

Group Fitness Timetable

	Time	Class	Instructor
Monday	9.00am	Water Aerobics	Cassie
	9.15am	Early Morning Abs (30 mins)	Richie
	10.00am	Step	Barbara
	11.00am	Seniors	Barbara
	1.00pm	Body Balance	Jo C
	2.30pm	Tai Chi (90 mins)	Charlie
	6.00pm	Spin Cycling (45 mins)	Paul
	7.00pm	Spin Cycling (45 mins)	Paul
	8.00pm	Ayengar Yoga (90 mins)	Alexia
Tuesday	9.30am	Mind/Body Flow	Barbara
	11.00am	Spin Cycling (45 mins)	Richie
	11.15am	Aquacare (40 mins)	Barbara
	1.00pm	Ashtanga Vinyasa Yoga	Rachael
	6.00pm	Body Combat	Jo F
	7.00pm	Body Pump	Sarah
	8.00pm	Water Aerobics	Jo L
Wednesday	9.30am	Body Combat	Jo F
	11.00am	Circuits	Rich
	6.15pm	Circuits	Rachael
	6.45pm	Ball 'n' Glide	Jo L
	8.00pm	Body Balance	Jo C
Thursday	9.00am	Water Aerobics	Barbara
	9.30am	Body Pump	Jo C
	11.00am	Body Combat	Jo F
	6.00pm	Spin Cycling (45 mins)	Ian
	7.00pm	Aerobics	Sue
Friday	9.30am	Body Balance	Jo C
	9.30am	Totally Toning	Barbara
	11.00am	Body Pump	Jo C
	12.15pm	Lunchtime Abs (30 mins)	Richie
	6.00pm	Body Combat	Jo F
	7.00pm	Tai Chi (90 mins)	Charlie
Saturday	10.00am	Spin Cycling (45 mins)	Cassie/Alex
	11.00am	Body Combat	Jo F

Valid from 1st December 2009
Current timetables available at reception



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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.

Ball 'n' Glide - Class to increase that core stability and strengthen the back and tummy.

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.

Yoga (Ayenga) - A 90 minute class that works mind, body and soul. Develop flexibility and inner calm. Increase fitness and stamina.

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

