

## STUDIO 1 CLASSES

### ABS BLAST

A class dedicated purely to tighten and strengthen the abdominals and core under the watchful eye of an experienced instructor.

### PRO KICK

A high intensity non-contact martial arts based workout. Using driving music and a variety of techniques you will punch and kick your way to fitness.

### SHREDDER

A great mixture of cardio, core conditioning and strength training. A wide variety of stations using equipment and body weight to give an amazing whole body workout.

### CIRCUITS

Overall body workout using a variety of exercise stations. This class will challenge your cardiovascular fitness as well as strengthen and tone. Suitable for all fitness levels.

### SIMPLE CIRCUIT

This one is suitable for absolutely everyone. Simple but effective exercises that will work your big muscle groups and give you an overall body workout. Focusing on kettlebells and TRX.

### 8 to GR8AT

Join the club. An 8 week block consisting of 2 classes a week, dietary advice and an optional weigh in. Brand new to our timetable. Led by Alex Whelan himself! See notice boards in the centre for the start dates of each block. Book at reception.

### BOOTCAMP

A great outdoor workout! This will strengthen and tone as well as challenge your cardiovascular fitness using a wide variety of equipment and drills. Bootcamp will run outdoors when the weather allows April-Oct.

## BOXING/GYM FLOOR

### CORE ON THE FLOOR

A class dedicated purely to tighten and strengthen the abdominals and core under the watchful eye of an experienced instructor.

### BOXFIT

A cardio and conditioning workout based on boxing training. Includes pad work, skipping, resistance training and core conditioning.

## STUDIO 2 CLASSES

### SPIN/SPIN AND CORE

Group indoor cycling workout for all fitness levels that will increase your cardiovascular fitness as well as tone and sculpt your lower body. You will be coached through hill climbs, intervals and sprints by an experienced instructor and to motivating music. Spin and Core includes a 10 minute core blast as well

### IRONMAN

The triple threat! This class has three sections, cardio, strength training and cycling. This workout is based on interval training making it a class to really challenge you.

### YOGA

A whole body workout that combines strengthening and stretching poses with deep breathing, meditation and relaxation techniques. Yoga will also help tone muscles, relax your mind and improve your well being.

### STRETCH

A complete full body stretch. This will improve flexibility, range of movement and blood flow as well as relax your body and mind.

### HIIT CIRCUITS

A HIIT based class using a wide variety of equipment and stations. This will increase your cardiovascular fitness, strengthen and tone and condition the core. Suitable for all fitness levels.

### PRO BODY

This class will get you lean and toned using light to moderate weights with lots of repetitions. Pro Body gives you a total body workout to uplifting motivational music.

### HARDCORE

30 minutes of hard work on the gym floor led by our Gym Team.

### HIIT

If you want a quick 30 minute blast on the gym floor with some simple exercises this is the class for you. Suitable for all. Give it a try!

### EXPRESSWAY CHALLENGE

Held on the upper floor of the gym and using our Expressway machines, this is a great way to combine a gym based workout with a class. You will be coached through all stations by our trained instructors.

### KICK WITH KENNY

Ever wanted to learn to kick box? This is your chance. Learn the techniques and drills by our resident expert!

**PRO-LIFE**<sup>®</sup>  
FITNESS CENTRE




# FITNESS


# CLASS

# TIMETABLE



**0141 889 5027**

 @ProLifeFitnessCentre

 @prolifefitnesscentrepaisley

98 New Sneddon Street, Paisley PA3 2BD

[www.prolifefitnesscentre.com](http://www.prolifefitnesscentre.com)

## MONDAY

### SPIN 60

10am  
Studio 2

### CORE ON THE FLOOR 30

5.30pm  
Gym Floor

### IRONMAN 60

6pm  
Studio 2

### SIMPLE CIRCUIT 60

6pm  
Studio 1

### PRO KICK 45

7pm  
Studio 2

### STRETCH 45

7.45pm  
Studio 2

### HIIT 30

8pm  
Gym Floor

### BRAZILIAN JIU JITSU

8pm  
Studio 1  
(additional fee)

## TUESDAY

### SPIN 60

6.15am  
Studio 2

### HIIT CIRCUIT 60

10am  
Studio 1

### YOGA 45

11am  
Studio 2

### 8 TO GR8AT

6pm  
Studio 1

### PRO BODY 60

6pm  
Studio 2

### BOXFIT 45

6.30pm  
Gym Floor

### SPIN 45

7pm  
Studio 2

### CORE ON THE FLOOR 30

7.30pm  
Gym Floor

### PAISLEY BARBELL CLUB

8pm  
Studio 1  
(additional fee)

## WEDNESDAY

### BOOTCAMP 60

6.30am  
Studio 1/  
Outdoors

### SPIN AND CORE 60

10am  
Studio 2

### SPIN 60

5.30pm  
Studio 2

### SHREDDER 60

6pm  
Studio 1

### CORE ON THE FLOOR 30

6.30pm  
Gym Floor

### PRO KICK 60

7pm  
Studio 2

### BRAZILIAN JIU JITSU

8pm  
Studio 1  
(additional fee)

## THURSDAY

### PRO BODY 60

6.30am  
Studio 2

### HIIT CIRCUIT 60

10am  
Studio 1

### CORE ON THE FLOOR 30

5.30pm  
Gym Floor

### 8 TO GR8AT

6pm  
Studio 1

### SPIN 60

6pm  
Studio 2

### EXPRESSWAY CHALLENGE 60

7pm  
Gym Floor

### PRO BODY 45

7pm  
Studio 2

### PAISLEY BARBELL CLUB

8pm  
Studio 1  
(additional fee)

## FRIDAY

### SPIN 60

6.15am  
Studio 2

### EXPRESSWAY CHALLENGE 45

9.30am  
Gym Floor

### YOGA 45

10.15am  
Studio 2

### CIRCUITS 60

5.45pm  
Studio 1

### CORE ON THE FLOOR 30

6.45pm  
Gym Floor

## SATURDAY

### BOOTCAMP 60

8.45am  
Studio 1/  
Outdoors

### SPIN 60

9.45am  
Studio 2

### ABS BLAST 30

10.30am  
Studio 1

### KICK WITH KENNY 45

10.30am  
Gym Floor

### PRO BODY 60

11am  
Studio 2

### BRAZILIAN JIU JITSU

3pm  
Studio 1  
(additional fee)

## SUNDAY

### PRO KICK 60

10am  
Studio 2

### SHREDDER 60

11am  
Studio 1

### YOGA 60

12pm  
Studio 2

### HARDCORE 30

12pm  
Gym Floor

## CRECHE OPENING TIMES

### Monday

9.30-11.30am

### Tuesday

10-12pm

### Wednesday

9.30-11.30am

### Thursday

9.15-11.15am


### Friday


9.30-11.30am

### Saturday

10-12pm

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KEY Studio 1 Studio 2 Boxing Area/Gym Floor

30/45/60 denotes length of class in minutes