

# 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	09.30 - 10.15	Studio Cycling
	18.30 - 19.30	Circuitz
	18.30 - 19.15	Studio Cycling
	19.35 - 20.20	Studio Cycling
Wednesday	09.30 - 10.30	Pilates
	10.30 - 11.30	Pilates - Improvers
	11.30 - 12.30	Pilates - Beginners
	18.30 - 19.25	Pilates
	19.00 - 20.00	Aquafit
	19.30 - 20.25	Boxing Blitz
Thursday	20.30 - 21.15	Studio Cycling
	10.15 - 11.15	50+ Aerobics
	18.45 - 19.45	Definition
	19.00 - 20.00	Aero Fusion
	19.15 - 20.00	Studio Cycling & Abs
Friday	20.00 - 20.45	Bums, Tums, & Thighs
	10.00 - 10.45	Bums, Tums & Thighs
Saturday	11.00 - 12.00	Aquafit
	18.00 - 18.45	Studio Cycling
	09.00 - 09.45	Bums, Tums & Thighs
	10.00 - 11.00	Circuitz

To book our group fitness classes online please contact Reception and ask for your login and password.



# Class Descriptions

<b>50 Plus Aerobics</b>	A fun lively class set to music. Suitable for the over 50's.
<b>Aero Fusion</b>	Funky, fun, fat burning and toning class. Combining aerobics and sculpting exercises for those wobbly bits. Suitable for absolute beginners.
<b>Aquafit</b>	Pool based exercise class set to the latest tunes.
<b>Boxing Blitz</b>	Using punch bag and pads this workout will certainly knock you out! Suitable for all, prior boxing experience isn't needed.
<b>Bums, Tums &amp; Thighs</b>	A class to tighten and tone those important bits!
<b>Circuitz</b>	An energetic circuit class, great for fat burning and toning work!
<b>Definition</b>	Free weights workout, designed to sculpt define and burn calories. Load those weights if you dare!
<b>Studio Cycling</b>	A high energy class using different moves on a static bike.
<b>Studio Cycling &amp; Abs</b>	Studio Cycling with an abdominal blitz.

## Booking/Cancellation Policy

1. We 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. Should you wish to cancel your booked place we require at least **12 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.
  9. 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.
  10. 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.
  11. 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.
  12. 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 loyalty card holders price.

