

# Group Fitness Timetable

## MONDAY

09.30-10.30	BUMS & TUMS	ALL LEVELS	AEROBICS STUDIO
10.30-11.30	BODYPUMP	ALL LEVELS	AEROBICS STUDIO
10.30-11.30	AQUAFIT	ALL LEVELS	SWIMMING POOL
18.00-19.00	ZUMBA	ALL LEVELS	AEROBICS STUDIO
19.00-19.45	FAB ABS	ALL LEVELS	AEROBICS STUDIO
19.45-20.45	BUMS & TUMS	ALL LEVELS	AEROBICS STUDIO
20.45-21.45	YOGA	ALL LEVELS	AEROBICS STUDIO

## TUESDAY

09.30-10.30	AB CIRCUIT	ALL LEVELS	AEROBICS STUDIO
10.30-11.30	BODY CONDITIONING	ALL LEVELS	AEROBICS STUDIO
11.30-12.30	AQUAFIT	ALL LEVELS	SWIMMING POOL
11.30-13.00	YOGA	ALL LEVELS	AEROBICS STUDIO
18.00-19.00	BOXERCISE	ALL LEVELS	AEROBICS STUDIO
19.00-19.45	SPIN FIT	ALL LEVELS	AEROBICS STUDIO
20.00-21.00	STEP	ALL LEVELS	AEROBICS STUDIO
19.15-20.00	AQUACISE	ALL LEVELS	SWIMMING POOL

## WEDNESDAY

09.30-10.30	AEROTONE	ALL LEVELS	AEROBICS STUDIO
10.30-11.30	ZUMBA	ALL LEVELS	AEROBICS STUDIO
18.00-19.00	BUMS & TUMS	ALL LEVELS	AEROBICS STUDIO
19.00-20.00	CIRCUITS	ALL LEVELS	AEROBICS STUDIO
20.00-21.00	BODYPUMP	ALL LEVELS	AEROBICS STUDIO

## THURSDAY

09.30-10.30	AEROBICS	ALL LEVELS	AEROBICS STUDIO
10.30-11.30	BODY PUMP	ALL LEVELS	AEROBICS STUDIO
18.00-18.45	SPIN FIT	ALL LEVELS	AEROBICS STUDIO
18.45-19.45	BOXERCISE	ALL LEVELS	AEROBICS STUDIO
19.45-20.45	KHAI-BO!	ALL LEVELS	AEROBICS STUDIO
19.00-19.45	DEEP AQUA	ALL LEVELS	SWIMMING POOL
19.45-20.30	AQUACISE	ALL LEVELS	SWIMMING POOL

## FRIDAY

09.15-10.15	BUMS & TUMS	ALL LEVELS	AEROBICS STUDIO
10.15-11.00	SPIN FIT	ALL LEVELS	AEROBICS STUDIO
19.00-19.45	AB CIRCUIT	ALL LEVELS	AEROBICS STUDIO

## SATURDAY

08.30-09.30	CIRCUITS	ALL LEVELS	AEROBICS STUDIO
09.45-10.45	RUNNING CLUB (walkers Welcome)	ALL LEVELS	OUTDOOR ACTIVITY
09.30-10.30	STEPS	ALL LEVELS	AEROBICS STUDIO
10.30-11.30	BODY PUMP	ALL LEVELS	AEROBICS STUDIO
11.30-12.00	BODY PUMP CLINIC	ALL LEVELS	AEROBICS STUDIO

## SUNDAY

09.00-09.45	SPIN	ALL LEVELS	AEROBICS STUDIO
10.00-11.00	BOXERCISE	ALL LEVELS	AEROBICS STUDIO



# Class Descriptions

## **AEROBICS & FATBURNERS:**

Hi/Low impact exercise to improve cardiovascular fitness, tone muscle & burn fat.

## **CIRCUIT TRAINING:**

Challenging strength & endurance class promoting all round fitness.

## **TIGHT & TONE:**

Simple, low impact routines using hand weights to sculpt your body & improve muscle definition

## **FAB ABS:**

45 minute class geared towards flattening & strengthening the stomach

## **LINE DANCING:**

Great social event for all age groups. Fun moves & a whip cracking time!

## **KEEP FIT IN RETIREMENT & NIFTY 50'S:**

Low impact & stretching class, motivating for seniors

## **AQUAFIT:**

Exercise to music class based in water. Safe non-impact way to tone muscle

## **DEEP AQUA:**

Uses flotation belts. Swimmers only

## **AQUA NATAL:**

Non-impact exercise class in water for expectant mums.

## **POSTURE AWARENESS:**

Focus on re-aligning your body and ultimately the way you move on all levels.

## **SALSA:**

Dance class for all ages and all abilities

## **BODYPUMP & BODYCOMBAT TECHNIQUE CLINIC:**

Must be taken before participating in a BP or BC class, teaching you correct posture & alignment

## **BODYPUMP:**

Complete workout using barbells & weights designed to give you a superb toned body, fast!

## **BODYCOMBAT:**

Non-contact aerobics class based around martial arts movements

## **BUMS & TUMS:**

Low impact class geared towards working areas from the waist & below

## **STEP AEROBICS:**

Cardiovascular & lower body workout using a platform

## **YOGA & PILATES:**

Enhance your mind & body with this combination of strength, flexibility and balance.

## **SPINFIT:**

Benefits of outdoor cycling with indoor comforts an effective way to get fit, fast!

## **PRE/POST NATAL:**

Exercises to suit all mothers and mothers to be, focusing on relaxation & abdominal work

## **BODYSHAPING:**

Low impact class getting you into seriously good shape.

## **MIND & BODY BALANCE:**

Deep toning exercises combined with stretching for the ultimate body shape and improved flexibility. Regular attendance helps combat daily stresses.

## **CARDIAC REHAB:**

This class is for those on the Steps 2 Health Scheme.

## **PLEASE NOTE:**

Please refer to each individual Centre Programmes for Bank Holidays

Please advise your Instructors of any physical ailments

For your Health & Safety latecomers will be refused entry

We reserve the right to change the group exercise timetable at any time

Off Peak: Mon - Fri 6.30am - 4.30pm  
and Sat - Sun 1.00pm-10.00pm. Peak at all other times.

