

# Group Fitness Timetable

|           | Time        | Class                    | Instructor | Level | Location |
|-----------|-------------|--------------------------|------------|-------|----------|
| Monday    | 09.30-10.30 | Bodypump                 | Jane       | All   | Studio # |
|           | 10.40-11.25 | Power Aerobics           | Ceryl      | All   | Studio # |
|           | 11.30-12.30 | Body Balance             | Ceryl      | All   | Studio # |
|           | 17.45-18.45 | Step                     | Kerry      | All   | Studio   |
|           | 19.00-19.45 | Cardio & Core - NEW!     | Trish      | All   | Studio   |
|           | 20.00-20.45 | Legs, Bums & Tums - NEW! | Rachel     | All   | Studio   |
| Tuesday   | 07.00-07.45 | Circuits                 | Stuart     | All   | Studio   |
|           | 09.45-10.45 | Bodypump                 | Ceryl      | All   | Studio # |
|           | 11.00-12.00 | Legs, Bums & Tums        | Jane       | All   | Studio # |
|           | 17.45-18.30 | Legs, Bums & Tums        | Trish      | All   | Studio   |
|           | 18.15-19.15 | Body Balance             | Ella       | All   | Dojo     |
|           | 18.45-19.45 | Circuits                 | Zarin      | All   | Studio   |
|           | 20.00-20.45 | Fitness Pilates          | Ella       | All   | Studio   |
| Wednesday | 09.45-10.45 | Step & Tone              | Ceryl      | All   | Studio # |
|           | 10.50-12.20 | Yoga                     | Alison     | All   | Studio # |
|           | 17.45-18.45 | Boxercise                | Zarin      | All   | Studio   |
|           | 18.00-18.45 | Fitness Pilates          | Rachel     | All   | Dojo     |
|           | 19.00-19.45 | Zumba                    | Abi        | All   | Studio   |
|           | 20.00-21.00 | Bodypump                 | Abi        | All   | Studio   |
| Thursday  | 07.00-07.45 | Circuits                 | Stuart     | All   | Studio   |
|           | 09.45-10.45 | Circuits                 | Trish      | All   | Studio # |
|           | 17.45-18.45 | Bodypump                 | Abi        | All   | Studio   |
|           | 18.00-18.45 | Fitness Pilates          | Sue        | All   | Dojo     |
|           | 19.00-20.00 | Step & Tone              | Kerry      | All   | Studio   |
|           | 20.00-21.00 | Adult Tap                | Dawn       | All   | Studio   |
| Friday    | 09.45-10.45 | Legs, Bums & Tums        | Trish      | All   | Studio # |
|           | 11.00-12.00 | Body Balance             | Ceryl      | All   | Studio # |
|           | 17.45-18.30 | Ultimate Combat          | Abi        | All   | Studio   |
| Saturday  | 09.30-10.30 | Bodypump                 | Jane       | All   | Studio # |
|           | 10.40-11.40 | Body Balance             | Jane       | All   | Studio # |
|           | 16.30-17.30 | Boxercise                | Zarin      | All   | Studio   |
| Sunday    | 10.00-11.00 | Step                     | Kerry      | All   | Studio   |
|           | 18.40-19.40 | Body Balance             | Ella       | All   | Studio   |

All Classes highlighted in Yellow are not included in an Expressions Membership  
 £5 Pay as you go  
 Pay for a 5 week course upfront & receive a 10% Discount

# = Crèche Available



# Class Descriptions

**Adult Tap** - Previous experience necessary

**AquaFit** - Work out in water, non-swimmers welcome

**Aquanatal** - Work out in water for pre- and post natal mums

**Bodybalance** - A holistic fitness programme to tone, relax and renew

**Bodypump** - A class to burn fat and tone muscles using weights

**Boxercise** - A circuit class using punch bags, kick pads etc

**Circuits** - A highly motivated class with a full body workout

**Deep Water Workout** - aquabelts are worn for this session – not suitable for non-swimmers

**Fitness Pilates** - A group exercise session incorporating Pilates exercises

**Legs, Bums & Tums** - A class concentrating on the lower body

**Power Aerobics** - A high energy aerobic class

**Salsacise** - A fun dance class to latino music

**Step** - A fun stylised class to great music

**Sway Dance** - A fun aerobic based street dance to great music

**Ultimate Cardio** - A highly motivated class with a full body workout

**Ultimate Combat** - A fun stylised class involving kicks & punches ect to great music

**Yoga** - Traditional yoga moves to invigorate, improve flexibility and calm the mind

## **Please Note:**

1. Bookings can be taken and paid for up to one week in advance. Full expressions members can book up to two weeks in advance.
2. We require 48 hours notice should you wish to cancel any class. If cancelled you will then be given the option to move to another class, in line with our current booking policy. All cash payers who fail to give 48 hours notice will not be given the option to move to another class or receive a refund.
3. You should be arriving at least 5 minutes prior to the start of each class. Should you arrive late you will not be permitted entry.
4. Should less than 3 people be booked in, the Duty Manager may decide to cancel the class.
5. 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.
6. Appropriate footwear and clothing must be worn and bring a drink to keep hydrated.
7. All participants must be aged 16 or over. (Unless otherwise stated.)
8. Please note that the management reserve the right to amend the programme at any time and classes may be cancelled at short notice due to illness.
9. Sometimes a class may need to be covered by a replacement instructor. This may mean that the class content may be different.

