

Class Description

Aqua Fit

Low impact aerobic & toning moves in the pool.

Circuits

Mixture of aerobic and resistance training.

Abs Blast

Tone & strengthen the outer & deeper abdominals.

Fitballs

Learn some new exercises on the stability ball helping to improve your core strength.

LBT

Toning class focusing on Legs, Bums & Turns.

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.

RPM®

An athletic cardiovascular cycling class that burns fat fast!

Body Balance®

A holistic fitness class designed to tone and renew body.

Body Combat®

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

Body Jam®

One big dance party! A total body workout that gives you the chance to polish your dance floor moves.

Body Attack®

An athletic challenge that delivers a high intensity aerobic workout.

Body Step®

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

Body Vive®

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

Kick Box Circuit

Using the training principles of Kick boxing, punch and kick your way to fitness!

Technique Classes

15 minute sessions designed to really help you work on the finer details of your workout. Come along and let the instructor help to help perfect your technique so that you can achieve better results.

“Try something new” Classes

If you are new to group fitness, or if you want to try a class that you haven't before then these are the classes for you. The instructor will take time to guide you through what is involved with the class before taking you through the session at a level that's right for you.




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.

Monday

Time	Class	Studio
06.45 - 07.45	Body Pump	Main
09.30 - 10.30	Body Pump	Main
09.30 - 10.30	Body Balance	Wellness
10.30 - 11.30	Salsacise	Main
10.45 - 11.30	Aqua Fit	Pool 
17.30 - 18.30	Body Pump	Main
17.30 - 18.30	Body Combat	Wellness
18.30 - 19.30	Body Attack	Main
18.30 - 19.30	Body Balance	Wellness
19.30 - 20.30	RPM	Main

Tuesday

Time	Class	Studio
06.45 - 07.45	Boxercise	Main
09.30 - 10.30	RPM	Main
09.30 - 10.30	Body Vive	Wellness 
10.30 - 11.15	Core Development	Wellness
17.30 - 18.30	Step	Main
17.30 - 18.15	Boxercise	Wellness
18.30 - 19.30	Body Jam	Main
18.15 - 19.15	Pilates	Wellness
19.30 - 20.30	RPM	Main


Perfect Fit Classes

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




Wednesday

Time	Class	Studio
06.45 - 07.45	Body Combat	Main
09.30 - 10.30	Body Pump	Main
09.30 - 10.30	Body Jam	Wellness
10.30 - 11.30	Step	Main
10.30 - 11.30	Tai Chi	Wellness
17.30 - 18.30	Spin	Main
17.30 - 18.30	Body Balance	Wellness
18.30 - 19.30	Body Pump	Main
18.30 - 19.30	Body Attack	Wellness
19.30 - 20.15	Ballroom	Main

Thursday

Time	Class	Studio
08.00 - 09.00	RPM	Main
09.30 - 10.30	Spin	Main
09.30 - 10.30	Body Vive	Wellness 
10.30 - 11.30	Body Balance	Wellness
10.30 - 11.15	Fitball	Main
17.30 - 18.30	Step	Main
18.30 - 18.30	Core Development	Wellness
18.30 - 19.30	Body Combat	Main
18.30 - 19.30	Salsa	Wellness
19.30 - 20.30	RPM	Main
19.30 - 20.30	Body Balance	Main

Friday

Time	Class	Studio
06.45 - 07.45	Body Pump	Main
08.00 - 09.00	Body Combat	Main
09.30 - 10.30	RPM	Main
09.30 - 10.30	LBT	Wellness 
10.30 - 11.30	Yoga	Wellness 
10.45 - 11.30	Aqua Fit	Pool 
17.30 - 18.30	Body Pump	Main
18.30 - 19.00	Abs Blast	Main

Saturday

Time	Class	Studio
09.00 - 10.00	Body Pump	Main
10.00 - 11.00	RPM	Main
10.15 - 11.00	Fitball	Wellness
11.00 - 12.00	Body Attack	Main

Sunday

Time	Class	Studio
09.15 - 10.15	Body Pump	Main
10.15 - 11.15	RPM	Main
10.15 - 11.15	Body Balance	Wellness
11.15 - 11.45	Abs Blast	Main

Junior membership times

Monday	0900 - 1200 / 1400 - 1700
Tuesday	0900 - 1200 / 1400 - 1700
Wednesday	0900 - 1200 / 1400 - 1700
Thursday	0900 - 1200 / 1400 - 1700
Friday	0900 - 1200 / 1400 - 1900
Saturday	0900 - 1200 / 1400 - 1900
Sunday	0900 - 1200 / 1400 - 1800

Parents are required to supervise Junior Members at all times

For more information call 01482 560 911

booking Group Fitness Class

Useful Contact Numbers

01482 560922	membership sales & general leisure enquiries
01482 560915	membership payment queries
01482 560911	group fitness booking line

We really want you to get the most from your studio experience so bookings may be made up to two days in advance by contacting the leisure reception desk. Cancellations may be made up to one hour before the class commences by contacting the reception desk. If you wish to cancel your place with less than 1 hours notice, or fail to cancel your place you may be Charged a £3.50 cancellation fee. In the event that we have to cancel a class we will contact you with as much notice as possible and either offer an alternative class or fast track your booking for the next available class that is convenient for you.