

# Studio Classes

**Aerobics** Low Impact but High energy, fast paced aerobic workout with fun, easy-to-follow choreography. Aerobics combines strength training, stretching and abs!

**Boot Camp Circuits** Blast fat, improve fitness and increase lean muscle with a boot camp blast by one of our top Personal Trainers. A host of fun, dynamic resistance and cardio moves designed to give you the best all round workout - bring a sweat towel!

**Box Fit** Float like a butterfly, sting like a bee it's time to put your fists up. Box Fit encourages self defence, boxing techniques and discipline. Sessions may include skipping, pad work and abs, all performed to some motivational tunes.

**Fitness Yoga** Improve Strength and flexibility with this modern Yoga class, learn how to understand your body and begin to move more effectively and efficiently, improving posture, self awareness and confidence.

**Pump Aerobics** Fusion of our Aerobic and Pump class, total body strength conditioning with an aerobic blast between your sets taking fat burn to a whole new level!

**Kettlebells** Fast paced strength and conditioning class involving fun, dynamic total body moves. Simultaneously burn fat and build muscle with this latest Hollywood workout technique.

**Pilates** Exercise class to improve your posture, tone and abdominal muscle function. Combination of stretching and strengthening exercises.

**Pump FX** Voted one of the best classes for fat burning and muscle building, set to some truly floor shaking tracks, Pump FX raises the bar (literally!) when it comes to resistance programme perfection.

**Spin** Fantastic, heart pumping workout. Taught on a stationary bike you will climb, sprint and train to incredible music and extraordinary instruction

**Stretch & Abs and Advance Abs** Class designed

to strengthen your core, increase relaxation and strengthen your entire body through abdominal exercises, yoga moves and stretching!

**Street Dance** Dance class suitable for all levels, the best urban dance class in the area is set to some floor shaking tunes and sure to improve dance moves, burn fat and increase fitness!

**Zumba** Latin Inspired, dance fitness class full of fun, calorie burning, dance moves. Easy to follow, suitable for all levels, come and join the party!

## Other services available at Advance Gym

**Personal Training** Personal Training starts from just £25 per session including nutritional coaching. Get results even quicker with an Advance personal trainer and train to all the latest techniques. Our top personal trainers are trained to the highest standard so get started today and get that body you've always dreamed of!

**Group Personal Training** Group Personal Training sessions from Advance Studio (all the fun at a fraction of the cost). Grab some friends and get some VIP treatment for a cheaper alternative to one on one sessions. Sessions are carried out in the Advance Studio and as ever include all your nutritional coaching.

**BioSignature** is aimed to increase your health by re-addressing any hormone imbalances and providing you with eating and training guidelines based on own unique biochemistry. BioSignature provides you with spot fat reduction from problem areas such as tights or arms on females or abs and pecs on males. BioSignature gives an insight into why you store fat in certain areas and how these hormones are disrupting your body's functions.

**Sport Massage Therapy** Sports Massage Therapy from £20 per treatment. Can't touch your toes? Sitting at work for long periods? In need of some relaxation? Book a massage treatment at Advance Gym with our sports massage therapist.

**Supplement Sales and Aftercare Support**  
Discounted supplement sales from leading manufacturers, discounts of up to 20% off RRP.

**ADVANCE  
GYM**  
Advance your fitness

## Winter Class Timetable

Monday - Thursday 6.30am - 10pm  
Friday 6.30am - 9pm  
Saturday & Sunday 9am - 5pm

**Booking essential  
for all classes!**

[info@advancegym.co.uk](mailto:info@advancegym.co.uk)

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Advance Gym, 106A Friar Street, Reading, RG1 1EP

# Advance Gym Studio Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 9:00	07:00 07:30 <b>Box Fit</b>	07:30 08:00 <b>Spin</b>	07:00 07:45 <b>Pump Aerobics</b>	07:30 08:00 <b>Kettlebells</b>	07:30 08:00 <b>Spin</b>	Closed	Closed
	Peak Hours	Peak Hours	Peak Hours	Peak Hours	Peak Hours	Closed	Closed
9:00 - 11:00							
						10:00 11:00 <b>Spin</b>	
11:00 - 14:00	12:30 13:00 <b>Boot Camp Circuits</b>	13:00 13:30 <b>Pump FX</b>	12:30 13:00 <b>Kettlebells</b>	Peak Hours	Peak Hours	11:00 12:00 <b>Pump FX</b>	12:00 12:30 <b>Boot Camp Circuits</b>
	13:00 13:30 <b>Spin</b>	13:30 14:00 <b>Fitness Yoga</b>	13:00 13:30 <b>Stretch &amp; Abs</b>	13:00 13:30 <b>Box Fit</b>	13:00 13:30 <b>Spin</b>		
14:00 - 16:00							
16:00 - 22:00	17:45 18:00 <b>Advance Abs</b>	17:45 18:30 <b>Spin</b>	Peak Hours	18:00 18:45 <b>Spin</b>	18:00 19:00 <b>Zumba Dance</b>	Closed	Closed
	18:00 19:00 <b>Spin &amp; Abs</b>	18:30 19:30 <b>Pump FX</b>	18:00 19:00 <b>Pilates Int/Adv</b>	19:00 20:00 <b>Pilates Beg/Int</b>	Peak Hours	Closed	Closed
	19:00 20:00 <b>Aerobics</b>	19:30 20:00 <b>Box Fit</b>	19:00 20:00 <b>Spin &amp; Abs</b>	20:00 21:00 <b>Pump FX</b>	Peak Hours	Closed	Closed
	20:00 21:00 <b>Zumba Dance</b>	20:00 21:00 <b>Street Dance</b>	20:00 21:00 <b>Kickbox Academy (£)</b>	Peak Hours	Peak Hours	Closed	Closed
	Peak Hours	Peak Hours	Peak Hours	Peak Hours	Closed	Closed	Closed

- Reactive & Power Class
- Strength and Conditioning Class
- High Energy Class
- Holistic Class
- Peak Hours
- Closed