

Feel the Fitness Revolution

peakclasses

Monday	Instructor	Class Style
07:00-07:30	Sam	Power Fit
07:30-08:00	Sam	Power Fit
08:00-08:30	Sam	Power Fit
12:30-13:00	Holly	Power Fit
13:00-13:30	Holly	Power Fit
13:30-14:00	Holly	Power Box
17:30-18:00	Trainer	Power Fit
18:00-18:30	Trainer	Power Fit
18:30-19:00	Trainer	Power Fit
Tuesday	Instructor	Class Style
07:00-07:30	Holly	Power Fit
07:30-08:00	Holly	Power Fit
08:00-08:30	Holly	Power Fit
12:30-13:00	Sam	Power Fit
13:00-13:30	Sam	Power Flex
13:30-14:00	Sam	Power Fit
17:30-18:00	Trainer	Power Fit
18:00-18:30	Trainer	Power Fit
18:30-19:00	Trainer	Power Fit
Wednesday	Instructor	Class Style
07:00-07:30	Holly	Power Fit
07:30-08:00	Holly	Power Box
08:00-08:30	Holly	Power Fit
12:30-13:00	Holly	Power Fit
13:00-13:30	Sam	Power Pilates
13:30-14:00	Sam	Power Fit
17:30-18:00	Sam	Power Fit
18:00-18:30	Sam	Power Box
18:30-19:00	Trainer	Power Fit

Thursday	Instructor	Class Style
07:00-07:30	Sam	Power Fit
07:30-08:00	Sam	Power Fit
08:00-08:30	Sam	Power Fit
12:30-13:00	Sam	Power Box
13:00-13:30	Holly	Power Fit
13:30-14:00	Holly	Power Strength
17:30-18:00	Holly	Power Fit
18:00-18:30	Holly	Power Pilates
18:30-19:00	Trainer	Power Fit
Friday	Instructor	Class Style
07:00-07:30	Holly	Power Fit
07:30-08:00	Holly	Power Fit
08:00-08:30	Holly	Power Fit
12:30-13:00	Sam	Power Fit
13:00-13:30	Sam	Power Fit
13:30-14:00	Sam	Power Flex
17:30-18:00	Trainer	Power Fit
18:00-18:30	Trainer	Power Fit

off peakclasses

Monday	Instructor	Class Style
08:30-09:00	Trainer	Power Fit
11:00-11:30	Trainer	Power Fit
12:00-12:30	Trainer	Power Strength
14:30-15:00	Trainer	Power Fit
15:00-15:30	Trainer	Power Fit
19:00-19:30	Trainer	Power Fit
19:30-20:00	Trainer	Power Fit
Tuesday	Instructor	Class Style
08:30-09:00	Trainer	Power Strength
09:30-10:00	Trainer	Power Fit
11:00-11:30	Trainer	Power Fit
12:00-12:30	Trainer	Power Fit
15:00-15:30	Trainer	Power Fit
19:30-20:00	Trainer	Power Fit
Wednesday	Instructor	Class Style
08:30-09:00	Trainer	Power Fit
09:30-10:00	Trainer	Power Fit
11:00-11:30	Trainer	Power Fit
12:00-12:30	Trainer	Power Fit
14:30-15:00	Trainer	Power Fit
16:00-16:30	Trainer	Power Fit
19:00-19:30	Trainer	Power Fit
19:30-20:00	Trainer	Power Fit

Thursday	Instructor	Class Style
08:30-09:00	Trainer	Power Fit
09:30-10:00	Trainer	Power Fit
11:00-11:30	Trainer	Power Fit
12:00-12:30	Trainer	Power Fit
14:30-15:00	Trainer	Power Fit
15:00-15:30	Trainer	Power Fit
19:00-19:30	Trainer	Power Fit
19:30-20:00	Trainer	Power Fit
Friday	Instructor	Class Style
08:30-09:00	Trainer	Power Pilates
11:00-11:30	Trainer	Power Fit
12:00-12:30	Trainer	Power Fit
14:30-15:00	Trainer	Power Fit
16:00-16:30	Trainer	Power Fit
19:00-19:30	Trainer	Power Fit
Saturday	Instructor	Class Style
08:30-09:00	Trainer	Power Fit
10:00-10:30	Trainer	Power Fit
12:30-13:00	Trainer	Power Fit
14:00-14:30	Trainer	Power Fit

class descriptions...

Power Fit

The absolute Favourite and everyone's welcome! This class caters for all and is a total body workout. With the revolutionary Power Plate, your workout will ensure that you increase muscular strength, accelerate metabolism, reduce appearance of cellulite, reduce stress and improve flexibility! Exert yourself through acceleration training and feel your body optimise to its full potential.

Power Box

Bringing Power Plate & Boxing together to maximize the fat burning results! Alleviate stress, accelerate toning and intensify your workout with a 30 minute energizing Power Box session. All participants are encouraged to bring their own boxing gloves which you can purchase at reception, so give it a go if you think you can handle it? It would be advantageous to have experienced a few Power Fit classes prior to attending Power Box classes as balance and coordination is key in this class.

Power Flex

This class is a combination of flexibility and stretching exercises utilising the advantages of the Power Plate accelerated technology. Stretching plays a vital role in keeping muscles and joints strong and pliable so they are less susceptible to injuries. Power Flex classes will also improve your range of motion and enhance your performance whilst reducing any pain in your joints or ligaments.

Power Pilates

Do you feel out of balance? Let us put you right back on track. This class combines traditional Power Plate exercises with basic Pilates to elongate, strengthen and restore the body to balance. Pilates is well known for improving your posture, mobility, flexibility of the spine, promotes a more efficient and supportive core, increases stability for the pelvis and shoulders and fosters the health of joints through improved mobility.

Power Strength

Come along to this specialised class to focus on all the areas that are key to enhancing your strength performance. This is a great class for muscle strength in preparation for snowboarding or skiing. This class focuses on leg strength, core strength and power. Clients wishing to improve their flexibility in readiness for their ski trip, may also benefit from attending our Power Flex classes too.

HOW TO BOOK

To book either call the club or book online by following the steps below:

- www.mindbodyonline.com
- Click on 'Clients'
- Click on 'Bankside Health Club' highlighted in blue
- Login or create a new account
- Follow the steps to create your account

TERMS AND CONDITIONS

- You are required to give 24 hours notice if you wish to cancel or reschedule your class
- If you cancel without giving us 24 hours notice, you will be charged for the session
- All courses will expire after 6 months from purchase date
- Courses are not refundable. We may agree to refund in the event of a serious illness or injury, supported by a doctors note
- Courses may be transferred to another person at the discretion of the Power Plate Manager
- Only 1 trial per client unless verified by the Power Plate Manager
- Time, style and instructor of classes may be subject to change