



Summer 360

- **Get Mud Running**

On our unique obstacle course

- **New Outdoor Gym**

- **New & Updated Classes**

*We have updated and revised many of our existing classes and added...
Outdoor Circuits... 360 Summerfit...
Box & Core and Netball*



Freestyle 360

INDOOR & OUTDOOR GYM

CLASS TIMETABLE

Make it fit!

Experience 360

Why not join in and enjoy one of our many 360 experiences in 2016. Interested? Email us or catch one of the team in the gym

360 Summer events

- **Mud 'n' Grub - 2nd July**

Family obstacle course run, a beer and BBQ

- **Family Fun Run - 11th Sept**

A 5/10K fun run to support Blockley School

- **Xabia Beach Camp 2016 - 27th Sept**

Amazing fitness experience in Spain for all abilities



Myzone® is a chest strap and monitoring system that transmits heart rate, calories burned and effort in real-time to a live display and wirelessly uploads that data to a logbook that can be accessed online or through the free App.

Gym Opening times

06:00 - 20:00 | Monday

06:00 - 20:00 | Tuesday

06:00 - 20:00 | Wednesday

06:00 - 21:00 | Thursday

06:00 - 20:00 | Friday

06:30 - 16:00 | Saturday

08:00 - 16:00 | Sunday

Freestyle360

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Monday		9:00-10:00 360 Bodymax* ●	
Tuesday		9:00-10:00 360 TRX/Spin* ● 9:30-10:30 Barre Concept	10:30-11:30 Vinyasa Yoga
Wednesday		9:00-10:00 360 Summerfit ●	
Thursday	7:00-8:00 Early Spin	9:00-10:00 Circuits II* ● 9:00-10:00 Kinetics*	13:30-14:30 Pilates 13:45-14:45 360 Box & Core
Friday		9:00-10:00 Tone & Condition* 9:00-10:00 360 Pump ●	
Saturday	8:30-9:30 Cyclone Spin		
Sunday		9:30-10:30 Circuit Training ●	

	16:30-17:30 Kids Fitness 16:30-17:30 Gym Fit	17:45-18:45 Club Spin	18:30-19:30 360 Outdoor Circuits	
14:00-14:45 360 Spin	16:30-17:30 Seniors	17:30-18:30 Multi-Sport Spin 17:30-18:30 Netball		19:30-20:30 360 Sculpt
	16:30-17:30 Kids Fitness		18:00-18:30 360 TRX 18:00-19:00 Multi-Sport Circuits	18:30-19:30 360 Spin (chart)
		17:00-18:00 Kids Fitness	18:30-19:30 360 Pump 18:30-19:30 Vinyasa Yoga	19:30-20:30 The 360 Workout
		17:45-18:45 360 Box	18:00-19:00 360 Core	

● 360 Orange class

* Women only

Yoga, Pilates and Barre Concept are not included in any membership packages and do not run during school holidays.

Please contact instructors directly for more information:

Pilates/Barre Concept
Rebecca
M: 07734 934751

Yoga
Julia
M: 07500 949365

Spin and Pilates are by booking only.

F R E E S T Y L E *Please ask us about our obstacle course bookings and upcoming events?*

360 MUD

Indoor and Outdoor Gym Classes

360 Bodymax - Very effective high energy studio class, based on intervals of intensity, that raise your metabolism... burning fat fast.

360 Summerfit - An exciting high intensity interval class offering strength, cardio and core exercises, perfect to get in shape this summer.

360 TRX - Suspension training class - a total body solution for strength, flexibility and especially core.

360 Spin - Ready, steady, go... Lights, tunes and full on action, we run a variety of spin classes to suit everyone, full of sprints, drops and heavy flats... burn over 750 calories!

360 Circuits II - Invigorating cardio, strength and core exercises run as a loop. A popular and great all round fitness that stands the test of time.

360 Body Control Pilates - Led by Rebecca Cullinane, body control pilates is seen as the benchmark for pilates - safe and effective teaching at the highest standard. Available in 6 week blocks.

360 Seniors - A popular class offering a wide range of exercises (for strength, flexibility, balance and core stability) that leave you feeling rejuvenated and uplifted both physically and mentally.

Netball - Fancy a game? Join us outdoors for a fun way to keep fit.

360 Tone & Condition - One of the most popular classes of lower intensity, but lacking nothing. A total body workout using light dumbbells, core exercises and mat work. Our take on old legs, bums and tums (and arms).

The 360 Workout - Our take on the challenging & legendary '300 workout' created for the film 300. 360 Repetitions, 8 challenging exercises and no time to do it in, a total body killer workout with complete supervision, technical advice and Spartan style motivation!

Multi Sport Circuits - Run, Bike, Swim? Play a sport and require some sports conditioning strength and core stability or simply wish to become stronger and more balanced. This could be the class for you!

360 Kinetic (Myofascial Release) - Concentrating on balancing the body and strengthening muscle chains offering a full body workout through a variety of tempo exercises and stretches. This class allows you to add specific focus which you require as an individual.

360 Core - A class designed all about the core, strength and stability. A set of mat exercises to tighten and flatten at a lower intensity that really works!

360 Box - Boxing fitness is renowned for getting you fit and losing weight effectively. Torch calories through pad boxing, drills, bag and ring work. Men and women welcome.

360 Kids - Childrens fun and fitness training. Varied classes including spin, fun boxing, body weight and outdoor games. A great way to burn off excess energy. For ages 8-13yrs. Look out for holiday day camps!

Vinyasa Flow Yoga - A dynamic style of yoga which links movement and breath with a focus on strength and flexibility, for all levels.

360 Outdoor Circuits - A variety of sequenced functional exercises for men and women. This all-round fitness circuit class pushes you as an individual across a variety of exercises from barbells, box jumps and shuttles to monkey bars.

Circuit Training - *Circuit training over time inside and outside, a great way to start your Sunday open to all abilities, why not bring the family along for a workout!*

360 Pump - High energy, full body weight training class. Rep after rep of light to moderate weight resistance to music, torching calories and raising metabolism.

Barre Concept - A combination of Pilates, yoga, resistance training and ballet. Performed on the mat and at a ballet barre.

360 Sculpt - Studio based women's fitness tone and conditioning class with great results for all abilities.

360 Multi-Sport Spin - Sports conditioning themed spin class to benefit those wanting to improve strength and fitness for cycling, triathlons, running and sport in general. The same high octane spinstyle fitness and weightloss benefits to any individual.

360 GymFit - A total body high energy workout suitable for men and women. Varying each week offering all-round fitness using both our indoor and outdoor gym.