35)

Specialist classes*Staff and Public**

Gold and Silver Members - £2 (*SuperSaver* - 10 for £15)
Bronze Members - £3.50 (*SuperSaver* - 10 for £25)
Non-members - £4.50 (*SuperSaver* - 10 for £35)

Active 50's

All Classes - £2.50 (*SuperSaver* - 10 for £20)

More Energy encourages members to book classes in advance to guarantee a place. We apologise if you are unable to attend a class due to lack of space or equipment.

All attendees must sign in at reception, pay the relevant price and collect your class pass. Please allow 5 mins before the start of the class to do this.

Please note that a minimum of two participants are required or the class will be cancelled.

More Energy reserves the right to change the timetable at short notice.