

Group Fitness Timetable

Rushcliffe Leisure Centre



	Time	Class	Instructor
Mon	09.15-10.00	Nifty Pilates	S.Gribby
	09.15-10.00	Body Bar	S.Price
	09.45-10.30	Indoor Spin	G.McGuire
	10.00-11.00	Yogalates	S.Price
	10.15-11.00	Nifty Body Con	L.Collishaw
	11.00-11.45	Nifty Step	L.Collishaw
	14.00-15.00	Pilates	C.Child
	17.45-18.45	Pilates	C.Flintham
	18.00-19.00	Step Combo	S.Gribby
	19.00-19.45	Tone, Bar & Ball	S.Gribby
	19.45-20.45	20/20 Mix	L.Collishaw
	20.00-21.00	Zumba	Karen Hix
Tues	09.15-10.00	Spin	L.Collishaw
	10.00-11.00	20/20 Mix	L.Collishaw
	11.00-12.00	Funky Workout	S.Price
	18.15-19.15	Funky Workout	S.Price
	19.00-20.00	Pilates	C.Flintham
	18.15-19.00	Indoor Spin	Gill McGuire
	18.00-19.00	Step	C.Flintham
19.30-20.30	Circuit Training	L.Colaluca	
Wed	10.00-11.00	Body Con	L.Collishaw
	10.00-10.45	Nifty Step	C.Flintham
	11.00-11.45	Nifty Body Con	C.Flintham
	11.00-12.00	Nifty Body Con	L.Collishaw
	11.45-12.30	Nifty Mind n Body	C.Flintham
	18.00-19.00	Training Zone	J.Gibson
	18.00-19.00	Pilates (BEG)	S.Gribby
	19.15-20.15	Pilates (INT)	S.Gribby
	19.30-20.15	Aqua Zumba	J.Gibson
	20.00-21.00	Zumba	Karen Hix
20.15-21.00	Indoor Spin	Gill McGuire	
Thurs	09.30-10.30	Body Con	S.Walker
	10.30-11.15	Indoor Spin	C.Child
	12.30-13.15	AquaFit	C.Flintham
	18.00-18.45	Indoor Spin	K.Attewell
	18.00-18.45	Yogalates	S.Price
	19.00-20.00	Kickboxercise	S.Price
	20.00-21.00	Tone Zone	Karen Chapman
Fri	09.30-10.30	Step n Fit ball	S.Roebuck
	10.30-11.30	Bums and Tums	S.Roebuck
	11.30-12.15	Zumba	S.Roebuck
	17.00-17.45	Indoor Spin	N.Hubbard
	18.00-18.45	Body Bar Workout	N.Hubbard
Sat	08.30-09.15	Indoor Spin	G.McGuire
	09.30-10.15	Bums, Tums, Thighs	Karen Hix
	10.20-11.10	Zumba	Karen Hix
Sun	11.15-12.00	Indoor Spin	G.McGuire
	18.15-19.00	Zumba	J.Gibson

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20/20: A workout that you will never get bored with. A mixture of twenty minute workouts ranging from body bar workouts, kickboxercise, step and many more. This class will have something for everyone. Suitable for all abilities.

Aqua Fit: Fitness in the swimming pool. Intermediate/ Advanced workout designed to improve stamina, strength and toning of the body. A fun and enjoyable session.

Aqua Fit Day Class: Fitness in the swimming pool. Suitable for those who are recovering from injury, pregnant ladies or simply an extra workout for all ages and abilities.

Body Bar: This is a workout with a body bar which is to help tone areas quicker with an added resistance and tone workout. Suitable for all abilities.

Body Conditioning/ Tone Zone/ Bums, Tums & Thighs/ Body Blitz: A less strenuous all over muscle workout for complete tone and definition, working on specific areas. Being a low impact workout it is kinder to the joints. Suitable for all abilities.

Circuit Training: A comprehensive workout including cardiovascular, stamina and strength work. Suitable for all abilities.

Kickboxercise: Non- contact exercise, including a total upper and lower body workout. A must for fat burning and stress relief. Kick and punch your way fit. Suitable for all abilities.

Low Impact Aerobics: A cardiovascular workout which is hard on thighs and bums whilst being kind to the joints. Suitable for all abilities.

Pilates: The ultimate body workout. Pilates offers many benefits including a flatter stomach, better posture, improved flexibility and lowered stress levels. Beginners and improvers courses available.

Salsacise: Sassy salsa moves to funky latino grooves. No partner required. For all abilities.

Step Aerobics: For heart and lung health. Helps firm up the bottoms. Suitable for all abilities. Please look overleaf for all ability levels.

Step Combos: An interesting and fun class with something for everyone combining step aerobics and body conditioning. Suitable for all abilities.

Strictly Dance Mix: A lively and exciting class incorporating Salsa, Cha Cha Cha, Jive and Belly dancing moves. Fun invigorating and strictly dance.

Training Zone: A two in one class that will work on Cardiovascular fitness and muscle strength. If you are bored with your normal workout in the gym then this is the class for you. Suitable for immediate fitness level upwards.

Yogalates: A controlled workout incorporating Yoga and Pilates to stretch, tone and relax muscles. Great for stress relief and suitable for all abilities.

Zumba: Mixing four main styles of dance - merengue, salsa, cumbia and reggaeton - you'll also find some hip-hop moves and belly dancing moves thrown in for an explosive, entertaining and dynamic class that can burn hundreds of calories.

