

Class Description

Aerobics is a cardiovascular workout, which has a choreographed routine using aerobic style moves.

Aqua Aerobics is a low impact class, taking place in the pool. It provides strength and cardiovascular training using water as resistance.

Body Balance is the yoga, tai chi and pilates workout that is designed to tone, relax and enhance your physical and mental well-being.

Body Combat is a non-contact, martial arts-based fitness class with moves drawn from various self-defence disciplines.

Body Jam is the ultimate dance party set to the latest music and greatest dance moves. It's cardio fun at its best for those with a passion to dance.

Body Pump is a toning and conditioning class with weights and is just about everybody wanting to add strength training into their aerobic workout.

RPM is an indoor cycling class based on outdoor riding. You are taken on a journey through varying and challenging terrains to inspirational music.

Circuits is aimed to improve muscular strength and endurance and consists of a series of exercise stations aimed at different parts of the body.

Core Stability is aimed at correcting posture using a series of exercises to develop strong abdominal and back muscles.

Cycle Fit is an intensive workout on stationary bikes including hill climbs and sprint races. Some classes include upper body and abdominal work.

Line Dancing is performed by a number of people dancing in lines, the dance consists of a sequence of steps repeated several times to country & western music.

Pilates is a class that concentrates on stabilisation and conditioning techniques to promote postural awareness and to help achieve a strong back and torso.

Relaxation & Meditation is a class that focuses on your inner body and mind to help you relax.

Rhythmical Stretch / Stretch & Relax is a class that gives you flexibility of body and mind, relaxation and stress relief.

Salsacise is a dance based cardiovascular class incorporating salsa style moves.

Yoga is a true mind and spirit class, which concentrates on posture and body alignment, encouraging improved flexibility, breathing and relaxation.

Total Body Workout / Body Conditioning / Thighs, Tums & Bums is a conditioning workout that will tighten and tone those problematic areas, including upper, lower and abdominal regions.

work out
stretch out,
chill out



A state-of-the-art health and leisure club with something for everyone.

VILLAGE Brailsford Way, Nottingham NG9 6DL

For more information contact us on

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Studio Timetable

The timetable has a mix of simple and choreographed classes aimed at different fitness levels and abilities, something to suit everyone. If you are unsure about a particular class speak to an instructor who will be happy to recommend different classes for your level.

Please come 15 minutes before your class to guarantee your space.

Monday

Time	Class	Studio	Instructor
06.45 - 07.30	Circuits	1	Jane
09.30 - 10.15	Cycle Fit	Spin Studio	Steve
09.40 - 10.25	Rhythmical Stretch	1	Mary
10.30 - 11.15	Velocity Spin	Spin Studio	Nick
10.30 - 11.15	Aqua Aerobics	Pool	Fesa
10.30 - 11.15	Aerobics	1	Kayleigh
11.20 - 12.05	Body Conditioning	2	Kayleigh
11.30 - 13.00	Line Dancing	1	Sue
14.00 - 15.00	Pilates	1	Fiona
18.00 - 19.00	Body Combat	1	Sally
18.00 - 19.00	Aerobics 'n' Conditioning	2	Alex
19.00 - 19.45	Aqua Aerobics	Pool	Paula/Sam
19.15 - 20.00	Cycle Fit	Spin Studio	Steve
19.00 - 19.45	Body Pump	1	Alex
20.00 - 21.00	Pilates	1	Fiona

Tuesday

Time	Class	Studio	Instructor
06.45 - 07.30	RPM	Spin Studio	Paula
09.30 - 10.30	Body Balance	2	Jackie
09.45 - 10.30	Aerobics	1	Alex
10.30 - 11.15	Aqua Aerobics	Pool	Jackie
10.35 - 11.20	Body Pump	1	Alex
11.45 - 12.30	Stretch 'n' Relax	1	Kerry
14.00 - 15.00	Line Dancing	1	Sue
18.15 - 19.00	RPM	Spin Studio	Paula
18.00 - 19.00	Body Jam	1	Kerry
19.00 - 20.00	Body Pump	1	Kerry
19.15 - 20.00	Cycle Fit	Spin Studio	Gemma
19.15 - 20.15	Step	2	Fiona
20.15 - 21.15	Pilates	1	Fiona

Wednesday

Time	Class	Studio	Instructor
06.45 - 07.30	Circuits	1	Jane
09.45 - 10.45	Nice 'n' Easy	1	Alex
09.30 - 10.15	Cycle Fit	Spin Studio	Steve
10.30 - 11.15	Aqua Aerobics	Pool	Kerry
12.15 - 13.15	Body Pump	1	Kerry
13.30 - 14.30	Pilates	1	Megan
17.30 - 18.30	Body Pump	1	Sally
18.30 - 19.15	Cycle Fit	Spin Studio	Kayleigh
18.45 - 19.45	Body Combat	2	Sally
20.15 - 21.15	Yoga	1	Mary

Thursday

Time	Class	Studio	Instructor
09.00 - 09.45	Total Body Workout	1	Donna
09.45 - 10.30	Step	1	Donna
10.15 - 11.00	Aqua Aerobics	Pool	Fesa
10.30 - 11.30	Body Balance	1	Kerry
17.30 - 18.15	Body Con for Beginners	1	Fesa
18.15 - 19.15	Body Jam	2	Katie
18.15 - 19.00	RPM	Spin Studio	Paula
18.15 - 19.15	Aerobics	1	Fesa
19.15 - 20.15	Body Pump	1	Katie
20.15 - 21.15	Body Balance	1	Karen

Friday

Time	Class	Studio	Instructor
06.45 - 07.30	Circuits	1	Jane
09.30 - 10.15	Cycle Fit	Spin Studio	Kayleigh
09.45 - 10.30	Step	1	Annette
10.30 - 11.15	Thighs Turns & Bums	1	Kayleigh
10.30 - 11.15	Aqua Aerobics	Pool	Kerry
11.30 - 12.15	Stretch & Relax	1	Karen
13.00 - 14.00	Salsacise	1	Donna
17.30 - 18.15	Total Body Workout	1	Fesa

Saturday

Time	Class	Studio	Instructor
08.00 - 09.30	Yoga	1	Rota
09.00 - 10.00	Karate	Squash Courts	Peter/Nicholas
10.00 - 11.00	Body Jam	1	Kerry
10.00 - 10.45	RPM	Spin Studio	Paula
11.00 - 12.00	Body Pump	1	Kerry
12.00 - 13.00	Body Combat	1	Kerry

Sunday

Time	Class	Studio	Instructor
10.00 - 11.00	Aerobics	1	Fesa
10.00 - 10.45	Cycle Fit	Spin Studio	Steve
11.00 - 11.45	Abs, Back & Bum	1	Fesa
19.15 - 20.15	Yoga	1	Rota

Childrens Timetable

Monday

Time	Class	Studio	Age	Instructor
16.15 - 16.45	Kids Cycle Fit	Spin	11-15 yrs	Leisure

Tuesday

Time	Class	Studio	Age	Instructor
16.15 - 17.10	Kidz Body Jam	1	6-13 yrs	Kerry

Wednesday

Time	Class	Studio	Age	Instructor
16.00 - 16.45	Gymnastics*	2	4-6 yrs	Kerry
16.30 - 17.00	Active Kids	2	4-9 yrs	Leisure
16.45 - 17.30	Gymnastics*	2	7-11 yrs	Kerry

Friday

Time	Class	Studio	Age	Instructor
16.30 - 17.15	Street Dance *	2	4-15 yrs	Fesa
17.30 - 18.15	Kids Group Fitness	2	11-15 yrs	Leisure
18.15 - 18.45	Kids Cycle Fit	Spin	11-15 yrs	Leisure

Saturday

Time	Class	Studio	Age	Instructor
10.00 - 10.45	Gymnastics *	2	4 - 6 yrs	Kerry
10.00 - 12.00	Kids Splash	Pool	4 - 15 yrs	Pool
11.00 - 12.00	Gymnastics *	2	7 - 11 yrs (12-15 accepted)	

Sunday

Time	Class	Studio	Age	Instructor
10.00 - 12.00	Kids Splash	Pool	4 - 15 yrs	Pool

Junior Times

Day	Time	Time
Monday - Thursday	09.00-12.00	14.00-17.00
Friday & Saturday	09.00-12.00	14.00-19.00
Sunday	09.00-12.00	14.00-18.00

* ADDITIONAL CHARGE