



STRENGTH & TONE

Body Pump is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscles groups and inspires you to get the results you came for - and fast!!

Arms & Abs Exactly what it says on the tin - this 30 minute class focuses on strengthening and toning the upper body and core to streamline your body.

Legs, Bums & Tums This is a dynamic endurance workout which focuses on fat burning and toning the core and lower body using a step and weights. A fun class that will develop shapely legs and buns of steel!!

Pro Circuit This is a highly effective full body workout that alternates cardiovascular with muscular endurance stations. Set your own pace, no coordination required.

MMA Circuit This circuit is inspired by mixed martial arts seen in Cage Fighting. It's an empowering athletic workout training strength, endurance, power and flexibility, using moves from Kickboxing, Muay Thai, Karate, Boxing and Ju Jitsu.

Absolute Abs The ultimate abdominal experience! This 30 minute circuit workout is fast and furious, guaranteed to keep the waistline tight.

Ronnie's Circuit He came in search of adventure and left buff bodies in his wake! Join our very own Barbarian in this fantastic, hard core circuit training class!!

Pro-Girya Kettlebell Training increases strength, power, speed, coordination as well as core stability.

Polekats Pole dancing combines both cardiovascular and strength training to help build flexibility, grace, strength, coordination and confidence in a fully fabricated pole dancing studio.

FAT & CALORIE BURNING

Body Attack The sports inspired workout, building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Suitable for everyone - from the weekend athlete to the hard-core competitor!

Body Combat Unleashed in this fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Tae Kwon Do, Thai Chi and Muay Thai. Strike, punch, kick and KATA your way through calories to superior cardio fitness.

Body Jam The cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest sounds puts emphasis as much on having fun as breaking a sweat. So grab a friend, get front & centre and get high on the feeling of dance.

Pro-Life Running Club Get on your running shoes and head for the horizon with our outdoor running club.

Pro Spinning A fun filled cycle class which focuses on speed training combined with high intensity muscular endurance techniques. Feel the burn!!

Zumba This class fuses hypnotic Latin rhythms and easy to follow moves to create an absolute blast of calorie burning exercises. Come and join the party.

RELAX & REVITALISE

Yoga This well known ancient practice uses physical postures to align your body and allow energy to flow freely. You also learn breathing techniques, which help regulate the flow of energy and enable you to master your mind, attain balance, build strength and develop flexibility.



MONTHLY MEMBERSHIP OR PAY AS YOU GO PER CLASS

0141 889 5027

98 New Sneddon Street, Paisley PA3 2BD www.prolifefitnesscentre.com

Group Xercise Timetable

GXSTUDIO 1

	10.00	11.00	17.00	17.30	18.30	19.30	
MON			Arms and Abs	Legs, Bums and Tums	Body Jam	Body Combat	
TUES		Body Balance 		Pro Circuit	Body Attack	Yoga	
WED		Body Combat 	Absolute Abs (30mins) 	Body Combat Technique 17.15	Body Combat	Body Jam	MMA Circuit
THUR		Ronnie's Circuit 		Arms and Abs	MMA Circuit	Zumba	Yoga
FRI	Body Combat Technique 09.45	Body Combat 	Absolute Abs (30mins) 		Pro-Girya (Kettlebells)	Body Combat	
SAT		Body Combat 	Body Jam 				
SUN			Body Attack	Zumba 12.00			

GXSTUDIO 2

	6.30	10.00	11.00	12.00	18.00	19.00	20.00
MON			Pro Spinning 11.30 		Pro Spinning	Body Pump	PoleKats (see reception)
TUES		Pro Spinning	Pro Pump 	18.00 - 19.00 Running Club	Body Pump	Pro Spinning	PoleKats (see reception)
WED					Pro Spinning	Body Pump	PoleKats (see reception)
THUR				18.00 - 19.00 Running Club	Pro Pump	Pro Spinning	PoleKats (see reception)
FRI		Pro Spinning			Pro Spinning		
SAT		Pro Spinning 	Body Pump 				
SUN				Pro Pump			