

Group Fitness Timetable

SCOTCH HORN GROUP FITNESS TIMETABLE

MONDAY			
Ⓢ 09.30-10.30	AEROBICS/BODY TONE	LEVEL 2	CAROL
Ⓢ 10.30-11.30	BODY VIVE	LEVEL 2	CAROL
Ⓢ 10.45-11.30	SPINNING	LEVEL 2	PAULA
18.00-19.00	PILATES	LEVEL 2	TRISH
19.00-20.00	AEROBICS	LEVEL 3	TRISH
19.00-20.00	BODY COMBAT	LEVEL 2	AMY
20.00-20.45	SPINNING	LEVEL 2	MIKE
TUESDAY			
Ⓢ 09.30-10.30	PILATES COURSE	LEVEL 1	TRISH
Ⓢ 09.30-10.30	LEGS, BUMS & TUMS	LEVEL 2	JANE
Ⓢ 10.30-11.30	PILATES	LEVEL 2	TRISH
18.00-19.00	PILATES COURSE	LEVEL 1	TRISH
18.00-18.45	SPINNING	LEVEL 2	MIKE
18.00-19.00	ZUMBA	LEVEL 2	CHRISIE
19.00-20.00	LEGS, BUMS & TUMS	LEVEL 2	CHRISIE
19.00-20.00	PILATES	LEVEL 2	TRISH
WEDNESDAY			
Ⓢ 09.30-10.30	AEROBICS	LEVEL 2	JANE
Ⓢ 09.45-10.30	SPINNING	LEVEL 2	MIKE
Ⓢ 10.45-11.45	ZUMBA	LEVEL 2	TRISH
Ⓢ 10.30-11.30	50+	LEVEL 2	JANE
18.00-19.00	CIRCUITS	LEVEL 2	LUKE
19.00-20.00	BODY COMBAT	LEVEL 2	EMMA
19.15-20.00	SPINNING	LEVEL 2	PAULA
20.15-21.00	SPINNING	LEVEL 2	PAULA
THURSDAY			
Ⓢ 09.30-10.30	LEGS, BUMS & TUMS	LEVEL 2	TRISH
Ⓢ 10.30-11.30	PILATES	LEVEL 2	TRISH
18.00-19.00	BOXERCISE	LEVEL 2	MIKE
19.00-20.00	LEGS, BUMS & TUMS	LEVEL 2	TRISH
19.15-20.00	SPINNING	LEVEL 2	MIKE
FRIDAY			
Ⓢ 09.00-10.00	BODY VIVE	LEVEL 2	CAROL
Ⓢ 09.30-10.30	ENERGY XS	LEVEL 2	CHELLE
Ⓢ 10.30-11.30	BODY COMBAT	LEVEL 2	CHELLE
18.15-19.15	ZUMBA	LEVEL 2	CHRISIE
SATURDAY			
09.30-10.30	TOTAL BODY CONDITIONING	LEVEL 2	RON
09.45-10.30	SPINNING	LEVEL 2	MIKE

BACKWELL GROUP FITNESS TIMETABLE

MONDAY			
19.00-20.30	YOGA	ALL LEVELS	JULIA
20.00-21.00	AQUA AEROBICS	ALL LEVELS	PAULA
THURSDAY			
12.45-13.30	AQUA AEROBICS	ALL LEVELS	PAULA
Ⓢ -	Creche available		

Fitness Level:

- 1 - Low impact class suitable for beginners to exercise
- 2 - Low impact class suitable for beginners to advanced levels of fitness
- 3 - Combination of low & high impact suitable for intermediate to advanced levels of fitness

Group Fitness Timetable

50+

Low impact class to improve flexibility, muscular strength & the Cardiovascular system.

Aerobics

Combining original aerobics dance steps offering a fun full body / cardio vascular workout.

Aerobics / Body Tone

This combines traditional aerobics with body toning exercises.

Aqua Aerobics

For all those people that enjoy a workout in water to music. This class is unique in its none weight bearing approach to exercise using the water as a great resistance to tone up those bodies.

Body Combat

An exhilarating workout, combining powerhouse moves & stances developed from a range of self defense disciplines, including karate, taichi & tae kwon-do.

Body Vive

Body Vive is a low impact workout that lets you choose just how hard you work, using vive balls/tubes & optional hand weights. 'Uplifting & inspiring music'.

Boxercise

This class combines non contact boxing style exercises using focus pads, mits & other boxing equipment. An explosive cardiovascular workout, improving overall fitness & muscle tone.

Circuits

This class consists of an aerobic warm-up followed by a wide range of exercises working station-to-station concentrating on both resistance & cardiovascular work aiming to improve fitness & shape & tone the whole body.

Energy XS

Great weights workout to define, shape & tone your body to perfection.

Legs, Bums & Tums

Intensive conditioning for tightening your abdominals, legs & bum.

Pilates

Gentle exercise for the lower back & abdomen (Beginners Pilates are 8 week courses & are free to members).

Spinning

This is a structured cycle workout to music. The instructor will take you through a high energy, fat burning, muscle toning workout, on our StarTrac Spinning Bikes. One session & you'll be hooked forever.

Total Body Conditioning

Shape up and tone using light, hand weights to exercise every muscle group in body.

Yoga

Gentle exercise to enhance the union of mind & body for better health.

Zumba

A fun filled dance orientated aerobic class. Mixing music & dance from various cultures, which will enable you to dance yourself fit. A cardiovascular workout, which will improve your overall muscle tone & core stability.

Please note:

If you are attending a class for the first time, we advise you to arrive 5 minutes early to introduce yourself to the instructor. If you are new to exercise or have any doubts about your suitability you are advised to take advice from your GP.

All class times include set up/take down time.

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Manage this facility in partnership with your Local Authority

