

Train Together Fitness

Why not join us for a FREE WEEK!

Just send a quick email to info@traintogether.co.uk or telephone 01524 389616 to book in! ☺

The Train Together Team

Class Descriptions

Abs Conditioning – a faster paced Abs class hitting the whole core, front and back.

Blast Class – (for the not so early starters!) A great variety, all fitness levels catered for.

Bootcamp – fast-paced and plenty of variety.

Boxercise – non-contact boxing moves and fitness. Great for coordination and stamina.

Cardio/Power Hour – 60 minutes using a variety of cardio machines and weights/resistance.

Circuits – body weight, free weights and cardio machines. Great for fitness and endurance.

Core – working the whole core. Designed to strengthen the whole midsection, front and back.

HIIT – High Intensity Interval Training. Short bursts of exercise with even shorter rest periods.

HIRT – slightly different to HIIT in that there will be more weights/resistance used. Still intense though!

Indoor Cycling – great workouts on the bikes. Intense and sweaty!

In Shape – a 6 weeks body transformation program. Not included in the “normal” memberships.

Kettlebells – fantastic workout for testing strength and stamina. Glutes and Hamstrings worked.

Mega Stretch – end the week with gentle stretching to reduce tension and improve flexibility.

MetaFit – a fast paced, body weight HIIT style class. Great workout, that is tailored to your ability. **MetaPower** – as MetaFit but using some equipment.

Mobility & Balance – working on your core muscles with balance & posture thrown in for good measure.

Pilates – a great class offering core & strength training at a different pace!

Ride Circuits – a combination of cycling & weights-based circuits.

Strength Circuits – A fast paced class utilising a mixture of weights and cardio exercises.

Swiss Ball Circuit – working out with stability balls – one of our more popular classes.

Total Toning – it’s in the name! Full-body, intense workout (not for the faint hearted!)

Weight Lifting – very popular classes! Great workouts with bars, dumbbells and kettlebells. Split in to either lower body for legs and glutes or an all over, full body blast!

No Class* – Please note that during these periods the main studio is also available for your use.



Effective 1st March 2020

MONDAY

| Class Time | Duration | Class | Instructor |
|---------------|--------------------------------------|----------------------------|------------|
| 07:00 – 20:00 | Weights & Cardio Gym Open | | |
| 07:10 – 07:40 | 30 minutes | MetaFit | Kate |
| 07:50 – 08:20 | 30 minutes | Weight Lifting (Full Body) | Kate |
| 09:20 – 09:50 | 30 minutes | MetaFit/MetaPower | Kate |
| 10:00 – 10:45 | 45 minutes | Pilates | Kate |
| 10:45 – 12:00 | No Class | | |
| 12:10 – 12:40 | 30 minutes | HIIT | Kate |
| 12:45 – 13:15 | 30 minutes | Weight Lifting (Full Body) | Kate |
| 13:15 – 14:15 | No Class | | |
| 14:15 – 15:15 | CLOSED | | |
| 15:15 – 17:15 | No Class | | |
| 17:30 – 18:00 | 30 minutes | Weight Lifting (Full Body) | Neil |
| 18:10 – 18:40 | 30 minutes | Circuits | Neil |
| 18:50 – 19:20 | 30 minutes | HIIT | Neil |
| 19:30 – 20:00 | 30 minutes | Kettlebells | Neil |

TUESDAY

| Class Time | Duration | Class | Instructor |
|---------------|--------------------------------------|---|------------|
| 06:15 – 07:00 | 45 minutes | Bootcamp | Julie |
| 07:00 – 20:00 | Weights & Cardio Gym Open | | |
| 07:10 – 07:40 | 30 minutes | Kettlebells | Julie |
| 07:50 – 08:20 | 30 minutes | Core | Julie |
| 09:30 – 10:10 | 40 minutes | Blast Class | Julie |
| 10:30 – 12:00 | CLOSED – PRIVATE SESSION | | |
| 12:10 – 12:40 | 30 minutes | Abs Conditioning | Neil |
| 12:45 – 13:15 | 30 minutes | Kettlebells | Neil |
| 13:15 – 14:15 | No Class | | |
| 14:15 – 15:15 | CLOSED | | |
| 15:15 – 17:15 | No Class | | |
| 17:30 – 18:15 | 45 minutes | HIRT (high intensity resistance training) | Julie |
| 18:00 – 19:00 | 60 minutes | In Shape 2018 – see class descriptions | Sarah |
| 18:30 – 19:00 | 30 minutes | Abs Conditioning | Julie |
| 19:15 – 20:00 | 45 minutes | Indoor Cycling | Sarah |
| 19:15 – 20:00 | 45 minutes | Strength Circuits | Julie |

No Class* – Please note that during these periods the main studio is available for your use.



WEDNESDAY

| Class Time | Duration | Class | Instructor |
|---------------|--------------------------------------|----------------------------|------------|
| 07:00 – 20:00 | Weights & Cardio Gym Open | | |
| 07:10 – 07:40 | 30 minutes | Circuits | Neil |
| 07:50 – 08:20 | 30 minutes | Weight Lifting (Full Body) | Neil |
| 09:30 – 10:10 | 40 minutes | Blast Class | Neil |
| 10:30 – 12:00 | No Class | | |
| 12:10 – 12:40 | 30 minutes | Boxercise | Amy |
| 12:45 – 13:15 | 30 minutes | Circuits | Amy |
| 13:15 – 14:15 | No Class | | |
| 14:15 – 15:15 | CLOSED | | |
| 15:15 – 17:15 | No Class | | |
| 17:30 – 18:00 | 30 minutes | MetaFit | Kate |
| 17:30 – 18:15 | 45 minutes | Weight Lifting (Full Body) | Amy |
| 18:00 – 18:45 | 45 minutes | Pilates | Kate |
| 18:30 – 19:00 | 30 minutes | Core | Amy |
| 19:15 – 20:00 | 45 minutes | Indoor Cycling | Amy |

THURSDAY

| Class Time | Duration | Class | Instructor |
|---------------|--------------------------------------|---|------------|
| 06:15 – 07:00 | 45 minutes | Bootcamp | Julie |
| 07:00 – 20:00 | Weights & Cardio Gym Open | | |
| 07:10 – 07:40 | 30 minutes | Weight Lifting (Lower Body) | Julie |
| 07:50 – 08:20 | 30 minutes | Ride Circuits | Julie |
| 09:30 – 10:10 | 40 minutes | Blast Class | Julie |
| 10:30 – 12:00 | No Class | | |
| 12:10 – 12:40 | 30 minutes | Weight Lifting (Full Body) | Julie |
| 12:45 – 13:15 | 30 minutes | Mobility & Balance | Julie |
| 13:15 – 14:15 | No Class | | |
| 14:15 – 15:15 | CLOSED | | |
| 15:15 – 16:45 | CLOSED – PRIVATE SESSION | | |
| 17:30 – 18:00 | 30 minutes | HIRT (high intensity resistance training) | Neil |
| 18:00 – 19:00 | 60 minutes | In Shape 2018 – see class descriptions | Sarah |
| 18:15 – 19:00 | 45 minutes | Boxercise | Neil |
| 19:15 – 20:00 | 45 minutes | Indoor Cycling | Sarah |
| 19:15 – 20:00 | 45 minutes | Swiss Ball Circuit | Neil |

No Class* – Please note that during these periods the main studio is available for your use.



FRIDAY

| Class Time | Duration | Class | Instructor |
|---------------|---------------------------|---|------------|
| 07:00 – 19:00 | Weights & Cardio Gym Open | | |
| 07:10 – 07:40 | 30 minutes | Kettlebells | Neil |
| 07:50 – 08:20 | 30 minutes | HIRT (high intensity resistance training) | Neil |
| 09:30 – 10:10 | 40 minutes | Blast Class | Neil |
| 10:30 – 12:00 | No Class | | |
| 12:10 – 12:40 | 30 minutes | HIIT | Amy |
| 12:45 – 13:15 | 30 minutes | Core | Amy |
| 13:15 – 14:15 | No Class | | |
| 14:15 – 15:15 | CLOSED | | |
| 15:15 – 17:00 | No Class | | |
| 17:15 – 18:15 | 60 minutes | Cardio/Power Hour | Amy |
| 18:20 – 18:50 | 30 minutes | Mega Stretch | Amy |

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| SATURDAY | 09:00 – 10:00 | Bootcamp |
| | 10:00 – 13:30 | Weights & Cardio Gym Open |
| SUNDAY | CLOSED | |

Monthly Membership Options and Price List

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|--|-------------|
| Gold Unlimited Gym use and Unlimited Classes per week | £45* |
| Silver Unlimited Gym use and 14 classes per month | £35* |
| Platinum – over 60's Unlimited Gym use and Unlimited Classes per week | £25* |
| Bronze Unlimited Gym use | £25 |
| Couples Unlimited Gym use and Unlimited Classes per week | £70 |
| Student 12 months Unlimited Gym use and Classes up to 17:00 | £180 |
| Student 6 months Unlimited Gym use and Classes up to 17:00 | £120 |
| Pay As You Go Single Class or Gym session | £6 |
| Block of 5 Classes or Gym sessions | £26 |
| Block of 10 Classes or Gym sessions | £50 |

***Pauses available for 6 & 12 month options, also 15% Discounts available for NHS, Emergency services & Students. Call us on 01524 389616 for more details.**

Only 1 discount per membership.



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