

Childrens Timetable

Time	Class
Saturday	
10.00-10.45	Junior Street Dance

Teen Cardio Sessions

Days	Time
Monday - Thursdays	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

Pool Timetable

Day	Time
Everyday	6.30 - 22.30

Kids Timetable

Day	Time
Monday - Thursdays	9.00 -12.00 & 14.00 - 17.00
Friday - Saturday	9.00 -12.00 & 14.00 - 19.00
Sunday	9.00 -12.00 & 14.00 - 18.00

Class Description

Aerobics

A high/low impact class, choreographed routines using easy to follow moves.

Aqua

Low impact aerobic & toning moves in the pool.

Body Attack

An athletic challenge that delivers a high intensity aerobic workout.

Body Combat

An exhilarating martial arts based class that delivers ultra fast results.

Body Conditioning

An all over body workout using a variety of equipment to tone and shape up them problem areas.

Body Pump

Effective resistance training class that develops strength and confidence, all over toning class.

Body Vive

A low impact all over body workout for adults that will leave you fizzing with energy.

Box Kick

A non – contact aerobic based class using power kicks and punches as used in martial arts. A highly effective class aimed at improving cardio –vascular fitness.

Circuits

Mixture of aerobic & resistance.

Fit for Life

A fun Circuit class for all ages, using different pieces of equipment for an all over body workout.

Flexi - Bar

FLEXI - BAR is a method of using vibrations to activate the muscles of the Core. The shaking action of the FLEXI – BAR creates vibrations that pass through the body, destabilising the body and forcing the stabilising muscles of the core to be activated. FLEXI – BAR helps weight loss, decreases risk of injury, increases strength of the core muscles (these include the hip musculature, abdominals, lower, middle & upper back, neck and shoulders), faster recovery from a large range of injuries – both old and new, improvements in balance and co-ordination and improved performance in sport and life in general.

Class Description continued

Gym Clinics

Join us on any of the gym clinics, ideal for improving your understanding and knowledge around equipment or exercising. Speak to a member of staff for more information on any gym clinic.

Junior Street Dance

A class for children to learn all the new up to date moves whilst having fun and keeping fit.

Mind, Body and Soul

A holistic fitness class designed to tone and renew your body.

Pump & Attack Express

30 mins of Body attack and 30 mins Body Pump.

Spin

An athletic cardiovascular cycling class that burns fat fast.

Stability Ball

Have a ball in this challenging class that uses a Stability Ball to tone and condition all major muscles especially the abdominal and back muscles.

Step

Tone your butt and thighs through safe and effective step class.

Stretch & Relax

Relax and improve flexibility.

Tai Chi

Graceful relaxing movements from Chinese martial arts improving posture and flexibility.

Tots swim

Fun learning in the pool, singing rhymes, toys and games for pre – school children accompanied by adults. This session is seasonal, the instructor will notify members when the sessions are cancelled. Ratio is 2 children to 1 adult.

Total Body Workout

A class providing something for everyone. Includes a section of the step, aerobics and toning exercises using equipment to improve body shape and muscle tone.

Pilates

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

Yoga

Physical and mental exercises improving posture, strength and confidence.

Reminders

1. Class numbers are limited in all sessions therefore should be booked in advance. 2. All booked facilities must be confirmed when checked in, no later than 15 minutes prior to the booked time, otherwise they will be released to the waiting list. 3. Failure to cancel any booked classes 15 minutes prior to the class starting will incur a £3 charge. Members who repeatedly fail to cancel classes will not be allowed to pre book classes for a 1 month period. 4. Please inform instructor of any medical conditions prior to start of the class. 5. All classes are subject to change (all new classes will run for a trial 6 week period) the instructor will notify you of any changes. 6. Junior members under 18 years must have parent/guardian on the premises at all times.

work out
stretch out,
chill out



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

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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

Time	Class	Level	Studio
10.00-11.00	Body Attack	All	1
10.00-10.45	Flexi-Bar	All	3
10.30-11.00	Toning Room Demonstration	All	Toning Room
11.00-11.45	Aqua	All	Pool
11.00-11.15	Ab Attack	All	1
11.00-12.00	Body Vive	All	3
11.15-12.00	Total Body Workout	All	1
12.00-13.00	Body Pump	All	1
12.10-12.55	Stretch & Relax	All	3
13.15-14.00	Fit for Life	All	1
18.00-18.45	Fitness Yoga	All	3
18.00-19.00	Body Pump	All	1
19.00-20.00	Body Combat	All	1
19.00-19.45	Spin	All	2
19.30-20.00	Beginner Abdominal Workout	Beg	Gym
19.45-20.45	Pilates	All	3
20.00-21.00	Body Pump	All	1

Tuesday

Time	Class	Level	Studio
09.45-11.00	Box Kick	All	1
10.00-11.30	Yoga	All	3
10.30-11.00	Free Weight Exercises	All	Gym
11.00-12.00	Body Pump	All	1
12.10-13.10	Body Vive	All	1
18.00-18.45	Body Conditioning	All	1
18.00-18.45	Spin	Beg	2
19.00-20.00	Body Attack	All	1
19.00-19.45	Spin	All	2
19.30-20.00	Advanced Abdominal Workout	All	Gym
20.00-21.15	Yoga	All	3
20.00-21.00	Body Pump	All	1

Wednesday

Time	Class	Level	Studio
09.45-10.45	Step	All	1
10.00-10.45	Stability Ball/Flexi-Bar	All	3
10.30-11.00	Weight Loss Advice	All	Gym
10.30-11.15	Aqua	All	Pool
10.45-11.00	Ab Attack	All	3
11.00-12.00	Body Pump	All	1
11.15-12.00	Aqua	All	Pool
11.00-12.00	Tai Chi	Beg	1
12.10-13.10	Body Vive	All	1
13.00-14.15	Yoga	All	1
17.30-18.15	Pilates	All	3
18.00-18.45	Spin	All	2
18.00-18.45	Step	All	1
19.00-19.45	Circuits	All	1
19.00-19.45	Adult Street Dance	All	3
19.30-20.00	Resistance Training	All	Gym
20.00-21.00	Body Pump	All	1

Thursday

Time	Class	Level	Studio
07.00-08.00	Body Pump	All	1
09.30-10.45	Yoga	All	3
09.30-10.15	Spin	All	2
09.45-10.45	Total Body Workout	All	1
10.30-11.00	Beginner Abdominal Workout	All	Gym
10.30-11.15	Tots Swim	Pre-school	Pool
11.00-11.45	Flexi Bar	All	3
11.15-12.00	Aqua Woggles	All	Pool
13.00-14.00	Pilates	All	3
18.00-19.00	Body Combat	All	1
18.00-18.45	Spin	All	2
19.00-20.00	Body Pump	All	1
19.30-20.00	Resistance Training	All	Gym
20.00-20.45	Aqua	All	Pool

Friday

Time	Class	Level	Studio
09.45-10.30	Flexi-Bar	All	3
09.45-10.45	Aerobics	All	1
10.00-10.45	Spin	All	2
10.00-10.45	Aqua	All	Pool
10.30-11.00	Stability Ball Workout	All	Gym
10.30-12.00	Yoga	All	3
11.00-11.45	Step	All	1
18.00-18.45	Step	All	1
19.00-20.00	Body Pump	All	1
19.30-20.00	Resistance Training	All	Gym

Saturday

Time	Class	Level	Studio
08.30-10.00	Yoga	All	3
10.00-10.45	Junior Street Dance	All	3
09.00-09.45	Spin	All	2
09.00-10.00	Body Pump	All	1
10.00-10.45	Spin	All	2
10.00-10.45	Step	All	1
10.50-11.50	Pump & Attack Express	All	1
11.00-12.00	Mind Body & Soul	All	3
14.30-15.00	Flexibility & Stretch Exercise	All	Gym

Sunday

Time	Class	Level	Studio
10.00-10.45	Boxercise	All	1
10.00-10.45	Spin	All	2
11.00-11.45	Stability Ball	All	3

Class Levels Indicator

All Adaptable to suit all

levels of ability

Beg Beginner

Int Intermediate

Adv Advanced

Imp Improvers

A Adult

Area Code

1 Aerobics Studio

2 Spin Studio

3 Wellness Studio

SQC Squash Courts