

CLASS INFORMATION

SPINNING

Intense cardio workout on a Schwinn AC Performance bike, designed to get your heart racing and increase fitness levels.

CORE CHALLENGE

Exercises to challenge the core, tone up the abs and improve stability & balance.

BODY PUMP

Full body toning workout using a barbell, this class will leave you shaking!

TAE BO

Combinations of high impact punches and kicks to work you to the max.

ZUMBA EXPRESS

A funky class with routines to keep you motivated and raise your heart rate.

BEGIN TO SPIN

Ease into the world of spinning with our lower intensity class.

SIMPLY STRETCH

Using core strength and balance with a progressive range of movements to enhance body shape and core stability.

ABS BLAST

Get beach body ready with this classic intensive abs circuit workout. Promoting core body strength and abdominal toning to shape those abs!

STEP

A funky classic class with routines to keep you motivated and to raise your heart rate.

YOGA

A Class based upon deep stretching, lengthening the muscles, improving flexibility, core strength plus relaxation.

FITNESS YOGA

A fast paced fitness class to tone the entire body to improve strength and tone as well as flexibility.

BLT WRAP

The classic bums, legs and tums all wrapped up in you lunch hour!

SHRED

Full body fat burning workout based on circuits to help you shred the pounds.

CIRCUITS

A classic high intensity circuits giving the whole body a complete workout.

H.I.T.

High intensity training using circuit exercises to target and tone the muscles groups while burning fat.

CARDIO BLAST

Cardio based circuit class with elements of intense resistance to improve all over body condition and fitness.

All abilities & new comers very welcome!

Please see our instructors for further info.

Carrefour Health Clubs

7-17 Wellington Street, Douglas, Isle of Man, IM1 2AS
Tel. 615595 / eMail: info@carrefour.im

Opening Times:

Monday - Thursday : 6am - 9pm

Friday : 6am - 8pm

Saturday : 8am - 6pm

Sunday : 10am - 4pm

