

# Group Fitness Timetable

## Mon

09.30 - 10.30	Bums & Tums	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 - 19.30	Fab Abs	All Levels	Aerobics Studio
19.30 - 20.30	Bums & Tums	All Levels	Aerobics Studio
20.30 - 21.30	Yoga	All Levels	Aerobics Studio

## Tue

09.30 - 10.30	Fitball / Abs Class	All Levels	Aerobics Studio
10.30 - 11.30	Body Conditioning	All Levels	Aerobics Studio
11.30 - 12.15	AquaFit	All Levels	Pool
11.30 - 13.00	Yoga	All Levels	Aerobics Studio
16.30 - 17.30	Kids Circuits	All Levels	Aerobics Studio
18.00 - 19.00	Boxercise	All Levels	Aerobics Studio
19.00 - 20.00	Spin Fit	All Levels	Aerobics Studio
19.15 - 20.00	AquaFit	All Levels	Pool
20.00 - 21.00	Body Pump	All Levels	Aerobics Studio

## Wed

09.30 - 10.30	Nifty 50's	All Levels	Aerobics Studio
10.30 - 11.30	Salsa	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	Aerobics	All Levels	Aerobics Studio

## Thu

09.30 - 10.30	Step	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
19.00 - 20.00	Deep Aqua	All Levels	Pool
19.45 - 20.45	Bums & Tums	All Levels	Aerobics Studio
20.00 - 21.00	AquaFit	All Levels	Pool

## Fri

09.30 - 10.30	Bums & Tums	All Levels	Aerobics Studio
10.30 - 11.15	Spin Fit	All Levels	Aerobics Studio
18.00 - 19.00	Yoga	All Levels	Aerobics Studio
19.00 - 20.00	Fitball / Abs Class	All Levels	Aerobics Studio

## Sat

08.30 - 09.30	Circuits	All Levels	Aerobics Studio
09.30 - 10.30	Body Pump	All Levels	Aerobics Studio
09.45 - 10.45	Running Club	All Levels	Aerobics Studio
10.30 - 11.30	Legs, Bums & Tums	All Levels	Athletics Track
11.30 - 12.30	Kids Circuits	All Levels	Aerobics Studio

## Sun

09.00 - 10.00	Body Pump Clinic	All Levels	Aerobics Studio
09.30 - 10.30	Body Pump	All Levels	Aerobics Studio
10.30 - 11.30	Pilates	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.

