

Class Description

Aerobics

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness.

Aqua Fit

A class combining low impact aerobic & toning moves in the pool.

Body Attack

An athletic challenge that delivers a high intensity aerobic workout.

Body Combat

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

Body Conditioning

A full body toning class using dumbbells, resistance bands and floor exercises to target deep into those muscles.

Body Pump

Is a 45-60 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning.

Body Vive

Is a fun and unique group exercise programme from Les Mills. It's a low impact, 55-minute class, integrating aerobic exercise for heart fitness, resistance training for strength and stability, stretching and mobility work.

Box Fit

A Cardio and conditioning workout using a variety of boxing techniques.

Circuits

A class which incorporates a mixture of aerobic and resistance training.

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.

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 Dance Workout

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.

Pilates

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

Pump & Attack Express

30 mins of Body attack and 30 mins Body Pump.

Spin

A fun cardiovascular & lower body workout on stationary bikes with a fantastic atmosphere. Just what you need if you lack motivation.

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

A cardio workout using steps, designed to tone your butt and thighs.

Stretch & Relaxation

Relax and improve flexibility.

Tai Chi

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

Tri Workout

Three workouts in one, cardio, toning & abs

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.

Young at Heart

A gentle workout for the Young at Heart. This class works on improving mobility, joint stiffness and balance.

Yoga

Physical and mental exercises improving posture, strength & flexibility.

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 10 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.

VILLAGE Warrington,
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work out
stretch out,
chill out



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



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
09.45-10.45	Body Attack	All	1
10.00-10.45	Flexi-Bar	All	3
10.30-11.30	Perfect Fit Introduction		
10.45-11.30	Body Pump Express	All	1
10.45-11.30	Latino Line Dancing	All	3
11.00-11.45	Aquafit	All	Pool
11.30-12.15	Body Conditioning	All	1
11.30-12.30	Body Vive	All	3
12.30-13.00	Stretch & Relax	All	3
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
19.30-20.30	Perfect Fit Introduction		
19.45-20.45	Pilates	All	3
20.00-21.00	Body Pump	All	1

Tuesday

Time	Class	Level	Studio
09.45-11.00	Tri Workout	All	1
10.00-11.30	Yoga	All	3
10.30-11.30	Perfect Fit Introduction		
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
19.30-20.30	Perfect Fit Introduction		
20.00-21.15	Yoga	All	3
20.00-21.00	Body Pump	All	1

Denotes Perfect Fit

New member programme designed to introduce you to all areas of the Club and activities on offer, allowing you to start achieving your goals quickly, maximise your membership and form your exercise habits for life!

Wednesday

Time	Class	Level	Studio
09.45-10.45	Body Step	All	1
10.00-10.45	Stability Ball/Flexi-Bar	All	3
10.30-11.30	Perfect Fit Introduction		
10.30-11.15	Aquafit	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
18.00-18.45	Velocity Spin	All	2
18.00-19.00	Body Step	All	1
19.00-19.45	Circuits	All	1
19.30-20.30	Perfect Fit Introduction		
20.00-21.00	Body Pump	All	1

Thursday

Time	Class	Level	Studio
07.00-07.45	Body Pump Express	All	1
09.30-10.45	Yoga	All	3
09.30-10.15	Velocity Spin	All	2
09.45-10.45	Body Conditioning	All	1
10.30-11.30	Perfect Fit Introduction		
10.30-11.15	Tots Swim	Pre-school	Pool
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
19.30-20.30	Perfect Fit Introduction		
19.30-21.00	Yoga	All	3
20.15-21.00	Aquafit	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	Aquafit	All	Pool
10.30-11.30	Perfect Fit Introduction		
10.30-12.00	Yoga	All	3
11.00-12.00	Body Step	All	1
18.00-18.45	Step	All	1
18.00-19.00	American/Latino Line Dancing	All	3
19.00-20.00	Body Pump	All	1
19.30-20.30	Perfect Fit Introduction		

Saturday

Time	Class	Level	Studio
08.30-10.00	Yoga	All	3
10.00-10.45	Junior Dance Workout	All	3
09.00-09.45	Spin	All	2
09.00-10.00	Body Pump	All	1
10.00-10.45	Spin	All	2
10.00-11.00	Body Step	All	1
10.30-11.30	Perfect Fit Introduction		
11.00-12.00	Body Combat	All	1
12.00-13.00	Stretch & Tone	All	3
14.30-15.00	Flexibility & Stretch Exercise	All	Gym

Sunday

Time	Class	Level	Studio
9.00-10.00	Step	All	1
10.00-10.45	Boxercise	All	1
10.00-10.45	Spin	All	2
10.30-11.30	Perfect Fit Introduction		
11.00-11.45	Stability Ball	All	3

Childrens Timetable

Time	Class	Age	Studio
Saturday			
9.00-9.50	Supervised Team Cardio		Cardio Gym
10.00-11.00	Junior Street Dance Workout	4 - 11	3
11.00-11.45	Ballet	3 - 7	3
Sunday			
9.00-10.00	Junior Fitness	4 - 7	3
10.00-11.00	Junior Fitness	8 - 15	3
11.00-12.00	Junior Kick boxercise	8 - 15	1

Teen Cardio/Kids Timetable

Days	Time	Age	Room
Monday - Thursdays	09.00-12.00 & 14.00-17.00	8 - 15	Cardio
Friday	09.00-12.00 & 14.00-19.00	8 - 15	Cardio
Saturday	09.00-10.00 Supervised	8 - 15	Cardio

Area Code

- 1** Aerobics Studio
- 2** Spin Studio
- 3** Wellness Studio
- SQC** Squash Courts

Class Levels Indicator

- All** Adaptable to suit all levels of ability
- Beg** Beginner
- Int** Intermediate
- Adv** Advanced
- Imp** Improvers
- A** Adult