

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness (flexibility, muscular strength, and cardio-vascular fitness). It is performed to music and led by a qualified fitness professional.

Our goal is to help prevent illness and promote physical fitness. Our instructors help you perform various routines comprising a number of different dance-like exercises.

Our aerobics classes are divided into different levels of intensity and complexity. Aerobics classes may allow participants to select their level of participation according to their fitness level.

At McCaulay's we offer a variety of aerobic classes. Each class is designed for a certain type of benefit and taught by a certified instructor with a specialty area related to their particular class.

## Aqua Fit

Improves cardiovascular fitness with balance & co-ordination.

## Boxing Circuits

Cardiovascular workout using a boxing and circuits philosophy.

## Boot Camp Circuits

Functional, exciting and interesting.

## Royal Navy Circuits

This incorporates all the upper body muscles.

## Stability Ball

Great core and balance workout.

## Cardio Circuit

Different exercises to work the cardio respiratory system.

## Indoor Cycle

Athletic cardiovascular cycling that burns calories fast.

## All Round Circuit

This works every thing with some fun thrown in.

## Pump

Effective training that develops strength and endurance.

## CV Cardio Blast

Kiss goodbye to long and boring cardio sessions. Find out why less is more!

## Step

Simple choreography. Motivating music & great calorie burner.

## HIIT Training

High intensity interval training to give maximum fitness and fat loss in minimal time!

## Legs Bums Tums

Designed to tone and give a leaner look.

## LBT Blast

A fast dynamic workout to target those problem areas.

## Pilates

Based on the principles of balancing mind and body.

## Ab Blast

Strengthen and tone your core and waist in record time.

## Yoga

Mental and spiritual well being practising through physical postures.

## Arm Assination

This circuit ensures you get a real definition & shape for the arms.

## Boxercise

Cardiovascular workout using a boxing philosophy.

## Boxing Blaster

This circuit has a range of different boxing exercises to work you tip to toe

Day	Class Type	Time	Location	Instructor
Monday	CV Cardio Blast	09.00 - 09.30	Plymouth	Craig
	CV Cardio Blast	09.30 - 10.00	Plymouth	Craig
	Step	09.35 - 10.35	Ivybridge	Jo
	Indoor Cycle	09.35 - 10.10	Ivybridge	Dawn
	Pilates	10.35 - 11.35	Ivybridge	Dawn
	Aqua Fit	10.45 - 11.30	Ivybridge	Jo
	Royal Navy Circuit	14.00 - 14.30	Plymouth	Brian
	Cardio Circuit	14.30 - 15.00	Plymouth	Brian
	Pump	18.00 - 19.00	Ivybridge	Sian
	Indoor Cycle	18.00 - 18.45	Ivybridge	Leanne
	Boxercise	19.00 - 20.00	Ivybridge	John
	Indoor Cycle	19.05 - 19.50	Ivybridge	Sian
	Stability Ball	20.05 - 21.00	Ivybridge	John
Tuesday	Pilates	09.35 - 10.35	Ivybridge	Nicole
	Royal Navy Circuit	10.30 - 11.00	Ivybridge	Brian
	Pilates	10.40 - 11.40	Ivybridge	Nicole
	Stability Ball	11.45 - 12.30	Ivybridge	John
	HIIT Training	12.00 - 12.30	Plymouth	Guy
	HIIT Training	12.30 - 13.00	Plymouth	Guy
	Cardio Circuit	13.15 - 13.45	Ivybridge	Brian
	Yoga	18.05 - 19.05	Ivybridge	Ruth
	Indoor Cycle	18.10 - 18.55	Ivybridge	Helen
	Leg Bum Tums	19.15 - 20.15	Ivybridge	Helen
Wednesday	LBT Blast	08.30 - 09.00	Plymouth	Belle
	Ab Blast	09.00 - 19.30	Plymouth	Belle
	Pump	09.35 - 10.35	Ivybridge	Helen / Dawn
	Aqua Fit	09.35 - 10.15	Ivybridge	Jo
	Step	10.35 - 11.20	Ivybridge	Jo
	Indoor Cycle	10.40 - 11.25	Ivybridge	Abi / Dawn
	Step	18.00 - 19.00	Ivybridge	Jo
	Indoor Cycle	18.10 - 18.55	Ivybridge	Helen
	Pilates	19.00 - 20.00	Ivybridge	Abi
	Aquafit	19.10 - 19.55	Ivybridge	Dawn
	Boxing Circuits	20.05 - 21.00	Ivybridge	John / Carl

To book your classes either phone the club  
or book online at [mccaulays.com](http://mccaulays.com)

Day	Class Type	Time	Location	Instructor
<b>Thursday</b>	Legs Bums Tums	09.35 - 10.35	Ivybridge	Helen
	Pilates	10.35 - 11.35	Ivybridge	Nicole
	Indoor Cycle	10.45 - 11.30	Ivybridge	Sara
	Pilates	11.40 - 12.30	Ivybridge	Abi
	Arm Assassination Circuit	16.00 - 16.30	Plymouth	Brian
	Boxing Blaster	16.30 - 17.00	Plymouth	Brian
	Pump	18.00 - 19.00	Ivybridge	Helen
	Indoor Cycle	18.15 - 19.00	Ivybridge	Abi
	Boot Camp Circuits	19.15 - 20.15	Ivybridge	John / Carl
<b>Friday</b>	Pilates	09.35 - 10.35	Ivybridge	Nicole
	Indoor Cycle	09.35 - 10.20	Ivybridge	Sara
	Aqua Fit	09.45 - 10.30	Ivybridge	Dawn
	Pump	10.35 - 11.20	Ivybridge	Dawn
	All Round Circuit	14.00 - 15.00	Ivybridge	Brian
	Indoor Cycle	18.30 - 19.15	Ivybridge	Tony
<b>Saturday</b>	Indoor Cycle	09.00 - 09.45	Ivybridge	Sara
<b>Sunday</b>	Boxercise	10.00 - 11.00	Ivybridge	John / Helen
	Pilates	11.00 - 12.00	Ivybridge	Dawn / Abi

## Notes

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