

Group Fitness Timetable



Monday	09.30 - 10.15	Swiss Ball
	10.15 - 11.00	Pilates
	19.00 - 20.00	Swiss Ball
	19.30 - 20.15	Studio Cycling
	20.00 - 21.00	Pilates
Tuesday	18.15 - 19.00	Aqua Zumba (£1.00 - expressions memberships)
	18.30 - 19.30	Circuitz
	18.30 - 19.15	Studio Cycling
	19.35 - 20.20	Studio Cycling
	19.45 - 20.30	Zumba (£1.00 - expressions memberships)
Wednesday	09.30 - 10.30	Pilates
	18.30 - 19.25	Pilates
	18.45 - 19.30	Studio Cycling
	19.00 - 20.00	AquaFit
	19.30 - 20.25	Boxing Blitz
	20.30 - 21.15	Studio Cycling
Thursday	09.30 - 10.15	Studio Cycling
	10.15 - 11.15	50+ Aerobics
	19.00 - 20.00	Swiss Ball
	19.15 - 20.00	Studio Cycling
	19.15 - 20.00	Total Body Conditioning
	20.00 - 20.45	Bums, Tums, & Thighs
Friday	11.00 - 12.00	AquaFit
	18.00 - 18.45	Studio Cycling
Saturday	09.00 - 09.45	Bums, Tums & Thighs
	10.00 - 11.00	Circuitz
Sunday	10.00 - 10.45	Studio Cycling
	17.00 - 17.45	Zumba (£1.00 - expressions memberships)

Class Descriptions

50+ Aerobics – Low impact aerobics class incorporating some strength training, abdominal exercises and stretching.

AquaFit – A safe and effective workout using the resistance that water creates. Equipment is used to increase intensity – suitable for all ages and fitness levels.

Boxing Blitz – Punch your way to a perfect physique. A combination of hand to eye co-ordination, balance and timing in a fun and energetic class open to all abilities.

Bums, Tums & Thighs – A conditioning class specifically for toning the mid to lower body.

Circuitz – A fantastic station-based workout incorporating all aspects of fitness.

Total Body Conditioning – A class designed to strengthen & tone the whole body using hand held weights.

Studio Cycling – A high energy class using different moves on a static bike.

Pilates – Strengthening & lengthening exercises designed to tone, firm and re-align without bulking.

Swiss Ball – A class that focuses on core muscles – strengthens the lower back and gives an all over body workout with little impact.

Zumba – Mixing four main styles of dance –merengue, salsa, cumbia and reggaeton – you'll also find some hip-hop moves and belly dancing moves thrown in for an explosive, entertaining and dynamic class that can burn hundreds of calories.

Aqua Zumba – Brings the fusion of Zumba formula and international rhythms into the pool which is what makes it so fun to do! The Aqua Zumba program is great for those who are looking for an effective exercise program that is easy on the back, knees and easy to do!

Swiss Ball – A core stability class using a fit ball. A class to strengthen the whole body focusing on core stability.

Booking/Cancellation Policy

1. We strongly advise that you book all fitness classes in advance.
2. Fitness classes can only be booked 8 days in advance for loyalty/membership card holders and 7 days in advance for non-loyalty card holders either in person or on the phone.
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/booking 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. For all bookings made over the phone please ensure that you have the RS number of your membership/loyalty card handy. If booking on behalf of relatives and friends we will also require their RS number, this is to ensure that the correct customer is booked onto the class.
8. All casual advance fitness class bookings must be paid in full at the time of booking whether booking in person or by telephone. 4 hours notice must be given by casual advance fitness class booking users to cancel. Casual advance fitness class booking customers who cancel within the 4 hours notice will be eligible for their booking to be transferred, within 8 days (subject to availability). Please note: bookings

can only be transferred once. Refunds will not be given. All casual advance fitness class booking users who cancel after the 4 hours notice will lose all fees paid.

9. Membership customers – should you wish to cancel please give us 4 hours notice this then gives us time to contact customers on our waiting lists that a place has become available.

10. If a class is full, customers will not be permitted entry to that class, if they are not on the appropriate fitness class register or have not been informed if on the class waiting list that a place has become available, as we are restricted as to the maximum numbers allowed in each of our fitness classes.

11. 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.

12. You should arrive at least 15 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.

13. 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.

14. Appropriate footwear and clothing must be worn and bring a drink to keep hydrated.

15. All participants must be aged 16 or over.

16. Please note that the management reserve the right to amend the programme at any time.

17. Sometimes a class may need to be covered by a replacement instructor. This may mean that the class content may be different.

