

# Group Fitness Timetable

## MONDAY

BOXERCISE	9.30 - 10.30AM	ACTIVITY HALL
ABS ATTACK	6.00 - 7.00PM	ACTIVITY HALL
BEGINNERS PILATES	6.00 - 7.00PM	FUNCTION ROOM
BOXERCISE	7.00 - 8.00PM	ACTIVITY HALL
INTERMEDIATE PILATES	7.00 - 8.00PM	FUNCTION ROOM

## TUESDAY

LEGS, BUMS AND TUMS	9.30 - 10.30AM	ACTIVITY HALL
*CHEERLEADING 12-16 YRS	5.00 - 5.45PM	ACTIVITY HALL
TOTAL BODY CONDITIONING	6.00 - 7.00PM	ACTIVITY HALL
SPINNING - ONE HOUR CLASS	6.00 - 7.00PM	FUNCTION ROOM
SPINNING	7.15 - 8.15PM	FUNCTION ROOM
GYM BASED CIRCUITS	8.00 - 9.00PM	GYM

## WEDNESDAY

SPINNING	9.30 - 10.30AM	FUNCTION ROOM
YOGA	10.00 - 11.00AM	ACTIVITY HALL
SPINNING	6.00 - 7.00PM	FUNCTION ROOM
PUMP & TONE	6.00 - 7.00PM	ACTIVITY HALL
AQUAFIT	7.00 - 8.00PM	POOL
MIXED CIRCUITS	7.15 - 8.15PM	ACTIVITY HALL

## THURSDAY

AQUAFIT - (GO ACTIVE)	9.00 - 9.45AM	POOL
CIRCUITS	9.30 - 10.30AM	ACTIVITY HALL
TAI CHI	10.30 - 11.30AM	ACTIVITY HALL
LOW IMPACT AEROBICS	1.45 - 2.45PM	ACTIVITY HALL
SPINNING	6.00 - 7.00PM	FUNCTION ROOM
LEGS BUMS & TUMS	7.00 - 8.00PM	ACTIVITY HALL
SPINNING	7.00 - 8.00PM	FUNCTION ROOM
*ZUMBA*	8.00 - 9.00PM	ACTIVITY HALL

## FRIDAY

EARLY BIRD SPINNING	6.30 - 7.30AM	FUNCTION ROOM
PUMP & TONE	9.30 - 10.30AM	ACTIVITY HALL
*SWAY DANCE (AGE 12-15 YEARS)*	4.00 - 5.00PM	FUNCTION ROOM
SPINNING	6.00 - 7.00PM	FUNCTION ROOM
AQUA AEROBICS	7.00 - 8.00PM	MAIN POOL
*STEP BY STEP DANCE CLASS*	7.30 - 8.20PM	ACTIVITY HALL
*STEP BY STEP DANCE CLASS*	8.30 - 9.30PM	ACTIVITY HALL

## SATURDAY

GYM CIRCUITS	9.00 - 10.00AM	GYM
PUMP & TONE	9.00 - 10.00AM	ACTIVITY HALL
SPINNING	10.15 - 11.15AM	CRECHE

## SUNDAY

MIXED CIRCUITS	9.00 - 10.00AM	ACTIVITY HALL
*ZUMBA*	9.00 - 10.00AM	GYM

Starred Classes Are Not Part Of The Membership Package.  
Please Call Reception On 01865 376368 To Book Onto Any Of The Above Classes



# Class Descriptions

## TONING & STRENGTH

**Pump & Tone** - is a barbell class that strengthens your entire body. This work out challenges all major muscle groups, great music, awesome instructors and your choice of weights inspiring you to get the results you came for, and fast!

**Circuits** - a workout for the whole body, this station based class requires little co-ordination but can achieve maximum results.

**L.B.T** - this class combats the most common problem areas using aerobic moves and simple effective resistance exercises.

**Tone Zone** - an aerobic style class that provides a full body conditioning workout.

## HIGH ENERGY

**Abs Attack** - a great workout that will tone your abs in every way possible.

**Spinning** - the ultimate indoor cycling experience. A cycle workout taking you on a sensational journey with music that will motivate and move you towards your fitness goals.

**Boxercise** - this is a high motivation high energy class which puts your boxing skills to the test as well as giving you the opportunity to release your stress and aggression in safety.

## WATER WORKOUT

**Aquacise** - this is a shallow water class, which is fun and effective for a whole body workout. You can work at your own pace and do not need to be able to swim.

## RELAX RE-ENERGISE

**Yoga** - yoga refers to the practise of harmonising the mind and body. Yoga classes will increase your range of motion, facilitate relaxation and release tension through focussing on posture alignment and breathing.

**Pilates** - is a refreshing mind and body workout which focuses on core stability and posture aiming to lengthen and strengthen muscles.

**BOOK YOUR CLASS IN  
ADVANCE TO SECURE YOUR  
PLACE**

