

## Class Description

### Aqua Fit

Low impact aerobic & toning moves in the pool.

### Pilates

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

### Stretch

Relax and improve your flexibility & mobility.

### Tai Chi

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

### Yoga

Physical & Mental exercises improving posture, strength & flexibility.

### BodyPump®

Effective resistance training class that develops strength and confidence.

### Spin

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

### Body Combat®

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

### Salsacise

A dance class designed to help polish up your latin moves.

### 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.

### Step

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

### Boxercise

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

### Circuits

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

### Dance Workout

A cardio class which incorporates a fusion of many dance styles, styles to suit all tastes – talk to one of our instructors for more info.

### Line Dancing

A popular dance class designed to teach you the principles of line dancing no partner required!

### Nice and Easy

A low-impact class, integrating aerobic exercise for heart fitness, resistance training for strength and stability, stretching and mobility work

### Medau

Gently flowing movements with the use of ball, hoops etc.

### Body Condition

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

### Chair Aerobics

Low impact workout in the chair suitable for all levels.

### Swim Clinic

Consultation with our swim instructor to help with swim techniques available from pool area.

### Zumba

Mixed Dance workout of South American, Latino, African. The latest workout to hit the fitness industry.

### Total Sculpt

Workout to hit the extreme individual which will work muscles you never new you had. Not suitable for beginners.

## Tai Chi For Beginners

1st Saturday of each month

**9.00am - 10.00am Studio**

### Pool Kids Timetable

Day	Time
Monday - Thursday	9.00-12.00pm / 2.00 - 5.00pm
Friday - Saturday	9.00-12.00pm / 2.00 - 7.00pm
Sunday	9.00-12.00pm / 2.00 - 6.00pm

## Five aside Football

Facilities available

## Booking Procedures

All classes can be booked in advance excluding Spin (see leisure reception)  
Members must arrive to the leisure reception 10 minutes prior to class to confirm booking, Signing in sheets are at leisure reception.

# Group Fitness Timetable

## VILLAGE Wirral

For more information contact us on

**0151 6431616**

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










# 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.






## Monday

Time	Class	Studio	Instructor
09.15-10.00	Spin	SPIN	June
09.30-10.30	Step	ST1	Diane
10.15-10.45	Perfect Fit Chair Aerobics 	ST2	June
10.30-11.30	Body Pump	ST1	Sharon
11.00-11.45	Perfect Fit Aqua 	Pool	Diane
11.30-12.30	Zumba Workout	ST1	Izzy
11.35-12.00	Perfect Fit Spin 	Spin	Sharon
12.15-13.00	Perfect Fit Stretch 	ST2	June
12.30-13.30	Yoga Stretch	ST1	Sharon
14.15-15.45	Line Dancing	ST1	Cathy
17.30-18.30	Body Pump	ST1	Julieann
18.00-19.00	Football Mix in	ASTRO	Jamie
18.00-19.00	Perfect Fit Pilates 	ST2	Sharon
18.15-19.00	Spin	SPIN	Warren
18.30-19.15	Aerobics	ST1	Julieann
19.15-20.00	Spin	SPIN	Julieann
19.15-20.15	Boxercise	ST1	Ben
20.15-22.30	Salsa Social Evening (Dates see board > Non Members £3.00)	ST1	Frank/Di

## Tuesday

Time	Class	Studio	Instructor
08.00-09.00	Perfect Fit Tai Chi 	ST1	Michael
09.30-10.30	Total Body Workout	ST1	Vicki
09.30-10.30	Perfect Fit Beginners Zumba 	ST2	Izzy
09.30-10.30	Spin & Abs	SPIN	Sharon
10.30-11.30	Perfect Fit Tai Chi 	ST1	Michael
11.30-12.30	Body Pump	ST1	Lucy
12.30-13.30	Perfect Fit Nice/Easy 	ST1	Sharon
14.30-15.30	Medau	ST1	Christine
17.00-18.00	Swim Clinic	Pool	Pauline
17.30-18.15	Perfect Fit Spin 	SPIN	June
17.30-18.30	Body Combat	ST1	Kirsty
18.15-19.00	Perfect Fit Running Club 	Recep	Dave
18.30-19.15	Spin	Spin	Kirsty
18.30-19.30	Perfect Fit Step & Tone 	ST1	Vicki
19.00-20.30	Fitness Yoga/Stretch (non member £4.00)	ST2	Sharon
19.30-20.30	Body Pump	ST1	Kirsty

## Wednesday

Time	Class	Studio	Instructor
09.15-10.15	Aerobics	ST1	Izzy
09.30-10.15	Spin	SPIN	Julieann
10.00-10.30	Perfect Fit Chair Aerobics 	ST2	June
10.15-11.15	Pilates	ST1	Izzy
11.15-12.15	Body Conditioning	ST1	Lucy
12.15-13.15	Dance Workout	ST1	Cathy
12.30-13.00	Perfect Fit Chair Aerobics 	ST2	June
13.15-14.15	Perfect Fit Pilates 	ST1	Diane
14.15-15.00	Perfect Fit Aqua 	POOL	Diane
14.15-15.45	Perfect Fit Yoga  (non member £4.00)	ST1	Ruth
17.30-18.30	Zumba	ST1	Izzy
18.15-19.00	Spin	SPIN	Ben
18.30-19.30	Boxercise	ST1	Warren
19.30-20.30	Total Sculpt	ST1	Ben





## Thursday

Time	Class	Studio	Instructor
08.00-09.00	Tai Chi	ST1	Michael
09.15-10.15	Perfect Fit Basic Step/Tone 	ST2	Vicki
09.30-11.00	Perfect Fit Yoga  (non member £4.00)	ST1	Ruth
10.00-10.45	Perfect Fit Aqua 	POOL	Phillipa
10.15-11.00	Spin	SPIN	Kirsty
11.00-12.00	Body Conditioning	ST1	Kirsty
12.00-13.00	Body Pump	ST1	Julieann
13.00-14.00	Salsacise	ST1	Cathy
14.00-15.30	Line Dancing	ST1	Cathy
17.00-18.00	Swim Clinic	POOL	Pauline
17.30-18.30	Body Pump	ST1	Julieann
18.15-19.00	Spin	SPIN	Sharon
18.30-20.00	Running Club	Recep	Dave
18.30-19.30	Body Combat	ST1	John
19.30-21.00	Fitness YogaStretch (non member £4.00)	ST1	Sharon





- Perfect Fit Class; these are healthy choice classes, ideal for people stepping into exercise

## Friday

Time	Class	Studio	Instructor
09.30-10.30	Spin & Abs	SPIN	Sharon
09.30-10.30	Body Pump	ST1	Julieann
09.30-10.30	Perfect Fit Pilates 	ST2	Izzy
10.30-11.30	Perfect Fit Easy Aerobics 	ST1	Izzy
11.30-12.30	Salsacise	ST1	Diane
11.30-12.30	Perfect Fit Nice/Easy 	ST2	Sharon
12.30-13.30	Line Dancing	ST1	Cathy
16.15-17.15	Perfect Fit Body Conditioning 	ST1	Helen
17.30-18.15	Spin	SPIN	Kirsty

## Saturday

Time	Class	Studio	Instructor
09.00-09.45	Spin	SPIN	June
09.00-10.30	Perfect Fit Tai Chi 	ST1	Michael
10.00-10.45	Spin	SPIN	Julieann
10.00-11.00	Perfect Fit Pilates 	ST2	Cathy
11.00-12.00	Body Pump	ST1	Julieann

## Sunday

Time	Class	Studio	Instructor
09.30-10.30	Body Combat	ST1	Kirsty
10.30-11.15	Spin	SPIN	Kirsty
17.30-18.30	Body Pump	ST1	Julieann
18.00-18.45	Spin	SPIN	Warren
18.30-20.00	Yoga	ST1	Wendy

## Saturday Kids Activities

Time	Class	Age	Studio
10.00-10.45	Racketball	5yrs plus	
10.00-12.00	Teen Gym	12yrs plus	Gym
11.00-12.00	Racketball	9-11yrs	
11.00-12.00	Kids Mini Games	4-10 yrs	ST2
12.00-13.00	Racketball	11yrs plus	
14.00-17.00	Teen Gym	12yrs plus	Gym
14.30-16.30	Racketball (Advanced Juniors)	11-18yrs	

## Sunday Kids Activities

Time	Class	Age	Studio
10.00-11.00	Kids Fun Time	4-10 years	ST2
10.00-12.00	Teen Gym	12yrs plus	Gym
10.00-12.00	Splash		Pool
11.00-12.00	Junior Circuit	8-11 years	ST1
14.00-16.00	Splash		Pool
14.00-17.00	Teen Gym	12yrs plus	Gym