

HALLAMSHIRE GYM

SUMMER CLASS SCHEDULE

17/06/24 - 6/10/24



NEW



MONDAY

BOOTCAMP
HALLAMSHIRE BOX

7:00am - 7:45am
6:15pm - 7:00pm

TUESDAY

LADIES WHO LIFT

9:15am - 9:45am

WEDNESDAY

BOOTCAMP
LEGS, BUMS & TUMS
HIIT

7:00am - 7:45am
6:30pm - 7:00pm
7:15pm - 7:45pm

THURSDAY

INTRO TO LIFTING

7:30pm - 8:00pm

SATURDAY

HIIT
LEGS, BUMS & TUMS
HALLAMSHIRE BOX
JUNIOR GYM
(13-15YRS)

9:00am - 9:30am
9:45am - 10:15am
10:30am - 11:15am
11:30am - 12:15pm

MEMBERS
£4.00 PER SESSION

NON-MEMBERS
£7.00 PER SESSION

Classes: All classes are suitable for all fitness levels.
Please arrive 10 minutes before the start time.
Class schedule may be subject to change, please check our website or contact.

Booking: Book for these sessions through your Hallamshire account. Booking is advised as numbers for the sessions are limited.

Terms & Conditions: Please check the T & C's when booking onto the classes.

BOOT CAMP

WANTING TO GET FITTER-FASTER- STRONGER?
COME AND TRY OUR BOOT CAMP, DESIGNED TO SUPPORT ALL ABILITIES
TO ACHIEVE THEIR FITNESS GOALS!

HALLAMSHIRE BOX

BOXING IS ONE OF THE BEST WAYS TO GET IN SHAPE. BURN CALORIES,
BUILD STRENGTH, AND IMPROVE YOUR ENDURANCE WITH HIGH-
INTENSITY, FULL-BODY WORKOUTS.

LADIES WHO LIFT

JOIN OUR WOMEN'S STRENGTH TRAINING CLASSES!
EMPOWER YOURSELF WITH STRENGTH AND CONFIDENCE!
IMPROVE YOUR STRENGTH, ENHANCE YOUR MOVEMENT AND BUILD
YOUR CONFIDENCE

LEGS, BUMS & TUMS

LOW IMPACT LOWER BODY AND CORE ENGAGING EXERCISES TO HELP
YOU ACHIEVE YOUR FITNESS GOALS.

HIIT

READY TO PUSH YOURSELF TO THE LIMIT? COME TRY OUR NEW HIT
CLASS, DESIGNED TO CHALLENGE YOU WHILE HAVING FUN AND
BURNING CALORIES!

INTRO TO LIFTING

NEW TO THE GYM? WANTING TO GET IN TO LIFTING BUT DON'T KNOW
WHERE TO START?

THEN INTRO TO LIFTING IS DESIGNED FOR YOU!


WE LOOK TO GIVE YOU THE CONFIDENCE TO PERFORM COMPOUND
LIFTS-KNOWING YOU'RE USING CORRECT FORM,-SO THAT YOU CAN
SAFELY EXPAND AND IMPROVE YOUR GYM EXPERIENCE


JUNIOR GYM

TEACHING THE YOUNGER GENERATION HOW TO LIFT AND MOVE IN THE
GYM SAFELY EMPOWERING THEM TO GET IN TO FITNESS AND LIFTING
AGES 13-16

Location Key:

 Gym

 Tennis Court

 Squash Court

For exact location please see the booking system

SCAN FOR MORE
INFORMATION
ABOUT OUR
CLASSES

