

HBF Stadium Gym Teen Fit

Want to train as a family in a safe, fun environment?

Teen Fit Membership gives 12 - 15 year olds managed access to our health and fitness services and a head start to establishing a healthy, active routine for life.

Morning classes

- Teen Fit friendly classes

| Monday 13/9 | Tuesday 14/9 | Wednesday 15/9 | Thursday 16/9 | Friday 17/9 | Saturday 18/9 | Sunday 19/9 |
|---|--|--|--|---|---|---|
| 5:45am - 6:15am Metafit Group X Room | 6:00am - 6:45am RPM 45 Cycle Studio | 6:00am - 6:45am RPM Cycle Studio | 6:00am - 6:30am RPM Express Cycle Studio | 6:00am - 6:45am RPM 45 Cycle Studio | 7:30am - 8:00am CORE Group X Room | 9:30am - 10:00am CORE Group X Room |
| 6:00am - 6:30am RPM Express Cycle Studio | 8:30am - 9:15am Pilates Matwork Evolve Studio | 6:15am - 6:45am CORE Group X Room | 8:30am - 9:15am YOGA Evolve Studio | 8:30am - 9:15am Pilates Matwork Evolve Studio | 8:00am - 8:30am METAFIT Group X Room | 10:15am - 11:15am Pilates Matwork Group X Room |
| 6:15am - 6:45am CORE Group X Room | 8:45am - 9:15am CORE Group X Room | 8:45am - 9:15am RPM Express Cycle Studio | 8:45am - 9:15am CORE Group X Room | 8:45am - 9:15am MetaFit Group X Room | 8:40am - 9:25am RPM 45 Cycle Studio | |
| 8:30am - 9:15am Pilates Matwork Group X Room | 9:30am - 10:15am BODYBALANCE 4 Evolve Studio | 9:30am - 10:30am BODYBALANCE Group X Room | 9:30am - 10:15am Pilates Matwork Evolve Studio | 9:15am - 10:00am RPM 45 Cycle Studio | 9:30am - 10:30am BODYBALANCE Evolve Studio | |
| 8:45am - 9:15am Cycle Express Cycle Studio | 9:30am - 10:15am ZUMBA Group X Room | 9:30am - 10:15am Pilates Matwork Evolve Studio | 9:30am - 10:15am ZUMBA 45 Group X Room | 10:05am - 10:30am Stretch and Flex Evolve Studio | 9:30am - 10:15am BODYSTEP 45 Group X Room | |
| 9:30am - 10:15am Pilates Matwork Evolve Studio | | 10:30am - 11:30am Pilates Matwork Evolve Studio | 10:30am - 11:30am Pilates Matwork Evolve Studio | 10:30am - 11:30am ZUMBA GOLD Group X Room | 10:30am - 11:30am Pilates Group X Room | |
| 10:30am - 11:30am BODYSTEP Group X Room | | 10:30am - 11:00am CORE Group X Room | | 10:40am - 11:40am Pilates Matwork Evolve Studio | 11:00am - 12:00pm Yoga Evolve Studio | |
| 10:30am - 11:00am Stretch and Flex Evolve Studio | | | | | | |

Afternoon / Evening classes

- Teen Fit friendly classes

| Monday 13/9 | Tuesday 14/9 | Wednesday 15/9 | Thursday 16/9 | Friday 17/9 | Saturday 18/9 | Sunday 19/9 |
|--|--|--|--|---|------------------|----------------|
| 12:30pm - 1:30pm Pilates Matwork Group X Room | 5:30pm - 6:30pm BODYSTEP Group X Room | 4:15pm - 5:00pm Teen Fit - teens o Group X Room | 12:30pm - 1:00pm Pilates Matwork Group X Room | 5:00pm - 6:00pm Pilates Matwork Group X Room | | |
| 5:30pm - 6:00pm CORE | 6:30pm - 7:30pm Pilates Matwork | 5:00pm - 5:30pm METAFIT | 6:30pm - 7:30pm Pilates Matwork | | | |

| | | | | | | |
|--|---------------|--|---------------|--|--|--|
| Group X Room | Evolve Studio | Group X Room | Evolve Studio | | | |
| 6:15pm - 7:15pm BODYBALANCE Evolve Studio | | 6:30pm - 7:30pm BODYBALANCE Evolve Studio | | | | |

Cardio

These high energy cardio classes will get your heart rate up, increase blood circulation and burns calories.

METAFIT™ HIIT

Created by a former Royal Marine Commando, Metafit HIIT combines traditional bodyweight exercises with the latest high intensity interval training (HIIT) techniques to set the metabolism on fire! 30 minute EXPRESS format.

BODYSTEP™

BODYSTEP is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

Get active

Classes develop your strength, muscle tone and balance while increasing your fitness levels with light resistance and cardio. Classes aimed at seniors and injury recovery or rehab.

ZUMBA®

Party yourself into shape. Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. ZUMBA® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

Core strength

Core abs express

A half hour of intense core work. You'll work your entire core and learn new exercises to help sculpt the body. This class is for all fitness levels, and is a great way to fit a quick but challenging workout into your busy day.

Mind and body

These classes assist with flexibility, core strength and balance whilst uniting your mind, body and spirit.

Pilates matwork

Pilates focuses on strengthening the core through stretching and breathing exercises. It creates a balance in the body that leads to physical and mental relaxation.

Yoga

Yoga and Iyengar Yoga are available on the timetable. Develop strength, mobility and stability as you are guided through postures by expert instructors. We teach you about body discipline and mental stability

allowing you to challenge the body whilst relaxing the mind. Suitable for all ages and fitness levels, yoga is perfect for beginners, experienced yogis or anyone looking to incorporate a mind and body routine into their fitness regime.

Yoga comprises of rhythmic sequenced postures, static postures, breathing and meditation, designed to increase stamina, strength and flexibility.

Iyengar Yoga, a form of Hatha yoga is based on giving primacy to the physical alignment of the body in the poses. Iyengar Yoga classes use blankets, blocks, straps, pillows, chairs, and bolsters to assist with ideal alignment.

Cycle

Enjoy a high energy workout with RPM™ and cycle classes

RPM

RPM™ is an indoor cycling class set to motivating music. It burns major calories and gets you fit using simulated climbs and sprints. Instructors show you the basic cycling moves of standing and sitting, changing hand positions, speeding up slowing down. You control your resistance levels and speed, so you can build your training level over time. RPM™ comes in 45 and 30 minute formats.

Cycle

Cycle classes use stationary bikes to increase endurance and tone the legs. Your instructor leads you on a ride simulating both hilly and flat terrain. This a very popular class. Class duration is 55 minutes.

Teens only

A dedicated class just for Teen Fit.

This class uses a combination of cardio and resistance training activities to build fitness and conditioning to a new level. Classes include closely supervised access to the gym cardio and weights equipment plus group fitness room facilities. The emphasis is on having fun while promoting the benefits of exercise.

Enquire now

For more information about Teen Gym Membership fill in your details below.

First name *

Last name *

Email *

Ready to join?

Click the button below to sign up today.

Mobile Number *

Message

SUBMIT