

Class Description

Aquafit

Low impact aerobic and toning moves in the pool.

Circuits

Mixture of cardio and resistance stations.

LBT

Toning class focusing on legs, bums and tums.

Pilates

Slow and controlled movements to work deep core and lower back muscles, excellent for improving posture.

Tai Chi

Graceful relaxing movements from chinese martial arts, improving posture and flexibility.

Yoga

Physical and mental exercises improving posture, strength and flexibility.

Body Pump

Effective resistance training class that develops strength and confidence.

Body Conditioning

Ideal for shaping and toning the whole body using different resistance techniques, each instructor will use their own unique style to help you achieve your goal.

Spin

A fun cardiovascular workout on stationary bikes with a great atmosphere, just what you need if you lack motivation.

Aerobics

A good cardiovascular workout incorporating both high and low impact moves, each instructor will present their own style and personality.

Nice n Easy

A low impact class ideal for new members, the class incorporates different exercise disciplines working at a lower intensity.

Perfect Abs

A workout designed to strengthen the abdominal core and lower back muscles, often in the form of a circuit session.

Perfect Row

30 min rowing challenges; if time is a limit and fitness is a priority this short and challenging guided workout will give the maximum results in the minimum time.

Perfect Stretch

Take the time out of the day to really stretch. Ideal for after a high intensity gym session of class; work from tip to toe performing perfect stretches.

BODY ATTACK®

A Cardiovascular interval training programme that combines high intensity aerobics, strength and stabilisation exercises.

BODY COMBAT®

Combines moves and stances from a range of self defence disciplines like karate, boxing and taekwondo into an energetic routine.

BODY BALANCE®

Is a revolution in mind-body training that leaves you feeling relaxed and renewed & combines the best of eastern disciplines like Yoga, Pilates and Tai Chi.

Something to remember.....

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

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.



Group Fitness Timetable



STUDIO TIMETABLE

The timetable has a mix of simple and choreographed classes aimed at different levels and abilities, something to suit everyone. If you would like any further information about our classes, please speak to an instructor who will be happy to help.

Monday

Time	Class	Studio	Duration
7.00am	Perfect Spin	Studio1	30
9.30am	Perfect Abs	Gym floor	30
9.15am	Spin	Studio1	45
10.00am	Body Cond	Studio1	60
10.00am	Zumba	Studio2	60
11.00am	Pilates	Studio1	60
11.30am	Linedancing	Studio2	60
11.45am	Aqua	Pool	45
5.30pm	Spin max	Studio 1	60
5.30pm	BODY COMBAT	Studio2	60
6.30pm	BODY PUMP	Studio1	60
6.30pm	Circuits	Studio2	60
6.30pm	Aqua circuit	Pool	45
7.00pm	Kettlebells made easy	Gymfloor	30
7.30pm	Perfect Row	Gymfloor	30
7.30pm	Yoga	Studio2	90

Tuesday

Time	Class	Studio	Duration
7.00am	Perfect row	Gymfloor	30
9.30am	BODY ATTACK	Studio2	60
10.00am	Bootcamp	Outside	45
10.30am	Nice n Easy	Studio2	60
10.30am	Aqua	Pool	45
11.30am	Pilates	Studio2	60
12.00pm	Perfect spin	Studio1	30
5.30pm	Step/abs	Studio2	60
5.30pm	Spin	Studio1	45
6.30pm	Zumba	Studio1	60
6.30pm	BODY PUMP	Studio2	60
7.00pm	Perfect abs	Gymfloor	30
7.30pm	Perfect row	Gymfloor	30

Wednesday

Time	Class	Studio	Duration
7.00am	Perfect spin	Studio1	30
9.30am	Body conditioning	Studio1	60
10.30am	Nice n Easy	Studio2	60
11.30am	BODY BALANCE	Studio2	60
12.00pm	Perfect row	Gymfloor	30
1.30pm	Yoga	Studio2	60
5.30pm	BODY ATTACK	Studio2	60
5.30pm	Bootcamp	Outside	45
6.30pm	BODY PUMP	Studio1	60
6.30pm	Aqua	Pool	45
7.00pm	Power plate workshop	Gymfloor	30
7.30pm	Pilates	Studio2	60
7.30pm	Perfect row	Gymfloor	30
8.30pm	BODY BALANCE	Studio2	60

Thursday

Time	Class	Studio	Duration
7.00am	Perfect row	Gymfloor	30
9.30am	LBT	Studio2	60
9.30am	Spin max	Studio1	60
10.30am	Pilates	Studio2	60
10.30am	Step n tone	Studio1	60
11.45am	Aqua	Pool	45
12.00pm	Perfect spin	Studio1	30
2.00pm	Kettlebells made easy	Gymfloor	30
5.30pm	Zumba	Studio2	60
5.30pm	Spin max	Studio1	60
6.30pm	BODY PUMP	Studio1	60
6.30pm	Circuits	Studio2	60
7.30pm	Perfect abs	Gymfloor	30
7.30pm	BODY BALANCE	Studio2	60

Friday

Time	Class	Studio	Duration
7.00am	Perfect Spin	Studio1	30
9.30am	BODY COMBAT	Studio2	60
10.00am	Tai chi	Studio1	60
10.30am	BODY PUMP	Studio2	60
12.00pm	Perfect stretch	Studio1	30
2.15pm	Aqua	Pool	45
5.30pm	Spin max	Studio1	60
5.30pm	BODY PUMP	Studio2	60
6.30pm	BODY COMBAT	Studio2	60
6.30pm	BODY BALANCE	Studio1	60
7.30pm	Perfect row	Gymfloor	30

Saturday

Time	Class	Studio	Duration
8.30am	Adv. Ashtanga yoga	Studio2	30
9.00am	Ashtanga yoga	Studio2	90
9.30am	Spin max	Studio1	60
10.30am	Body conditioning	Studio2	60
10.30am	Zumba	Studio1	60
10.30am	Bootcamp	outside	45
11.30am	Spin	Studio1	45
2.00pm	Perfect row	Gymfloor	30
3.00pm	Pilates	Studio2	60

Sunday

Time	Class	Studio	Duration
9.30am	Spin max	Studio1	60
10.30am	Body conditioning	Studio1	60
10.30am	Zumba	Studio2	60
11.30am	BODYPUMP	Studio2	60
11.30am	Spin	Studio1	45
4.00pm	Perfect row	Gymfloor	30
4.30pm	PerfectAbs	Gymfloor	30
5.00pm	Perfect stretch	Studio1	30

Reminders

Class numbers are limited, therefore please book in advance to ensure a place. Please inform the instructor of any medical condition prior to the start of class. Please arrive 5 minutes prior to class, as places will be offered to members on the waiting list. All classes are subject to change, the instructor will notify you of any change. (New classes run for 6 week trial period).

Club opening times

6.30 - 22.00 Mon - Fri 7.00 - 20.30 Sat & Sun
7.00 - 20.30 Bank Holidays

Kids times

9.00 - 12.00 & 14.00 - 17.00 Mon - Fri 14.00 - 19.00 Fri & Sat
14.00 - 18.00 Sunday

Children under 16 will not be permitted to use the club outside of these hours.
Only 3 children per adult, at least 1 swimmer must be over 8 years old and swim unaided.
All children must be accompanied by an adult whilst in the pool.