



Exercise Classes

We offer a wide and varied selection of classes, available to members and non members:

Absolute Abs a great class to tone up the stomach and strengthen up the back. Who's ready for a six pack?

Absolute Arms our clever workout has all the moves you need to sculpt strong, toned arms and shapely shoulders.

Aquaflex water based class to improve your flexibility , strength and fitness.

Body Sculpture combines the principles of Tai Chi, Yoga and Pilates helping to increase strength, improve flexibility , mobility and posture.

Cardio Dance A dance aerobic workout and toning class.

Fitness Pilates to identify basic postural imbalances through Pilates based exercises to increase muscular balance and strength, improve posture and core and back strength.

Kettlebell The kettlebell , a powerful tool for improving your fitness and overall body composition

Kettle HITT A combination class of interval training and kettlebell conditioning exercises.

Motivate perfect for the more mature, this class includes circuits, low impact aerobics and toning.



Powerfit this class uses body weight and equipment to tighten, tone and sculpt the perfect body.

Spin a fun fast way to stay in shape, offering high and low intensity levels. This is cycling as you have never known it before!

Super Circuits a fat burning, sculpting, full body workout.

Total Tone exactly what it says on the tin! A session that tones up and strengthens all those key areas.

Yoga targets flexibility, core stability, balance and strength.

YogaFit combining the strength and flexibility of yoga with a high intensity resistance training for the muscles.

Yogalates combines the principles of Tai Chi, Yoga and Pilates, helping to increase strength improve flexibility mobility and posture.

(Minimum age for classes is 14 years)

Referral based classes Cardiac Phase 4 and Active Health These classes are delivered by a speciality specific qualified fitness instructor.

Members can choose to pre-book classes up to ten days in advance and non members, seven days.

Odstock Health and Fitness

Class Timetable



Contact us

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Telephone
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Website www.odstockhealthfit.co.uk



Odstock Health and Fitness

Classes timetable

Sessions are in the studios or gym unless listed otherwise

Water based class

Low impact with focus on mobility and posture

Tone and strength

Suitable for all levels

Day	Session	Time	Activity	Session	Time	Activity	Session	Time	Activity
Monday		12.30- 13.00	Absolute Arms	13.00 - 13.30	Body Sculpture		17.30 - 18.15	Cardio Dance	18.20-19.20 Super Circuits
	Pool & Spin	11.15 - 12.00	Aquaflex				18.15 - 19.00	Deep Aqua	
Tuesday		12.30-13.00	Kettlebell	13.00 - 13.45	Yogalates		17.15 - 18.00	Fitness Pilates	18.15-19.00 Fitness Pilates
	Pool & Spin						18.00 - 18.45	Spin	
Wednesday		13.00 - 13.30	Absolute Abs				17.30 - 18.15	YogaFit	19.15 - 20.00 Powerfit
	Pool & Spin	11.00-11.45	Aquaflex	12.30-13.00	Spin		18.30-19.15	Aquaflex	18.15-19.00 Spin
Thursday		12.30-1300	Cardio dance	13.00-13.30	Kettlebell		17.00-18.00		17.30.1815
	Pool & Spin						Yoga		Kettle HITT
Friday		11.00-11.45	Motivate	12.15 –12.45	Total Tone	12.45-13.15	Kettlebell		18.15 - 19.00 Spin
	Pool & Spin								

Gym

07.00 - 20.45

Weekdays

Junior gym 11-15yrs 3.30pm-5pm and 7.45pm-8.45pm (school holidays extended daytime sessions 9.30am-4.30pm)

Weekends

10.00 - 16.45 Junior gym 11-15yrs 10.00-16.45