

Group Fitness Timetable

	Time	Class	Instructor
Mon	09.15 - 10.00	Body Bar	Stella
	09.30 - 10.15	Nifty Fifty Pilates	Sue
	10.00 - 11.00	Yogalates	Stella
	10.15 - 11.00	Nifty Fifty Body Conditioning	Liz
	11.00 - 11.45	Nifty Fifty Step	Liz
	14.00 - 15.00	Pilates	Chantelle
	18.00 - 19.00	Step Combos	Sue
	17.45 - 18.45	Pilates	Catriona
	18.00 - 18.45	Hula Hoop	Nicola
	18.45 - 19.30	Body Conditioning	Liz
	19.00 - 19.45	Tone Bar 'n' ball	Sue
	19.45 - 20.45	20/20 mix	Liz
Tues	10.00 - 11.00	Low impact step	Liz
	11.00 - 12.00	Strictly Dance Mix	Stella
	18.00 - 19.00	Step	Catriona
	18.15 - 19.15	Salsacise	Stella
	19.00 - 20.00	Low Impact	Catriona
	20.00 - 20.45	Bums, Tums & Thighs	Jenny
	19.30 - 20.30	Circuits	Luke
Wed	10.00 - 10.45	Nifty Fifty Step	Catriona
	10.00 - 11.00	Body Conditioning	Liz
	11.00 - 11.45	Nifty Fifty Body Conditioning	Catriona
	12.30 - 13.30	Lunchtime Step	Catriona
	18.00 - 19.00	Training Zone	Jenny
	18.15 - 19.15	Pilates (Beg)	Sue
	19.30 - 20.30	Pilates (Int)	Sue
	19.30 - 20.15	Aquafit	Jenny
Thurs	09.30 - 10.30	Body Conditioning	Sue
	12.30 - 13.15	Aquafit	Catriona
	18.00 - 18.45	Yogalates	Stella
	19.00 - 20.00	Kickboxercise	Stella
	20.00 - 21.00	Tone Zone	Jenny
Fri	09.30 - 10.30	Step 'n' Ball	Sally
	10.30 - 11.30	Bums, Tums & Thighs	Sally
	11.30 - 12.15	Yoga Fusion	Stella
	18.00 - 18.45	Body Bar	Nicola
	18.00 - 19.00	Circuits	Jenny
Sat	09.30 - 10.15	Bums, Tums & Thighs	Kris
Sun	10.00 - 11.00	Body Conditioning	Sue

Class Descriptions

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.

