

World Class Group Exercise & Personal Training

Zestfit
Your vital fitness ingredient

All classes are £4.50 Drop-in or Unlimited Classes are £35 per month.
No booking or contract required just simply turn up we would love to see you!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.30-7.00am Strength is beautiful					9.00-10.00am Bootcamps & Masterclasses (Not weekly)
9.30-10.00am Strength is beautiful 10.00-10.15am Awesome Abs	9.30-10.15am Girls get Strong	9.30-10.00am Insanity 10.00-10.15am Awesome Abs	9.30-10.15am HIIT Smasher	9.30-10.15am Calorie Circuit Training	9.00-9.45am Total Tone	
6.30-7.15pm Insanity	7.00-7.45pm Total Tone	6.30-7.15pm Rep & Rip 7.30-8.10pm ZENfit	7.00-7.45pm Z List	6.30-7.45pm Prosecco Fridays (Every 6 weeks)		

We are all about #strongnotskinny
Helping people feel awesome!

All 9.30am classes are baby and child friendly for you to train and not worry about childcare.

07886 408 418
Zestfit.co.uk



Zestfit Boutique Training Studio
Perkins Yard, Mansfield Road, Derby DE21 4AW

All abilities welcome.
Low options are given every class.



“No one gets judged on a low option”
(one of Kat's favourite sayings!)

Strength is Beautiful: A bodyweight focused class using pilates and yoga training methods to help gain that lovely feminine toned look - perfect to compliment your cardio training.

Awesome Abs: Speaks for itself, an intense non stop ab workout using different core and ab training methods to speed up your toned tummy results!

Calorie Circuit Training: A skip circuit class incorporating boxing, focusing on your own M.O.T body test. Weights endurance for those who want it. Technique and breathing work.

ZENfit: A slow paced stretch and relaxation class focusing on strengthening and lengthening key muscle groups with some dedicated core work. A class that is designed to keep you injury free for life. Perfect to compliment high intensity training.

Boutique Bootcamp: A 4 week program that are results driven and fun! The bootcamp is run quarterly at key times of the year from 9.00-10.00am. Please ask for details.

Total Tone: Zestfit's Owner Kat's trademark class. The class you can't get enough of! Female only. Mixing cardio and toning in a fast-paced environment. Awesome music, awesome atmosphere and awesome results! This class targets those female trouble zones like no other. All levels welcome.

Z List: Zestfit's own creation, a fast paced no nonsense class, including shadow boxing combos, and strength combos. It's gritty, not for the fainthearted and brutal. Over 18's only.

Warning: this class does contain bad language.

Insanity: It's the revolutionary, cardio based, calorie torching, shirt soaking workout based on the principles of max interval training delivering INSANE results!

HIIT Smasher: An intense, fat burning class that focuses on all over body including elements of HIIT training, toning and cardio. Focusing on working on intervals of 45seconds. A class designed to challenge you – Mixed abilities.

Buddy Personal Training: Couples, mates, colleagues. You choose.

Rep & Rip: A weighted class using slower, controlled movements, mixing it up with high reps and a small dose of cardio!

Girls get Strong: A circuit based class focusing on strength training, toning and focused ab work. A great introduction to weights and the importance of why we with weight train. All abilities welcome.

Zestfit Events: Run throughout the year. Please ask for details.