

Class Description

BODYPUMP®:

Take one of the best exercises from the weights room and add inspirational music to produce the most popular group exercise class on the planet. BODYPUMP is the fastest way on the universe to change the shape of your body.

BODYCOMBAT®:

The best martial arts based group exercise programme on earth. Taking movements from a variety of disciplines and blending them into an action packed workout. Kick, block a punch your way to a new physique.

BODYBALANCE®:

A soft blend of Tai Chi, Yoga and Pilates combining movements from all three disciplines. BODYBALANCE is choreographed to a mixture of music, a superb holistic class designed to challenge focus, flexibility, strength, and off course balance.

Zumba:

A simple but effective dance based work out that has taken the world by storm! Fusing Latin and international music to produce a fun cardio session.

Circuits:

Hugely popular, this class is a great way to meet people whilst getting a varied workout. A mix up of hi/low impact cardiovascular stations amongst toning exercises makes this an excellent class for all.

Aerobiking:

A freestyle mix of indoor cycling designed to challenge all participants to an achievable level no matter what the ability, using motivational music.

Swiss Balls:

This class is ideal to improve body awareness, posture and balance. Includes a variety of general toning exercises with a twist exercising on an unstable surface! The Swiss Ball a great effective workout.

Body Conditioning:

Take one of the best exercises from the gym and add motivational music to produce one of the most popular classes around. Body Condition is one of the best ways to change your body shape.

BODYATTACK®:

A simple, high-intensity group exercise-to-music class for all fitness levels. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises.

Pilates:

This class is designed to enhance postural strength, improves flexibility & mobility through the whole body. Use your body effectively with slow, controlled movements giving you long, lean toned muscles.

Yoga:

A series of mental, spiritual and physical exercises designed to aid in enlightenment. Benefits are; focussed mental state, improved body strength and flexibility.

Boxercise:

It began in the UK in 1992 based upon training principles that have existed for over two hundred years. Boxercise has developed and adapted age old training principles to form a fun, addictive, safe, stress busting workout suitable for all ages and levels of ability.

Running Club:

We are a very friendly club who combine the fitness aspects of running with the social benefits too. If you can complete a 45min run with comfort then why not join us.

Table Tennis:

A fantastic sport useful in developing hand-eye coordination and aerobic fitness.

Line Dancing:

Simple dance classes taught in an easy to follow, fun way. No partner required.

Step:

Step aerobics is still one of the most popular and effective ways of exercising in a class. When you do step aerobics you are primarily exercising heart and lungs for improved cardiovascular fitness. You'll also be giving your lower body muscles a good workout: strengthening and toning your bottom, thigh and abdominal muscles.

RPM™:

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

Aerobics :

Aerobic routines are popular because it has the appeal of dance, offers the companionship of a group. The combination of callisthenics with repetitive dance routines allows you to improve your heart health.

POOL:

Aquafit:

A class that always guarantees to be full of fun, ideal for pregnant participants and people with joint injuries. Splash your way to a great fitness level at any age. Please note that Aqua Wednesday, Thursday and Friday start at 12pm during school holidays.

Contact Leisure Reception to book or cancel any classes on:

0844 980 8043

All classes can be booked up to 7 days in advance. If you need to cancel a class please call at least 4 hours before the class is due to start so your place can be offered to another member. Failure to do this may result in a cancellation charge.

Group Fitness Timetable



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.

Monday

Start Time	Class	Duration	Location	Instructor	
7:00 AM	RPM	45min	Studio 3	Steve	
9:30 AM	Aerobics	60min	Studio 2	Sarah	
9:30 AM	BODYPUMP	60min	Studio 1	Jan	
10:45 AM	Yoga	90min	Studio 2	Jane	
11:00 AM	Boxercise	60min	Studio 1	Paul	
12:00 PM	Aerobiking	45min	Studio 3	Paul	
12:15 PM	BODYBALANCE	60min	Studio 2	Liz	
2:00 PM	Line Dancing	60min	Studio 1	Christine	
3:15 PM	Table Tennis	45min	Studio 2	n/a	
4:00 PM	Table Tennis	60min	Studio 2	n/a	
6:15 PM	Boxercise	60min	Studio 3	Phil	
6:30 PM	Aerobiking	45min	Studio 3	Linda	
6:30 PM	BODYATTACK	60min	Studio 2	John	
7:30 PM	Yoga	90min	Studio 1	Linda B	
7:45 PM	RPM	45min	Studio 3	Rhys	
8:00 PM	Pilates	60min	Studio 2	Claire	
8:30 PM	BODYPUMP	60min	Studio 1	Kirsty	

Tuesday

Start Time	Class	Duration	Location	Instructor	
9:30 AM	BODYBALANCE	60min	Studio 1	Cath	
9:30 AM	Step	45min	Studio 2	Maria	
10:15 AM	Aerobiking Tester	30min	Studio 3	Gemma	
10:15 AM	Body Conditioning	45min	Studio 2	Maria	
10:30 AM	BODYPUMP	60min	Studio 1	Cath	
11:00 AM	Aerobiking	45min	Studio 3	Gemma	
11:00 AM	Aerobics	60min	Studio 2	Linda	
12:00 PM	Line Dancing	60min	Studio 1	Christine	
12:15 PM	Aquafit	45min	Pool	Claire	
5:30 PM	Step	60min	Studio 1	Stuart	
5:45 PM	Running Club	90min	Outside	Gareth	
6:15 PM	Body Conditioning	45min	Studio 2	Linda	
7:00 PM	Swiss Balls	45min	Studio 2	Linda	
7:00 PM	BODYPUMP	60min	Studio 1	Kirsty	
8:15 PM	Zumba	60min	Studio 2	TBA	
8:00 PM	Aerobiking	60min	Studio 3	Kirsty	

Wednesday

Start Time	Class	Duration	Location	Instructor	
7:00 AM	RPM	45min	Studio 3	Phil	
9:30 AM	Aerobics	45min	Studio 1	Linda	
9:30 AM	Step	60min	Studio 2	Maria	
10:30 AM	Circuits	60min	Studio 2	Steven	
10:15 AM	Pilates	60min	Studio 1	Sarah	
11:00 AM	Aquafit	45min	Pool	Angela	
11:15 AM	Aerobics	60min	Studio 1	Gemma	
11:30 AM	BODYCOMBAT	60min	Studio 2	Phil	
12:15 PM	Aerobiking	45min	Studio 3	Gemma	
12:30 PM	BODYBALANCE	60min	Studio 1	Liz	
3:15 PM	Table Tennis	45min	Studio 2	n/a	
4:00 PM	Table Tennis	60min	Studio 2	n/a	
5:30 PM	Swiss Balls	60min	Studio 1	Claire L	
6:00 PM	RPM	60min	Studio 3	Jan	
6:30 PM	Body Conditioning	60min	Studio 1	Sarah	
6:30 PM	Circuits	60min	Studio 2	Steven	
8:00 PM	RPM	60min	Studio 3	Rhys	
8:00 PM	Yoga	60min	Studio 1	Cecilia	
8:00 PM	BODYBALANCE	60min	Studio 2	Amy	

Thursday

Start Time	Class	Duration	Location	Instructor	
7:00 AM	RPM	45min	Studio 3	Robin	
9:15 AM	Pilates	45min	Studio 1	Claire	
9:30 AM	Body Conditioning	60min	Studio 2	Paul	
10:00 AM	BODYCOMBAT	60min	Studio 1	Lisa	
10:30 AM	Step	45min	Studio 2	Paul	
11:00 AM	Line Dancing	60min	Studio 1	Christine	
11:00 AM	RPM	60min	Studio 3	Rhys	
11:30 AM	Aquafit	45min	Pool	Mike	
12:00 PM	Yoga	60min	Studio 2	Jane	
5:30 PM	Step	45min	Studio 1	Paul	
5:45 PM	Running Club	90min	Outside	Gareth	
6:15 PM	Boxercise	60min	Studio 1	Paul	
7:00 PM	Yoga	90min	Studio 2	Brenda	
7:30 PM	RPM	45min	Studio 3	Steve	
8:00 PM	Aquafit	45min	Pool	Mike	
8:30 PM	BODYPUMP	60min	Studio 1	Steve	
8:30 PM	Zumba	60min	Studio 2	Heather	

Friday

Start Time	Class	Duration	Location	Instructor	
9:30 AM	Step	45min	Studio 1	Paul	
10:00 AM	Zumba	60min	Studio 2	Amy	
10:15 AM	Body Conditioning	45min	Studio 1	Paul	
11:00 AM	BODYCOMBAT	60min	Studio 1	Lisa	
11:00 AM	Aquafit	45min	Pool	Melanie	
11:15 AM	Aerobiking	45min	Studio 3	Kirsty	
12:00 PM	Yoga	90min	Studio 2	Margaret	
5:30 PM	Step	60min	Studio 1	Stuart	
6:00 PM	Aerobiking	30min	Studio 3	Branda	
6:30 PM	Aerobiking	30min	Studio 3	Brenda	
7:00 PM	Table Tennis	60min	Studio 2	n/a	
7:00 PM	BODYCOMBAT	60min	Studio 1	Robin	

Saturday

Start Time	Class	Duration	Location	Instructor	
9:30 AM	Aerobiking	45min	Studio 3	Kirsty	
9:30 AM	BODYPUMP	60min	Studio 1	Jan	
10:30 AM	BODYBALANCE	60min	Studio 1	Jan	
11:30 AM	Aerobiking	45min	Studio 3	Gemma	
2:00 PM	Table Tennis	60min	Studio 2	n/a	
3:00 PM	Table Tennis	60min	Studio 2	n/a	
4:00 PM	Table Tennis	60min	Studio 2	n/a	

Sunday

Start Time	Class	Duration	Location	Instructor	
8:30 AM	BODYCOMBAT	60min	Studio 1	Anna	
9:45 AM	BODYPUMP	60min	Studio 1	Lisa	
11:30 AM	RPM	60min	Studio 3	Robin	
5:00 PM	Aerobiking	45min	Studio 3	Kirsty	
5:00 PM	Pilates	60min	Studio 1	Claire	
6:00 PM	Aqua	45min	Pool	Brenda	
6:15 PM	Yoga	60min	Studio 2	Cecilia	
7:30 PM	Table Tennis	60min	Studio 2	n/a	

Something to remember.....

Please be on time for your class, entrance will be refused if you have missed the warm up.

Please call and cancel your class if you cannot make it.

Inform the instructor prior to the class commencing if you have any medical conditions.

Village Value



10% off **VILLAGE** accommodation



20% off in **the victory** pub & kitchen



20% off in **verve** grill



20% off **Starbucks**



10% off **Healthworks** (Mon - Thur)

Studio etiquette

Please ensure you arrive on time for each class. If you do arrive late, participation will be at the discretion of the instructor.

Expectant mothers should seek the approval of their healthcare professional prior to participating in classes.

We suggest that high impact activities and progressive stretching should be avoided whilst pregnant, also care should be taken when performing floor exercises.

Please ensure that you wear the appropriate footwear and clothing to all classes.

Participants are advised that it is unsafe to leave a class without stretching. If you are going to leave early, please inform the instructor.

Please ensure a towel is used when doing floor work on the mats.

Members may only book their own, or their partners place in a class.

All classes are monitored on a weekly & monthly basis and any classes that consistently have low numbers will be highlighted as a risk & identified with a red dot. Classes that are consistently quiet will be removed from the timetable.

For more information or to book a class call us on:

0844 980 8043

(classes can be booked 48 hours in advance)



Perfect Fit Classes, Great way to get you started on our Group Fitness Timetable