

Rivers Group Exercise

at Sport Martley

Monday

19:00 - 20:00	On The Ball
20:00 - 21:00	Riverlution

Tuesday

19:00 - 20:00	Stretch & Tone
20:00 - 21:00	Circuit Training
20:00 - 21:00	Step

Wednesday

19:00 - 20:00	Riverlution
20:00 - 21:00	Body Blitz

Thursday

19:00 - 20:00	Circuit Training
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Saturday

9:30 - 10:30	Circuit Training
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Key:

Studio

Main Hall

DID YOU KNOW...

Rivers Express Membership entitles you to use the excellent facilities at Sport Dyson Perrins in Malvern at no extra cost. Having recently had a Fitness Room extension, why not pop over and take a look!

Class Descriptions:

Stretch and Tone

Gentle stretching and toning exercises that work the upper and lower body, finishing with a relaxation session.

Body Blitz

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

Step

Played out to music, this classic step aerobics class is a low impact fat burner and muscle toner.

Circuit Training

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

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.

On the Ball

Using gym balls, this full body workout concentrates on toning the core muscles of the abdomen, lower back and bottom.

Please Note:

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

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