

Group Fitness Timetable

	Class	Time	Instructor	Level
Monday	Bodypump	0930 - 1030	Jane/Cheryl	All*
	Power Aerobics	1040 - 1140	Jane/Cheryl	2/3
	Body Balance	1140 - 1240	Jane	All
	Bootcamp Kids (11+)	1615 - 1700	Zarin	All
	Step	1745 - 1845	Kerry	All
	Salsacise	1900 - 1945	Abi	All
	Ballroom Blitz	2000 - 2100	Tracy	All
	AquaFit	2000 - 2045	Stuart	All
Tuesday	Circuits	0700 - 0745	Stuart	2/3
	Bodypump	0945 - 1045	Cheryl	All*
	Live & Low	1100 - 1200	Jane	1-2
	Legs Bums & Tums	1745 - 1830	Mandy	All
	Bodybalance	1815 - 1915	Ella	All
	Bodypump	1845 - 1945	Mandy	All*
	Fitness Pilates	2000 - 2045	Rachel B	All
Wednesday	Step & Tone	0945 - 1045	Cheryl	All
	Yoga	1050 - 1220	Alison	All
	Deep Water Workout	1100 - 1145	Jane	All
	Boxercise	1745 - 1845	Zarin	All
	Fitness Pilates	1800 - 1845	Rachel B	All
	Salsacise	1900 - 1945	Trish	All
	Bodypump	2000 - 2100	Stuart	All*
	AquaFit	2000 - 2045	Rachel B	All
Thursday	Bodypump	0700 - 0745	Stuart	2/3
	Bodyblitz	0945 - 1045	Trish	All
	Aqua Natal	1015 - 1100	Jane	All
	Ballroom Blitz	1100 - 1200	Tracy	All*
	Bodypump	1745 - 1845	Mandy	All
	Fitness Pilates	1800 - 1845	Sue	All
	Step & Tone	1900 - 2000	Mandy	1/2
	Adult Tap	2000 - 2100	Sam	2/3
Friday	Bodytone	0945 - 1045	Trish	All
	AquaFit	1100 - 1145	Rachel H	All
	Body Balance	1100 - 1200	Cheryl	All
	Step	1715 - 1800	Kerry	All
	Salsacise	1815 - 1900	Abi	All
	Bodypump	1915 - 20.15	Trish	All
Saturday	Bodypump	0930 - 1030	Jane	All*
	Bodybalance	1040 - 1140	Jane	All
Sunday	Step	1000 - 1100	Kerry	All
	Bodypump	1730 - 1830	Stuart	All*
	Bodybalance	1840 - 1940	Ella	All

*Bodypump - All new participants should book a free technique session (in the gym) prior to taking part in a class

Level All - Suitable for all participants

Level 1-2 Suitable for new participants or those returning to exercise

Level 2/3 Suitable for more experienced participants



Class Descriptions

Adult Tap - Some previous experience necessary.

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

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

Ballroom Blitz - A dance workout including salsa, jive, quick-step and cha cha cha.

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

Bodyblitz - A circuit type class incorporating boxing moves.

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

Bootcamp Kids - A circuit style class for 11-15 year olds.

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

Circuits - A mixture of aerobic and strength stations.

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.

Live & Low - A low impact class with toning.

Power Aerobics - A high energy aerobic class.

Salsacise - A fun dance class to latino music.

Step - A fun stylised class to great music.

Step & Tone - A combo of step routines, together with body conditioning exercises - a great all rounder.

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. Please ensure you book in to all group fitness classes at reception.
4. 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.
5. Should less than 4 people be booked in, the Duty Manager may decide to cancel the class.
6. 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.
7. Appropriate footwear and clothing must be worn and bring a drink to keep hydrated.
8. All participants must be aged 16 or over. (Unless otherwise stated.)
9. 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.
10. Sometimes a class may need to be covered by a replacement instructor. This may mean that the class content may be different.

