

Group Fitness Timetable

Day	Time	Class	Instructor
Monday	9.00am	Water Aerobics	Cassie
	9.15am	Early morning abs 30 mins	Rich
	10.00am	Step	Barbara
	11.00am	Zumba	Cassie
	11.00am	Seniors	Barbara
	12.10pm	Body Pump	Vicky
	1.20pm	Body Balance	Jo F
	2.30pm	Tai Chi 90 mins	Charlie
	6.00pm	Body Combat	Vicky
7.10pm	Spin Cycling	Paul	
Tuesday	9.30am	Mind/Body Flow	Barbara
	10.45am	Body Attack	Steph
	11.15am	Aqua Care	Barbara
	12.00pm	Spin Cycling	Paul
	6.00pm	Body Combat	Cassie
	7.00pm	Body Pump	Jo L
8.15pm	Water Aerobics	Jo L	
Wednesday	9.30am	Spin Cycling	Cassie
	11.00am	Body Combat	Cassie
	6.00pm	Body Pump	Jo L
	6.15pm	Circuits	Rachael
	7.05pm	Body Balance	Jo F
Thursday	9.00am	Water Aerobics	Barbara
	9.30am	Body Pump	Vicky
	11.00am	Body Combat	Cassie
	6.00pm	Zumba	Cassie
	7.00pm	Aerobics	Sue
	8.00pm	Indoor Cycling	Ian
Friday	9.30am	Body Combat	Vicky
	9.30am	Totally Toning	Barbara
	10.45am	Body Pump	Jo F
	12.00pm	Body Balance	Jo F
	6.00pm	Body Attack	Steph
	7.00pm	Tai Chi 90 mins	Charlie
Saturday	8.50am	Body Pump	Vicky
	10.00am	Body Combat	Vicky
	11.10am	Spin Cycling	Cassie

Class Descriptions

Abs Attack - A class to tighten up those stomach muscles.

Aerobics - Funky moves and great grooves for all ages with Sue.

Aquacare - Easier movement helping to improve mobility in the water.

Body Attack - The sports - inspired cardio workout for building strength and stamina.

Body Combat - A class for all ages combining kicks, punches and blocks, but no contact!

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

Body Balance - An holistic fitness programme designed to tone, relax and renew.

Circuits - A highly charged workout based around a variety of fitness stations. Will help improve cardio vascular fitness, endurance and strengthen muscles.

Mind/Body Flow - Primarily a Pilates based exercise class.

Seniors - A class for the over 70s to enjoy using chairs and mats to get a great workout.

Spin - An indoor 45 minute cycling class to work the heart and burn the legs, a great calorie burner!

Step - Great workout, great music and great fun!

Tai-Chi - An ancient art of health and movement. This is a 90 minute session.

Total Body Tone - An all over body workout designed to shape and tone your body.

Water Aerobics - An exciting water workout to music designed to increase aerobic capacity, aid weight control, burn calories quickly and tone the body. Swimming ability not required.

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 24 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 24 hours notice will not be given the option to move to another class or receive a refund.
3. Please ensure you hand your receipt to the instructor prior to the commencement of each class.
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.
9. Please note that the management reserve the right to amend the programme at any time.
10. All classes are 55 minutes in length unless otherwise stated.
11. Sometimes a class may need to be covered by a replacement instructor. This may mean that the class content may be different.
12. Please visit www.fitpro.com/bts to get more details on Body Combat, Body Pump, Body Balance and Body Jam.

Are you doing more than 1 class per week? If you are you could be saving money. To discuss various membership packages please speak with a membership advisor by contacting reception or calling 01736 335927 or 01736 874744

