

## swimming pool timetable

Class	Time	Studio	Instructor
Monday	4.00-5.00pm		Children
	8.00-9.00pm		Adults
Tuesday	4.00-5.00pm		Children
Wednesday	3.30-5.00pm		Children
Thursday	4.00-5.00pm		Children
	8.00-9.00pm		Adults
Friday	3.30pm-7.00pm		Children
Saturday	9.00-11.00am		Children
Sunday	No Lessons		

### Aqua

Our fun, underwater workout takes place in the pool using equipment for resistance training to eliminate stress on the joints and build strength. Deeply rewarding and enjoyable.

### Chi Ball

Using a fragranced hand-held ball to focus the mind as part of movement sequences for conditioning and flexibility purposes. Suitable for all.

### Bums & Tums

Unightly lumps on your legs, bum and tums? This popular class will banish those bumps with a fun mixture of aerobic exercise and focussed toning activities.

### Burlesque Dance

A sexy and challenging workout. Learn the art of showgirl. A cardio striptease whilst keeping your clothes on! A sexy, steamy dance class with a touch of sparkle and plenty of girl power. Easy to learn choreographed dance moves, a class not to be missed, extend your dance repertoire with the latest dance craze.

### Circuit training

This is the perfect all-over workout using a cleverly created circuit that exercises all the muscle groups. So, you can trim and tone your body to suit your needs.

### Low & Tone

OK, you might be slowing down a little bit but you can still feel and look great. This class is specially created with you in mind. Think fitness without all the frantic antics.

### Pilates

Attain perfect posture and toned muscles with this slow and controlled exercise method. Your muscles become firmer as you get fitter, what could be better?

### Reebok Deck

A revolutionary reconfigurable exercise platform which has evolved from the original Reebok Step. Conditioning exercises using weights and bands on varying degrees of elevation for extra intensity. This is NOT a step class.

### Spin

The class of choice for those willing to work hard to burn excess fat. Indoor cycling, you will shed up to 600 calories in 45 minutes and get a great cardio boost too.

### Stability ball

This resistance training class uses work out balls in a variety of exercises designed to increase strength, flexibility, balance and posture. Roll with it!

### Step

This is the perfect exercise class to get your heart and lungs working better and your bum and thighs looking great. Want to look and feel great? Step this way.

### Tai Chi

Traditional Chinese exercise using slow, graceful movements combined with conscious relaxation and deep breathing to improve physical fitness, body condition, suppleness and strength. Requires no previous experience.

### Total Tone

An invigorating workout targeting all major muscle groups suitable for those wishing to improve, sculpt and change muscle definition forever!

### Vinyasa Yoga

An energising yoga class consisting of flowing sequences and breath awareness.

### Yoga

Exercise mind and body with this ancient system for whole body conditioning and perfect mental and spiritual harmony. Flexibility, strength and inner calm guaranteed.

## NEW FOR SUMMER 2007!

### Hula Profile

A fantastic way to stay in shape. Weighted hoops used to focus on the waist giving a full body workout suitable for everyone. Speed up weight loss and tone whilst having fun and feeling twelve again! Shorter class.

### Battlecamp (U16)

An energetic mix of freestyle martial arts training that includes Boxing, Kick Boxing and Ju-Jitsu. Develop skills, speed, strength using pads and kick shields teaching you the basics of self defence mixed in with some tough training and lots of funny games and challenges.

### Hardcore

The secret to a top six pack is HARD core! This class involves medicine balls, fit balls, free weights and lots of core stability. Use it to improve your muscles, become better at your chosen sports or just learn some cool tricks on the ball.

### Dance Showcase

A dance showcase for adults – learn choreography to a single popular music dance track and be 'cool' to the kids at home! What the kids can already do... with Girl Power for Adults!

Time for some class action.  
Get fit. Have fun. Find friends...  
all at **velocity**.

There's never been a better time than right now for improving your fitness, toning your body and learning to relax. But what's the right activity for you? What if you're new to exercise? Perhaps you're worried about keeping up? Don't be, at **velocity** we're here to get you started on the right track.

Sign up for one of our exercise, stretch and movement classes and you can learn with a whole group of new friends. Just look at the choice of activities on the **velocity** timetable and book up now.

After your class you can unwind at the **vibe** café or head for the **victory** pub & kitchen to continue your enjoyment at the **VILLAGE**.

**velocity** offers

**Members can enjoy a 20% discount**

in the **victory** grill room when they show their membership card.

**VILLAGE** Cheadle, Cheadle Road SK8 1HW

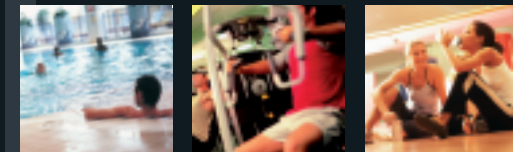
For more information about **velocity**, membership packages, 'introduce a friend' rewards, special offers or facilities, contact us at

**0161 495 1518**

[www.village-hotels.co.uk](http://www.village-hotels.co.uk)

**Monday 3rd September 2007**

work out  
**stretch out,**  
chill out



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



**For further details on the classes we currently offer, please refer to our Class Profiles Listing available at the Leisure Desk (0161- 495 1518)**

# In a class of our own

Up for giving your pulse a run for its money? Or just meeting loads of new friends and having fun? Whatever gets you going, there're plenty of fitness, martial arts, stretch and dance classes to choose from. All of our classes are very popular, so advance booking is advised to get the class you want. See you there.

## monday

Class	Time	Studio	Instructor
Total Tone	9.30-10.15	1	Julia
Spin	9.30-10.15	Spin	Elise
Aqua Aerobics	10.30-11.15	Pool	Julia
Tai Chi	10.30-11.40	2	Joseph
Low & Tone (Beg)	11.45-12.30	1	Julia
Spin (Beg)	12.00-12.30	Spin	Audrey
Pilates	12.30-1.15	2	Lesley
Aqua Aerobics	1.30-2.15	Pool	Karen
Aerobics	5.00-6.00	1	Elise
Battlecamp (U16) *	5.00-6.00	2	John
Bums & Tums	6.00-6.45	1	Angela
Hatha Yoga	6.30-8.00	2	Steve
Spin	6.30-7.15	Spin	Gill
Aqua Aerobics	7.00-7.45	Pool	Angela
Reebok Deck	7.45-8.30	1	Angela

## tuesday

Class	Time	Studio	Instructor
Spin	9.30-10.15	Spin	Bertrand
Pilates	9.30-10.15	1	Julia
Bums & Tums	10.15-11.00	1	Julia
Burlesque Dance	10.15-11.15	2	Becky
Aqua Aerobics	10.30-11.15	Pool	Georgina
Hula	11.30-12.00	2	Becky
Jazz Dance	12.00-1.30	1	Suzanne
Toning Tables	1.00-2.00	Toning	Miltza (Gym)
Yoga	1.30-3.00	2	Trisha
Toning Tables	2.00-3.00	Toning	Miltza (Gym)
Yoga (U16)	4.30-5.15	2	Anna
Aerobics	5.30-6.20	1	Vered
Pilates	6.30-7.20	1	Vered
Spin	6.45-7.30	Spin	Don
Toning Tables	7.00-8.00	Toning	Chris (Gym)
Power Punch	7.45-8.45	1	Don
Toning Tables	8.00-9.00	Toning	Chris (Gym)

## wednesday

Class	Time	Studio	Instructor
Step	9.45-10.30	1	Vered
Pilates	10.00-10.55	2	Rob
The Crunch	10.30-11.00	1	Vered
Bums & Tums	11.00-11.50	1	Vered
Stability Ball	11.00-11.50	2	Rob
Aqua Aerobics	11.15-12.00	Pool	Georgina
Spin	12.00-12.30	Spin	Audrey
Battlecamp (U16)	4.30-5.30	1	John
Burlesque Dance	5.15-6.00	2	Karen
Basic Step	6.00-6.50	1	Anna
Spin	6.00-6.45	Spin	T.B.A.
Hula	6.00-6.30	2	Karen
Pilates	6.30-7.15	2	Angela
Aqua Aerobics	7.00-7.45	Pool	April
Bums & Tums	7.15-8.00	1	Angela

## thursday

Class	Time	Studio	Instructor
Chi Ball	9.30-10.15	2	Vered
Spin	10.15-11.00	Spin	Audrey
Aero-Tone	10.15-11.00	1	Vered
Abs & Backs	10.45-11.15	2	Julia
Pilates	11.15-12.15	2	Vered
Aqua Aerobics	11.30-12.15	Pool	Julia
Aqua Aerobics	1.30-2.15	Pool	Karen
Cheerdance (U16)	4.30-5.15	2	Lisa
Bums & Tums	5.15-6.00	1	Angela
Spin	6.00-6.45	Spin	Dean
Stability Ball	6.00-6.45	2	Angela
Total Body Workout	6.00-7.00	1	Don
Body Conditioning	7.00-7.55	1	Dean
Spin	7.45-8.30	Spin	Audrey

\* Children are not permitted to use the changing/shower facilities if attending this session due to restricted children's times.  
 \*\* Non-Members may attend this session for a reduced entry fee of £5.00

## friday

Class	Time	Studio	Instructor
Step (Int)	9.30-10.15	1	Rob
Aero-Tone	10.15-11.10	1	Denise
Chi Ball	10.30-11.15	2	Jenny
Spin	10.30-11.15	Spin	Rob
Line Dancing	11.15-12.00	1	Jenny
Yoga	12.30-2.00	2	Trisha
Jazz Dance	1.30-2.30	1	Suzanne
Aqua Aerobics	1.30-2.15	Pool	Liz
Pilates	2.30-3.30	1	Liz
Teenage Spin	5.30-6.00	Spin	Audrey
Village Ninja's (U16)	6.00-7.00	1	John
Step (Int/Adv)	6.00-6.50	2	Bertrand
Spin	6.15-7.00	Spin	Audrey
Salsa Dancing **	7.30-8.30	1	Bertrand

## saturday

Class	Time	Studio	Instructor
Hardcore (U16)	9.30-10.30	2	Chris
Body Conditioning	9.30-10.30	1	Vered
Spin	10.15-11.00	Spin	Dean
Burlesque	10.30-11.15	2	Becky
Step	10.30-11.15	1	Vered
Pool Splash (Ages 8+)	11.00-12.00	Pool	Gym Staff
Circuit	11.15-12.00	1	Dean
Pilates	11.15-12.00	2	Vered
Aqua Aerobics	12.15-1.00	Pool	Angela
Reebok Deck	1.15-2.00	1	Angela
Bums & Tums	2.30-3.15	1	Michaela
Dance	3.15-4.00	1	Michaela

## sunday

Class	Time	Studio	Instructor
Spin	9.30-10.15	Spin	TBA
Yoga	10.00-11.30	2	Anna
Aerobics	10.30-11.30	1	Jo
Running Club	10.30	Out	Mark
Yoga	11.45-1.15	2	Anna
Belly Dancing	1.30-2.30	1	Joanne
S.A.Q. (U16)	2.30-3.30	1	Adam
Tai Chi	5.00-6.00	2	Joseph
Spin	5.15-6.00	Spin	Don
Circuit	6.00-6.50	1	Don