

Group Fitness Timetable

Monday	09.30-10.30	Kettlercise	Studio	Luke
	17.30-18.15	Spinning	Gym	Paul
	18.00-19.00	Salsa Aerobics	Studio	Martin
	18.00-19.00	Circuits	Sports Hall	Brian/Luke
	19.00-20.00	Zumba	Sports Hall	Martin
	19.00-19.45	Spinning	Gym	Paul
	20.00-21.00	Pilates	Studio	Martin
Tuesday	09.30-10.30	Pilates	Gym	Liz
	17.30-18.20	Spinning	Studio	Leigh
	18.00-19.00	Pilates	Gym	Liz
Wednesday	17.45-18.45	Boxercise	Studio	Stephen
	18.00-19.00	Kettlercise	Sports Hall	Luke
	19.00-19.45	Spinning	Gym	Jo
	19.15-20.15	Zumba	Sports Hall	Liz/Maddy
Thursday	17.30-18.25	Spinning	Gym	Jo
	18.00-19.00	Pilates	Studio	Liz
	19.00-20.30	Yoga	Studio	Lynn
	19.15-20.00	Spinning	Gym	Liz
Friday	10.00-11.00	Pilates	Studio	Liz
	17.30-18.15	Spinning	Gym	Rachael
	18.00-19.00	Body Conditioning	Studio	Nicola
Saturday	09.00-10.00	Pilates	Studio	Maddy
	10.00-11.00	Kettlercise	Studio	Liz
Sunday	11.00-11.45	Spinning	Gym	Paul

All classes subject to change, please call 01298 811733 to book.

*Classes run alternate weeks.



Class Descriptions

Aerobics – A class for all levels of fitness designed to get your pulses racing and heart pumping. A combination of high and low impact routines to challenge your body, great for “burning those calories.”

Salsa Aerobics – A choreographed cardio workout with a salsa dance theme!! “Great fun with your friends and on your own”

Body conditioning – An overall muscular endurance workout using dumbbells. “Improves all over toning and core strength.”

Circuits – A challenging combination of stepping, skipping, running and weights. “Get all the benefits of strength and stamina training in one class.”

Pilates – A class designed to improve and strengthen core stability by using slow, controlled movements, while learning correct breathing. “Great for getting back into exercise or recovering from an injury.” Some classes incorporate either a ball or a band to add diversity to the work out.

Yoga – A class for those who wish to relax the mind, strengthen, tone and stretch the body.

Spinning – Cardio workout on a static bike, spinning is an energy packed session that improves stamina and strength fitness. “A motivating non-impact class for all levels.”

Step – A choreographed workout using step blocks. “Improves fitness levels, lower body strengthening and fat burning.”

Core conditioning – A core stability workout that strengthens the main core muscles of the abdominals and back while giving you a great workout.

Boxercise – An intense fitness workout for all levels working in pairs, using gloves and pads to improve body conditioning, strength, co-ordination and toning.

Cheeraerobics – An aerobic class suitable for all ages and fitness levels, using basic cheerleading motions and poms.

