

# Group Fitness Timetable

	Time	Class	Instructor
Monday	9.30 - 10.15am	Hi/Low Aerobics	Craig
	10.15 - 11.00am	Pump FX	Craig
	12.30 - 1.15pm	Body Conditioning	Tracy
	5.30 - 6.15pm	Spinning	Tracy
	6.15 - 7.00pm	Spinning	Tracy
	7.00 - 7.45pm	Aerotone	Michelle
	8.00 - 9.00pm	Aqua-Fit (Pool)	Erica
Tuesday	9.30 - 10.30am	BodyPump	Carolyn
	10.45 - 11.45am	Pilates **	Carolyn
	11.00 - 12.00pm	Aqua-Fit (Pool)	Pat
	12.30 - 1.15pm	Spinning	Tracy
	5.45 - 6.30pm	Hi/Low Aerobics	Tracy
	6.30 - 7.15pm	Body Conditioning	Tracy
	7.15 - 8.00pm	Yoga	Craig
8.00 - 8.45pm	Spinning	Craig	
Wednesday	9.30 - 10.30am	Pilates	Tracy
	10.30 - 11.15am	Hips, Bums & Tums	Tracy
	11.30 - 12.15pm	Yoga	Ange
	5.15 - 6.10pm	BodyPump	Carolyn
	6.15 - 7.00pm	Body Conditioning	Carolyn
7.15 - 8.15pm	Spinning (Advanced)**	Steve Wright	
Thursday	9.30 - 10.15am	Body Conditioning	Ange
	5.15 - 6.00pm	Circuit	Matt
	6.15 - 7.00pm	Step	Sam
	7.00 - 7.45pm	Yoga	Sam
	8.00 - 8.45pm	Spinning	Steve Chell
Friday	9.30 - 10.15am	Body Conditioning	Erica
	10.20 - 11.05am	Salsacise	Erica
	12.30 - 1.15pm	Body Conditioning	Carolyn
	1.30 - 2.30pm	BodyPump	Carolyn
	5.30 - 6.15pm	Spinning	Tracy
	6.30 - 7.15pm	Body Max	Tracy
	7.30 - 8.15pm	Pilates	Tracy
Saturday	4.15 - 5.00pm	Spinning	Tracy
	5.15 - 6.00pm	Hips, Bums & Tums	Tracy
Sunday	10.00 - 10.45am	Spinning	Caroline

\*\* NOT SUITABLE FOR BEGINNERS

**PLEASE NOTE :**

Booking required for all classes.

If you are not able to make a class but have pre-booked, please call to cancel your place.

Failure to cancel will result in being unable to book a place in that class for 2 weeks.



# Class Descriptions

## CARDIO CLASSES

**Hi/Low Aerobics** – High intensity, low impact fun Aerobics Moves in choreographed routines.

**Circuits** – A fun multi stage workout focusing on all aspects of fitness using resistance and cardio exercises.

**Spinning** – Class for all abilities in the studio acting on Stationary cycles. Great aerobic workout with no impact.

**Boot camp** – Circuit based workout for those who want be challenged. Incorporating Cardiovascular and strength training.

**Step & Jam** – Combines low impact moves using a platform of varying levels to create a total aerobic workout.

**Aqua aerobics** – Water based aerobics workout which is fun and good for all abilities.

**Salsacise** – Choreographed aerobic based salsa dance. This class is fun filled and suitable for all levels.

## BODY TONING/CONDITIONING CLASSES

**Body conditioning** – Full body workout, shaping & toning the body whilst improving posture and strength.

**Hips, bums & tums** – A class focusing on the lower body using low impact conditioning exercises.

**PUMP** – A pre choreographed workout using barbells and adjustable weights. No co-ordination required.

**Pump FX & body max** – freestyle workout using barbells and free weights.

## HOLLISTIC CLASSES

**Yoga** – Controlled movements working with breath and Flexibility. Stretch your body and mind.

**Pilates** – Improve core strength & posture. Can help prevent back pain and improve flexibility.

### Booking/Cancellation Policy

1. We advise that you book all fitness classes in advance.
2. Fitness classes can only be booked 7 days in advance. Non members must pay on booking.
3. Customers are booked onto our fitness classes on a first come first served basis.
4. We operate a waiting list system for every group exercise class and if a booked place is cancelled the first person on the waiting list is informed that a place has become available for their chosen class.
5. Please ensure that you take note of all the classes that you have booked.
6. You must produce your membership/loyalty card when attending/booked all exercise classes. If booking a class/classes on behalf of friends or relatives you must also produce their loyalty card(s). The reception desk will not look up, under any circumstances, membership/loyalty cardholders details to gain entry/book fitness classes.
7. Should you wish to cancel your booked place we require at least 24 HOURS NOTICE prior to your chosen class start time. All customers who fail to attend or who cancel after the 12 hour notice will be charged (this includes customers with annual/direct debit memberships). If you have booked a morning class and you need to cancel please inform us the evening prior to the class.
8. Before you attend your chosen exercise class please report to the Reception desk in person, as class numbers must tally the same as numbers recorded at the Reception Desk before a class can commence.
9. You should arrive at least 5 minutes prior to the start of each class. Should you arrive after the class start time the Reception Desk/Class Instructor will not permit you entry to the class.
10. Please advise the instructor prior to the start of each class if you suffer from any medical condition or if you need to refrain from any element of the class activity.
13. Appropriate footwear and clothing must be worn and bring a drink to keep hydrated.
14. All participants must be aged 16 or over.
15. Please note that the management reserve the right to amend the programme at any time.
16. Sometimes a class may need to be covered by a replacement instructor. This may mean that the class content may be different.
17. Parkwood employees/relatives of Parkwood employees are not permitted to book any fitness classes in advance. All fitness classes that employees/relatives attend will be charged the full price.

