

Rivers Membership

Rivers Membership gives you all inclusive access to our great facilities at great value prices. With no contracted membership length or tie-in, Rivers Membership is the ideal way to make the most out of Rivers at GC.

Monday

18:00 - 19:00 **CIRCUIT TRAINING**
19:00 - 20:00 **BODY CONDITIONING**

Tuesday

09:30 - 10.30 **PILATES**
17:30 - 18:30 **DYNAMIC YOGA**
18:30 - 19:15 **CORE STABILITY**
19:15 - 20:15 **BODY CONDITIONING**

Wednesday

18:00 - 19:00 **20-20-20**
19:00 - 20:00 **PILATES**

Thursday

17:00 - 18:00 **DYNAMIC YOGA**
18:00 - 19:00 **BODY CONDITIONING**
19:00 - 20:00 **BOXERCISE**

Friday

17.30 - 18.30 **CORE STABILITY**

Saturday

10:00 - 11.30 **KIRYOKU KAI KARATE***

Class Descriptions:

20-20-20

The class is a combination of hi/low tempo aerobics and body conditioning. The choreography is varied with aerobic moves and all-over body toning exercises. It is an exciting class for those who want to increase general fitness and have fun!

Body Conditioning

An all over body workout which focuses on muscular toning and conditioning. The exercises include mat work and the use of dumbbells.

Pilates*

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

Circuit Training

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

Core Stability

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

Abs

A class of innovative exercises that target the core muscles of the stomach and lower back.

Boxercise

A boxing inspired aerobic and muscular workout that combines punches, kicks and knee strikes.

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