

Class Description

Abs & Back. A fab class working on your Abdominals muscle, using basic toning exercises & moves taken from Pilates.

Aerobics. Aerobic combinations that build up & add on. This fun & energetic session will keep you motivated & moving for a great cardio workout.

Aqua. (suitable for non-swimmers)

Pool based class utilizing the water & aqua equipment for an invigorating workout. Ideal for people of all fitness levels including Pre & Post natal, 50+.

Body Attack. A fun high energy aerobic class, which uses easy to follow high & low impact moves.

Body Balance. A dynamic Yoga-based stretch programme that leaves you feeling relaxed and renewed. It combines the practices of Yoga, Pilates, Tai Chi & Feldenkrais; such as controlled breathing, concentration and strength training. A holistic workout bringing the mind & body together to work in harmony.

Body Conditioning. Low impact class using light hand weights to sculpt & shape your muscles with simple moves, plus standing & mat work for the lower body and finished off with abdominal work.

Body Combat. A non-contact aerobic workout using moves from a range of self-defence disciplines including Karate, Kickboxing & Tai Chi. It's an empowering workout, which will have you fighting fit in no time.

Body Pump. Workout using barbells & weights to work every major muscle group in the body (Suitable for Men & Women of all ages & fitness levels).

Chi Ball. An invigorating class that incorporates movements from: Pilates, Feldenkrais, Tai Chi & Yoga.

Circuit Training. Incorporates different exercise & skills set out as a circuit class, with strength & endurance all rolled into one. The session is fun & active allowing individuals to work at their own speed & level, in one great adrenaline pumping class.

Hatha Yoga. Anyone can benefit from studying Hatha Yoga. Busy people use it to manage stress in their hectic lives. Pregnant women use it to prepare for the birth of their children. Elite athletes use it to focus themselves towards a high level of performance and to recover from injuries. When you study Hatha Yoga you will find that it works on several levels. You will experience the practice of Hatha Yoga as a form of physical exercise that challenges & refines your flexibility, strength & balance.

Legs, Bums & Tums. Targets Hips, Thighs, Buttocks & Abdominals, with both standing & mat work.

Pilates. Concentrates on developing core strength & stability by combining trunk strengthening exercises with deep breathing techniques. An excellent way to reduce the risk of injury, relieve back pain & leave you looking leaner with improved posture. Developed by Joseph H. Pilates 1880-1967

Spin/Vibe Cycle. A non-impact studio cycling class on a fixed wheel bike. The ultimate ride of your life that's excellent for building stamina & burning fat!

Step. Step combinations that build up & add on. This fun & energetic session will keep you motivated & moving. (Suitable for the regular stepper).

Tri Class. A great all round class that works in 20 minute intervals of: basic step, aerobics & weights.

Ballroom Dancing. A class open to everyone's membership and bring your partner along for £3.50. You will learn to Ballroom like the stars from the Cha Cha to the Quick Step.

Salsa. A class open to everyone's membership and bring your partner along for £3.50. Get those hips moving with this fun, instructional class designed for all abilities and fitness levels.

Zumba. Fuses hypnotic rhythms and easy to follow moves to create a one of a kind fitness programme that will blow your mind!

Yogalates. A mixture of Pilates and yoga.

General Information

All freelance instructors are contracted to deliver the classes advertised on the club's class timetable. They are obliged by this contract to provide suitable, appropriate cover for any class they cannot deliver, due to: sickness, injury or holiday etc.

Classes and their instructors are subject to change at short notice. We will endeavour to keep you informed of any changes.

The programme will be regularly reviewed and changes made dependant on class occupancy levels.

Some classes may be cancelled during: Summer Holiday, Bank Holiday, Easter, Christmas & New Year periods

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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. For further details about any of our studio classes, please speak to a member of our leisure team.

Monday

Time	Class	Studio	Level	Instructor
09.15-10.00	LBT	1	All	Mark
09.00-09.30	Training for Fat Loss	GYM	PF	Gym Team
09.30-10.30	Perfect Start	GYM	PF	Gym Team
10.00-11.00	Walking Club		PF	
10.00-10.45	Body Conditioning	1	All	Mark
10.00-11.00	Pilates	3	All	Nikki Mc
10.30-11.15	Spin	2	All	Spin Team
10.45-11.45	Zumba	1	All	Charmaine
10.45-11.30	Aqua	Pool	All	Mark
11.00-12.00	Pilates	3	I	Kerry Y
15.00-16.00	Perfect Start	GYM	PF	Gym Team
18.00-18.45	Spin	2	I/A	Spin Team
18.00-19.00	Body Balance	3	All	Sue L
18.00-19.00	Body Conditioning	1	I	Karen
19.00-20.00	Body Pump	1	All	Sue L
19.30-20.30	Yoga	3	All	Eileen
20.00-20.30	TRX Workshop	GYM	PF	Gym Team
20.00-20.45	Spin	2	All	Hazel
20.00-21.00	Body Combat	1	All	Michelle

Tuesday

Time	Class	Studio	Level	Instructor
09.00-10.00	Perfect Start	GYM	PF	Gym Team
09.30-10.30	Body Pump	1	All	Sue L
09.30-10.30	Pilates	3	All	Nikki Mc
10.30-11.15	Spin	2	All	Sarah T
10.30-11.30	Body Balance	1	All	Sue L
11.30-12.30	Body Conditioning	1	PF	Pauline
12.30-13.15	Aqua	Pool	G	Pauline
13.00-14.00	Pilates	3	PF	Kerry Y
15.00-15.30	Kettlebell Workshop	GYM	PF	Gym Team
18.00-18.45	Aqua	Pool	All	Karen
18.00-19.00	Body Combat	1	All	Lizze
19.00-20.00	LBT	3	All	Alison
19.00-19.45	Spin	2	I	Spin Team
19.30-20.15	Zumba	1	All	Mark
20.00-21.00	Perfect Start	GYM	PF	Gym Team
20.00-21.00	Body Balance	3	All	Alison

Wednesday

Time	Class	Studio	Level	Instructor
06.45-07.30	Spin	2	All	Spin Team
09.30-10.30	Body Conditioning	1	All	Jeni
10.30-11.15	Spin	2	All	Spin Team
10.30-11.15	Aqua	Pool	PF	Karen
10.30-11.30	Yoga	3	All	Jeni
10.30-11.30	Table Tennis	1	All	Julie P
11.30-12.30	Body Pump	1	PF	James
11.30-12.30	Pilates	3	All	Kerry Y
12.30-13.00	Power Plate Workshop	GYM	PF	Gym Team

Wednesday cont...

Time	Class	Studio	Level	Instructor
12.30-13.30	Body Conditioning	1	G	Kerry Y
15.00-16.00	Perfect Start	GYM	PF	Gym Team
18.00-20.00	Wine Club		(1st Weds of every month)	
18.00-18.30	Training for Fat Loss	GYM	PF	Gym Team
18.00-19.00	LBT	1	All	Sarah T
18.15-19.15	Body Balance	3	All	Sue L
18.15-19.00	Spin	2	All	Gym Team
19.00-20.00	Perfect Start	GYM	PF	Gym Team
19.15-20.15	Circuits	1	All	Sue L
19.30-20.15	Spin	2	All	Sarah T
19.30-20.30	Yoga	3	All	Kerry M
20.15-21.15	Zumba	1	All	Becky
20.30-21.30	Yoga	3	G	Kerry M

Thursday

Time	Class	Studio	Level	Instructor
07.00-8.00	Running Club		PF	
09.00-9.30	TRX Workshop	GYM	PF	Gym Team
09.30-10.15	Spin	2	All	Sarah T
09.30-10.30	LBT	1	All	Karen
09.30-10.30	Pilates	3	All	Nikki Mc
09.30-10.30	Perfect Start	GYM	PF	Gym Team
11.00-11.45	Aqua	Pool	All	Karen
11.45-12.30	Yogalates	3	All	Mark
18.00-19.00	Body Pump	1	All	Sue L
18.30-19.30	Salsa	3	PF	Lloyd Brown
19.00-19.30	Abs & Back	1	All	Sarah T
19.00-19.45	Spin	2	All	Spin Team
19.30-20.15	Body Attack	1	All	Sarah T
20.00-21.00	Perfect Start	GYM	PF	Gym Team

Friday

Time	Class	Studio	Level	Instructor
06.45-07.30	Spin	2	All	Spin Team
09.30-10.15	Spin	2	PF	Gym Team
09.30-10.30	LBT	1	All	Kerrie S
10.30-11.30	Body Balance	1	All	Kerrie S
11.30-12.30	Zumba	1	All	Tina
11.45-12.45	Pilates	3	PF	Jane
12.30-13.15	Aqua	Pool	PF	Pauline
13.00-14.00	Perfect Start	GYM	PF	Gym Team
15.00-16.00	Perfect Start	GYM	PF	Gym Team
18.15-19.00	Spin	2	I	Gym Team
18.30-19.30	Ballroom Dancing	1	PF	Lloyd Brown
19.30-20.30	Ballroom Dancing ADV	1	PF	Lloyd Brown
19.30-20.00	Kettlebell Workshop	GYM	PF	Gym Team
19.30-20.30	Body Balance	3	All	Sue L

Saturday

Time	Class	Studio	Level	Instructor
09.00-10.00	Running Club		PF	Paul
09.30-10.30	Yoga	3	I	Kerry M
9.30-10.15	Aerobics	1	All	Mark
10.00-10.45	Spin	2	All	Spin Team
10.15-11.00	Body Conditioning	1	All	Mark
11.00-11.45	Step	1	I / A	Mark
11.45-12.30	Zumba	1	All	Mark
13.00-14.00	Perfect Start	GYM	PF	Gym Team

Sunday

Time	Class	Studio	Level	Instructor
09.00-12.00	Cycling Club		All	Paul
09.00-10.00	Body Conditioning	1	All	Lise
09.45-10.30	Spin	2	I / A	Spin Team
10.00-10.45	Body Attack	1	All	Sarah T
10.45-11.45	Body Pump	1	All	Sue L
11.45-12.45	Body Balance	1	All	Sue L
13.00-14.00	Perfect Start	GYM	All	Gym Team
13.00-14.30	Table Tennis	1	PF	

General Class Descriptions:

Please see over leaf.

Key to class levels:

PF = Perfect Fit

B = Suitable for Beginners.

G = General-Any person with class experience

I = Intermediate- Medium level of choreography & / or intensity.

A = Advance- High level of choreography & / or intensity.

All = Suitable for all levels of fitness (beginners please inform your instructor that you are new at the start of the class)

Change over time:

Please note that all class times include 5 minutes change over where classes run back to back. New Class, New Time, Change Of Class Day or Instructor.

Studio Co-coordinator: - Mark Stanley

Perfect Fit

Perfect Start - A 1 hour small group session designed to give you all the information that you need to achieve your goals!

Training for Fat Loss - This session is great for those who want to learn the most effective way to burn fat.

TRX Workshop - A workshop delivered on the gym floor designed to help you develop your core stability and tone up using our new TRX system.

Kettlebell Workshop - A workshop for those who would like to include Kettlebells as part of their workout are great for burn off those unwanted calories and toning up.

Power Plate Workshop - A session all about the power plate, how to use it, how it will benefit your workout and all the added extras!

New Member Nights - Once a month a spectacular new members party evening. Designed to showcase all parts of your membership.

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, 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.