

A photograph of a gym interior with several people on stationary bikes. The focus is on the hands of the person in the foreground gripping the handlebars. The lighting is dim, with a blue and purple color palette. The background shows other people on bikes, slightly out of focus.

Alive&Well
Your Gym on the Park

STUDIO
Timetable

 Birchwood Park

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M.	7.00 – 7.45 Piyo Studio	6.30 – 7.00 Abs Studio	7.00 – 7.45 P90X Live Studio	7.00 – 7.45 Kettlebells Studio	7.00 – 7.45 Raise the Bar Studio
		7.00 – 7.45 Insanity Studio	7.30 – 8.15 Yoga 401 Faraday Street		
LUNCH	12.15 – 12.45 Kettlebells Studio	12.15 – 12.45 Raise the Bar Studio	12.15 – 12.45 Tabata Studio	12.15 – 12.45 Boxing Studio	12.15 – 12.45 P90X - Weights Studio
	12.15 – 12.45 Spin Gym	12.45 – 1.15 Legs, Bums & Tums Studio	12.15 – 12.45 Spin Gym	12.15 – 1.00 Yoga 401 Faraday Street	12.15 – 12.45 Spin Gym
	12.15 – 1.00 Yoga 401 Faraday Street		12.45 – 1.15 Spin Gym		12.45 – 1.15 Spin Studio
	12.45 – 1.15 Spin Gym				
P.M.	5.15 – 6.00 Zumba 401 Faraday Street	5.30 – 6.15 Pilates Studio	5.15 – 6.00 Zumba 401 Faraday St	5.30 – 6.30 Alive Pump Studio	
	5.30 – 6.30 Fighting Fit Studio	5.15 – 6.15 Yoga 401 Faraday Street	5.30 – 6.15 Kettlebells Studio	6.30 – 7.30 Clubbercise Studio	
	6.00 – 6.45 Bootcamp Gym	6.15 – 7.00 Spin Gym			
	6.30 – 7.30 Alive Pump Studio				

Classes Session classes are limited. All classes must be pre-booked via Alive & Well on 01925 824 455 or in person at reception.

Abs Short on time but fancy a fab ab workout? If you're on the hunt for that elusive six pack, this class will set you on the right road to finding it and chiselling that middle.

Alive Pump A fun weights base class to tone and strengthen the whole body. Suitable for everyone, at any fitness level - burns fat while you tone!

Bootcamp involves a mixture of circuits, using your own body weight. The activities will vary every week including fun games – everyone is welcome.

Boxing There's a reason boxers are lean fighting machines – so discover the secret to their fitness success in this class. Increase your fitness, tone your body and burn body fat.

Clubbercise Simple, fun dance fitness routines using glow sticks to club anthems from 90's classics to the latest chart hits taught in a darkened room with disco lights. Because of the high and low impact options this class is great for everyone – beginner or fitness freak!

Fighting Fit This is an exciting high energy class that burns calories while you punch. Based on moves from a variety of martial arts, Fighting Fit is a fun way to release stress and get fit, to great music!

Insanity In this high-intensity total-body interval workout, you'll perform challenging drills and explosive plyometrics designed to test your limits – no matter your fitness level. It's the ultimate battle between your body and your mind – but you'll get the hardest body of your life.

Kettlebells Kettlebell training is different than other forms of weight training because many parts of the body are exercised simultaneously, and in addition kettlebell training elevates the heart rate for effective cardiovascular training. This 45 minute class will give fast results for strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements. All levels are welcome!

Legs, Bums & Tums The clues in the name – a 30 minute ladies only masterclass which focuses on problem areas such as legs, bums and tummy. Suitable for all fitness levels.

P90X Live is fully structured and led by a qualified P90X Instructor. The class starts with a brief warm up, and with this being a full body workout, there are sections for cardio, lower and upper body focus and core work. You'll be using a variety of weights (Dumbbells, Barbells, Kettlebells etc) and completing a variety of formats (Tabata, supersets, pyramids etc).

P90X Weights Only Within this shortened class format, the focus is on strengthening the lower and upper body.

Piyo Sweat, stretch, and strengthen – all in one workout. Using just your body weight, you'll perform a series of low-impact, high-intensity Pilates and yoga inspired moves to work every single muscle of your body. The result? A long, lean, and incredibly defined physique.

Raise the Bar A high-intensity full body workout. This class will get you lean, strong, fast and fit. It burns a high number of calories during the class and for several hours after! If you want to push yourself to your limits, this is the class for you!

Spin Get ready for the ride of your life with this 30 minute cycle workout in the gym. It's a lower body high intensity cardio workout, and high energy!

Tabata A fast paced, fun, fat burning class. 30 minutes of interval workouts made up of 20 second rounds at maximum intensity followed by 10 second rest periods for a total of eight rounds.

Yoga Yoga is a wonderful workout for the body, helping to tone up muscles and increase flexibility, whilst calming the mind and de-stressing completely.

Zumba This class takes the “work” out of workout. Super effective and super fun, join our interval-style, calorie-burning dance fitness party! Let the Latin and World rhythms take over; sweat it out and boost your mood! Come and give it a try.

Members: All classes are included in your monthly membership.

Non-Members: Classes, including Bootcamp, are £5.50.

Classes require a minimum of three people to go ahead. Booking can be made up to 7 days in advance, but please make sure you cancel your class if you cannot make it. More than 3 'no shows' without prior cancellation will result in a £10 fine.



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  @atthecentre