Exercise classes

How do I choose my Christmas exercise sessions?

Monday 26th November to Sunday 13th January 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Early Session!</td>
<td>Functional Training (cont)</td>
<td>FUJctional Training (cont)</td>
<td>HIT 7:30-8:00 (Studio 1)</td>
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<tr>
<td>7:30-8:00</td>
<td>12:15-12:45</td>
<td>12:30-1:00</td>
<td>12:30-1:20</td>
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<tr>
<td>Gym</td>
<td>mini fight club Studio 2</td>
<td>HIIT Studio 1</td>
<td>Studio 2</td>
<td>equilibrium Studio 2</td>
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<tr>
<td>5.15-5.45</td>
<td>FUJctional Training</td>
<td>FUJctional Training</td>
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<tr>
<td>Gym</td>
<td>step</td>
<td>ABSolution no class 19/12</td>
<td>HIT no class 19/12</td>
<td>sleek Physique 5.30-6.20</td>
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<tr>
<td>5.30-6.20</td>
<td>studio 1</td>
<td>5.30-6.46</td>
<td>5.30-6.20</td>
<td>zumba</td>
<td>sleek Physique 5.30-6.46</td>
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<tr>
<td>studio 2</td>
<td>hatha yoga</td>
<td>aeromax</td>
<td>hatha yoga</td>
<td>5.30-6.46</td>
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<tr>
<td>5.45-6.35</td>
<td>studio 3</td>
<td>bike no class 17/12</td>
<td>bike</td>
<td>circuits</td>
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<tr>
<td>6.00-6.50</td>
<td>starter circuits</td>
<td>circuits</td>
<td>circuits</td>
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<tr>
<td>half 2/1*</td>
<td>no class 18/12</td>
<td>no class 18/12</td>
<td>no class 18/12</td>
<td>circuits</td>
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<tr>
<td>6.30-7.20</td>
<td>sleek physique no class 17/12</td>
<td>sleek physique no class 18/12</td>
<td>sleek physique no class 19/12</td>
<td>fight club</td>
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<tr>
<td>studio 1</td>
<td>6.30-7.45</td>
<td>pic n mix plates 6.50-7.40</td>
<td>pic n mix plates 6.55-7.35</td>
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<td>studio 2</td>
<td>hatha yoga no class 18/12</td>
<td>hatha yoga no class 18/12</td>
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</tbody>
</table>

* Circuits move to hall 1 from 3/12 to 14/12 during exams

There will be no classes running from Thurs 20th December 2018 - Wednesday 2nd January 2019. Classes resume on Thursday 3rd January 2019. Check below for exemptions in the timetable.

To help you choose, here’s our rating system.
Classes 50 minutes unless stated otherwise

Key Descriptors:
- 🌟 a rating for cardiovascular (CV)
- 💪 a rating for muscle strength and endurance (MSE)
- 🌟 a rating for flexibility (F)

Examples of intensity:
- 💪 little or no development
- 💪 low - medium
- 💪 medium - high
- 💪 off the scale

Classes are busy so book up to 6 days in advance on the app, at reception or by calling 01382 384122. Remember to cancel if you can’t make it or you’ll get a £5 No Show Fee. You can cancel on the app, phone and leave a message or email ise@dundee.ac.uk

What are they and what are they like?

Choreographed Classes

**flight club** 🌟🌟🌟🌟🌟 🌟
Kick, block and punch your way to fitness with this all-action workout.

**mini fight club** 🌟🌟🌟🌟🌟 🌟
Just like fight club but only half an hour!

**step** 🌟🌟🌟🌟🌟 🌟
The steps may be simple, but it’s not a workout for the faint-hearted.
Designed to burn calories, calories, calories...

**zumba** 🌟🌟🌟🌟🌟 🌟
They say we need to ditch the workout and join the party - so let's get to it then!

**aeromax** 🌟🌟🌟🌟🌟 🌟
Maximum impact x maximum fun = maximum calories burned. It’s simple, but hard work, so not suitable for beginners.

Mind and Body

**hatha yoga** 🌟🌟🌟🌟🌟 🌟
This traditional yoga practice will vary, but will always aim to achieve stillness by using the body, breath and the mind.

**equilibrium** 🌟🌟🌟🌟🌟 🌟
Dynamic stretch, relax and re-energise. This class mixes the best bits from yoga, tai chi and pilates. A definite de-stress workout.

Cycling

**bike** 🌟🌟🌟🌟🌟 🌟
ISE’s own brand of studio cycling. A general level class for all cycling lovers.

Body Conditioning Classes

**sleek physique** 💪🌟🌟🌟🌟🌟 🌟
The ultimate in toning for those who want their muscles to look better, feel better, work better and burn more body fat. Try to get there a few minutes early to set up your weights.

**speedy sleek** 🌟🌟🌟🌟🌟 🌟
Shorter version of sleek physique, but as we’ve got 30 mins there’ll be less rest and less equipment needed. No time for faffing!

**HIIT** 💪🌟🌟🌟🌟🌟 🌟
Stands for high intensity interval training so go hard or go home!

**ABSolution** 💪🌟🌟🌟🌟🌟 🌟
If your waistline is getting wider then this could be your abs solution...

**cardio ball** 💪🌟🌟🌟🌟🌟 🌟
Combine dynamic body conditioning with balance exercises to give a full body challenge on the ball.

Circuit Classes

**circuits** 💪🌟🌟🌟🌟🌟 🌟
An ideal class for beginners and those who prefer a gentle approach. It’s simple to do too.

**starter circuits** 💪🌟🌟🌟🌟🌟 🌟
A very basic introduction to circuit exercise that includes gentle cardio, strength, balance and stretching. Ideal if you haven’t exercised in a long time, or if you know you’re going to need extra motivation and support.

Pilates

**pick n mix pilates** 💪🌟🌟🌟🌟🌟 🌟
General class using different equipment for all levels, with lots of options to suit all pilates lovers.

Please note: all bike and pilates sessions are premium classes, so a top up fee may be applicable depending on your membership package.

Classes with low numbers may be changed or substituted. We can’t guarantee a particular class teacher for any given session. Check who’s teaching everyday on our Facebook page.