



Group Exercise Class Timetable

Monday

06:45 – 07:30	The Strength Circuit
08:00 – 09:00	Studio Open Access
09:30 – 11:00	Yoga
12.15 – 13.00	Inferno
13.45 – 14.45	Pilates
16:45 – 17:45	Junior & Senior Dance (Age 8 – 18)
18:00 – 18:30	The Rig
18:30 – 19:00	Oh My Glutes (OMG)
19.15 – 20.00	Aeromix
20.30 – 21.15	Boxzilla

Wednesday

06:30 – 08:00	Studio Open Access
09:00 – 09:45	Gentle Exercise
10:15 – 11:00	G10W
12.15 – 13.00	Inferno
17:00 – 17:45	The Strength Circuit
19.15 – 20.00	Pump45
20.00 – 20:30	Oh My Glutes (OMG)
20:45 – 21.45	Pilates Flow

FREESTYLE FITNESS
Est. 1998

Newton-le-Willows Health & Fitness

Tuesday

06.30 – 07.15	Studio Open Access
07.00 – 07.45	Inferno
08.45 – 09.30	Gentle Exercise
09:35 – 10:20	Gentle Exercise
10.30 – 11.15	LBT with Freestyle Fitness
11:30 – 12:00	Oh My Glutes (OMG)
12.15 – 13.00	Zumba
13.15 – 14.15	Pilates
17.00 – 17.45	Boxzilla
18.00 – 18.45	Pump45
19.15 – 20.00	G10W
20.15 – 21.15	Flow Yoga

Thursday

06.30 – 08:30	Studio Open Access
09.00 – 09.45	Gentle Exercise
10.30 – 11.15	Zumba
11.30 – 12.15	Pump45
18:00 – 18:30	The Rig
18.00 – 18.45	Zumba
19.15 – 20.00	LBT
20.15 – 21.00	AquaFit
20.15 – 21.45	Smooth Yoga

Friday

06:45 – 07:30	The Strength Circuit
09.30 – 10.15	G10W
10.30 – 11.30	Pilates
12.15 – 13.00	Inferno
13:30 – 15:00	Hatha Flow Yoga
17.15 – 17.45	Studio Open Access
18.00 – 18.45	Inferno
19.00 – 20.30	Slow Flow Yoga

Saturday

09.15 – 09.45	Pump30
09:30 – 10:00	The Rig
10.00 – 11.30	Vinyasa Flow Yoga
11.45 – 12.45	Pilates
13.00 – 14.00	Junior Dance (aged 8-13)
14.00 – 16.00	Senior Dance (aged 14+)

Sunday

09.15 – 10.00	Inferno
10.30 – 11.15	Pump45
11.30 – 12.00	Oh My Glutes (OMG)
13.30 – 14:15	Bloom Baby Sensory Busy Bees (Age 6 – 14 months)
14:45 – 15:30	Caterpillar Club (Age 0 – 6 months)

INFERNO. Our signature workout using our Queenax Rigs and accessories. A 45-minute-high intensity fitness class, based in our Group Exercise Studio. Short, sharp, bursts of explosive training which you will not want to miss!

BOXZILLA. Our 45-minute boxing class. Utilise the Queenax punch-bags featured on the training rig. Complete a boxercise circuit and let our Go Active staff push you to the max. P.s. don't forget your gloves!

THE RIG. Located on the Fitness Suite Queenax Functional Training Rig, come and enjoy 30 minutes of high intensity training. Try out our top of the range kit and push yourself to the maximum.

GENTLE EXERCISE. A 45-minute fitness class. Which is friendly, welcoming, and social. Low to medium intensity workout focussing on improving mobility, flexibility, balance, and strength.

STUDIO OPEN ACCESS. Perform your own workout in our amazing studio! Utilise the Queenax Wall Rig, Punch Bags, Battle Ropes, Kettlebells and other Functional Training accessories and workout your way. Over 16's only. Must be booked in advance. Social Distancing rules apply. Hands must be sanitised before entering the studio. All equipment used must be sanitised and returned to appropriate storage area after use.

NEW! THE STRENGTH CIRCUIT. A slower, technical approach to strength training, unlike any other fitness class before. Our new 45-minute strength circuit, features strength and functional training. Limited spaces, more time than ever with your trainer. You won't be disappointed.



***AEROMIX.** This class consists of carefully devised routines to challenge aerobic fitness, muscular strength and overall core conditioning. It is just our Total Body Workout! The class is designed for a range of fitness levels. Enthusiastic, motivating and inspiring instructors coupled with excellent current music will coach you to your goal fitness level.

***ZUMBA.** Improve your fitness whilst learning the hottest dance moves and listening to the best Zumba music. Classes are more like a party than a fitness class.

PUMP30/45. This weighted workout is a class that has no impact and a barbell. It's designed to target each major muscle group steady and with high reps, you'll feel each muscle fibre as we work through the class

***OH MY GLUTES 'OMG'.** A spicy, easy to follow resistant band workout which will get those legs and glutes fired up in 30 minutes. Resistance bands can be purchased at reception £4.00 per band!

LBT. This class is a 45-minute toning session. The structure of the session is based around legs, bums, and core.

G10W is our Glow Sticks Party! It's the only class around that feels like going to a RAVE !!! Varied routines that are easy to follow to 90's Dance anthems.

Studio Tips: Please don't be late – if the class has started you will not be able to enter the studio. Please clean any equipment before and after use. Cleaning stations will be available.

PILATES

Pilates is a form of exercise that focuses on balance, posture, strength and flexibility. It's suitable for people of all ages and fitness levels.

YOGA Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

Smooth Yoga Flowing class with an emphasis on mobility and breath.

Vinyasa Flow Yoga Dynamic class where the poses are linked together with the breath in a flowing sequence

Slow Flow Yoga Slow flowing Yoga creating stillness between poses, yet retaining a gentle rhythm of a flow class.

Hatha Flow Yoga Begins with breathing practise and then moves into gentle stretching and strengthening postures, followed by an easy flow pattern.

JUNIOR/SENIOR DANCE. Do you like to dance? Join the fabulous team to learn routines and dance away to the latest tracks. Juniors and Seniors aged 8 – 18.

Bloom Baby Sensory. Join Bloom at Newton-Le-Willows for baby sensory! Classes available for babies up to 14 months. Caterpillar Club: Age 0 – 6 months / Busy Bees: 6 – 14 months!

What do I need to bring?

Your own mat. Boxing gloves - Boxzilla / Inferno. Water bottle – you will sweat a lot so rehydrating is very important.

*You must be a minimum age of 16 to attend. Except classes marked with a * where we allow access from age 14. All classes are included in Platinum, Gold, Bronze and Class only memberships, and Silver membership before 5pm. Pay as you go classes are £5.00 per class. Any classes that are booked and not attended will generate a £5.00 fine that must be paid before future attendance or bookings can be made.*

Light Sensitivity, Epilepsy and Motion Sickness:

The Group Exercise Studio is a state of the art truly immersive experience equipped with a professional light and sound system. This system uses strobe lighting, flashing and rapid colour / pattern changes may be used. Do NOT participate if you are prone to seizures. Nausea and disorientation may be experienced by some participants.