

Group Fitness Timetable

MONDAY

09.30-10.30	BODYPUMP	ALL LEVELS	DANCE STUDIO
09.30-10.15	AQUAFIT	ALL LEVELS	MAIN POOL
10.30-11.30	BODYCOMBAT	ALL LEVELS	DANCE STUDIO
11.30-13.00	YOGA	ALL LEVELS	DANCE STUDIO
18.15-19.15	BODYPUMP	ALL LEVELS	DANCE STUDIO
18.45-20.00	YOGA	BEGINNER	CRÛCHE
20.00-21.15	YOGA	INTERMEDIATE	CRÛCHE
19.15-20.15	BODY COMBAT	INTERMEDIATE	DANCE STUDIO
20.15-21.15	BUMS & TUMS	ALL LEVELS	DANCE STUDIO

TUESDAY

09.30-10.30	BODY CONDITIONING	ALL LEVELS	DANCE STUDIO
09.30-10.15	AQUAFIT	ALL LEVELS	MAIN POOL
09.45-10.45	RUNNING CLUB	ALL LEVELS	OUTDOOR ACTIVITY
10.30-11.30	ZUMBA	BEGINNER	DANCE STUDIO
11.30-12.30	PILATES	ALL LEVELS	DANCE STUDIO
18.30-19.15	BODYSHAPING	INTERMEDIATE	DANCE STUDIO
18.45-19.45	YOGA	ALL LEVELS	CRÛCHE
19.00-19.45	AQUAFIT	ALL LEVELS	MAIN POOL
19.15-20.15	TRI-CLASS	ALL LEVELS	DANCE STUDIO
19.30-20.30	RUNNING CLUB	ADVANCED	OUTDOOR ACTIVITY
20.15-21.15	BODYPUMP	ALL LEVELS	DANCE STUDIO

WEDNESDAY

09.30-10.30	BODY COMBAT	INTERMEDIATE	DANCE STUDIO
10.30-11.15	FAB ABS	ALL LEVELS	DANCE STUDIO
11.30-12.30	NIFTY 50'S	ALL LEVELS	DANCE STUDIO
18.15-19.15	BOXERCISE	ALL LEVELS	DANCE STUDIO
19.00-19.45	AQUAFIT	ALL LEVELS	MAIN POOL
19.15-20.15	ZUMBA	ALL LEVELS	DANCE STUDIO
19.15-20.15	PILATES	ALL LEVELS	CRÛCHE
20.15-21.15	BUMS & TUMS	ALL LEVELS	DANCE STUDIO

THURSDAY

09.30-10.30	TRI-CLASS	ALL LEVELS	DANCE STUDIO
10.30-11.15	BODYSHAPING	ALL LEVELS	DANCE STUDIO
11.30-13.00	YOGA	ALL LEVELS	DANCE STUDIO
18.15-19.15	BODYCOMBAT	ALL LEVELS	DANCE STUDIO
19.15-20.15	BODYPUMP	ALL LEVELS	DANCE STUDIO
20.15-21.15	ZUMBA	ALL LEVELS	DANCE STUDIO

FRIDAY

09.30-10.30	TRI-CLASS	ALL LEVELS	DANCE STUDIO
10.30-11.30	ZUMBA	ALL LEVELS	DANCE STUDIO
11.30-12.30	PILATES	ALL LEVELS	DANCE STUDIO
13.00-14.15	KEEP FIT IN RETIREMENT		DANCE STUDIO

SATURDAY

09.30-10.30	CIRCUITS	INTERMEDIATE	DANCE STUDIO
10.30-11.30	BODYPUMP	ALL LEVELS	DANCE STUDIO
11.30-12.30	BUMS & TUMS	ALL LEVELS	DANCE STUDIO

SUNDAY

09.30-10.15	AQUAFIT	ALL LEVELS	MAIN POOL
09.45-10.45	TRI-CLASS	ALL LEVELS	DANCE STUDIO
11.00-11.30	BODY COMBAT CLINIC		DANCE STUDIO
11.30-12.00	BODY PUMP CLINIC		DANCE STUDIO
18.00-19.00	(CLINICS FORTNIGHTLY) ZUMBA	ALL LEVELS	STUDIO



Class Descriptions

AEROBICS & FATBURNERS:

Hi/Low impact exercise to improve cardiovascular fitness, tone muscle & burn fat.

CIRCUIT TRAINING:

Challenging strength & endurance class promoting all round fitness.

TIGHT & TONE:

Simple, low impact routines using hand weights to sculpt your body & improve muscle definition

FAB ABS:

45 minute class geared towards flattening & strengthening the stomach

LINE DANCING:

Great social event for all age groups. Fun moves & a whip cracking time!

KEEP FIT IN RETIREMENT & NIFTY 50'S:

Low impact & stretching class, motivating for seniors

AQUAFIT:

Exercise to music class based in water. Safe non-impact way to tone muscle

DEEP AQUA:

Uses flotation belts. Swimmers only

AQUA NATAL:

Non-impact exercise class in water for expectant mums.

POSTURE AWARENESS:

Focus on re-aligning your body and ultimately the way you move on all levels.

SALSA:

Dance class for all ages and all abilities

BODYPUMP & BODYCOMBAT TECHNIQUE CLINIC:

Must be taken before participating in a BP or BC class, teaching you correct posture & alignment

BODYPUMP:

Complete workout using barbells & weights designed to give you a superb toned body, fast!

BODYCOMBAT:

Non-contact aerobics class based around martial arts movements

BUMS & TUMS:

Low impact class geared towards working areas from the waist & below

STEP AEROBICS:

Cardiovascular & lower body workout using a platform

YOGA & PILATES:

Enhance your mind & body with this combination of strength, flexibility and balance.

SPINFIT:

Benefits of outdoor cycling with indoor comforts an effective way to get fit, fast!

PRE/POST NATAL:

Exercises to suit all mothers and mothers to be, focusing on relaxation & abdominal work

BODYSHAPING:

Low impact class getting you into seriously good shape.

MIND & BODY BALANCE:

Deep toning exercises combined with stretching for the ultimate body shape and improved flexibility. Regular attendance helps combat daily stresses.

CARDIAC REHAB:

This class is for those on the Steps 2 Health Scheme.

PLEASE NOTE:

Please refer to each individual Centre Programmes for Bank Holidays

Please advise your Instructors of any physical ailments

For your Health & Safety latecomers will be refused entry

We reserve the right to change the group exercise timetable at any time

Off Peak: Mon - Fri 6.30am - 4.30pm
and Sat - Sun 1.00pm-10.00pm. Peak at all other times.

