

Rivers Group Exercise

at Sport Dyson Perrins

Monday

19:00 - 20:00	Body Blitz
20:00 - 21:00	Circuit Training

Body Blitz

An all over body 'blitz' of muscular strength and endurance.

Circuit Training

With lots of variation, this high intensity session burns fat whilst focusing on cardiovascular fitness and endurance.

Pilates (course)

Pilates develops the body uniformly, improving alignment through gentle toning and stretching exercises.

Tuesday

18:00 - 19:00	Pilates Beg
19:00 - 20:00	Pilates Int
20:00 - 20:45	Riverlution

Riverlution

Enjoy all the benefits of group cycling in a fun and lively setting. Instructors will guide you through a variety of positions, tempos and routines.

Wednesday

18:00 - 19:00	Aerobics
19:00 - 20:00	Body Blitz

Aerobics

A classic combination of fat burning and muscle toning exercises.

Thursday

19:00 - 20:00	Thai-Bo
20:00 - 20:45	Riverlution

Thai-Bo

An all over aerobic workout derived from the ancient martial arts of Thai-Boxing and Taekwondo.

Saturday

10:00 - 11:00	Thai-Bo
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Bums, Tums & Thighs

A low impact workout that focuses on toning those 'problem areas'.

Sunday

10:00 - 11:00	Bums, Tums & Thighs
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DID YOU KNOW...

Rivers Express Membership gives you full membership benefits at Sport Martley at no extra cost - including a discount on indoor climbing. Why not pop over and take a look at this fantastic facility?!

Please Note:

- **£4.20 per class** unless course based.
- * Not included in Rivers Membership
- Classes suitable for 14yrs+