

Group Fitness Timetable

Class timetable from the 5th September 2011

MONDAY

09:30-10:30	STEP	EXERCISE STUDIO
10:30-11:30	BODY PUMP	EXERCISE STUDIO
11:40-12:40	BODY BALANCE	EXERCISE STUDIO
14:00-15:00	PILATES 50+	EXERCISE STUDIO
18:00-19:00	BODY PUMP	ACTIVITY HALL
18:00-19:00	SPINNING	SPIN ROOM
18:00-19:00	PILATES	EXERCISE STUDIO
19:00-20:00	STEP	ACTIVITY HALL
19:00-20:00	SPINNING	SPIN ROOM
19:00-20:00	YOGA	EXERCISE STUDIO
20:00-21:00	SPINNING	SPIN ROOM

TUESDAY

07:00-08:00	BODY PUMP	ACTIVITY HALL
09:30-10:30	BODY BLAST	EXERCISE STUDIO
11:00-12:00	PILATES	EXERCISE STUDIO
14:00-15:00	AEROBICS 50+	EXERCISE STUDIO
18:00-19:00	SPINNING	SPIN ROOM
19:00-20:00	PULLING POWER	ACTIVITY HALL
19:00-20:00	FITBALL	EXERCISE STUDIO
20:00-21:00	AQUA FIT	MAIN POOL

WEDNESDAY

09:00-10:00	PILATES	EXERCISE STUDIO
10:15-11:15	BODY PUMP	EXERCISE STUDIO
10:00-11:00	LBT	ACTIVITY HALL
11:30-12:30	BODY BALANCE	EXERCISE STUDIO
18:00-19:00	BODY PUMP	ACTIVITY HALL
19:05-20:00	BODY CONDITIONING	EXERCISE STUDIO
19:00-20:00	PILATES IMPROVERS	EXERCISE STUDIO
20:00-21:00	SPINNING	SPIN ROOM
20:00-21:00	BODY PUMP	ACTIVITY HALL
20:30-21:30	CIRCUITS	MAIN SPORTS HALL

THURSDAY

09:30-10:30	PILATES	EXERCISE STUDIO
10:30-11:30	FITBALL	EXERCISE STUDIO
18:00-19:00	BOXERCISE	ACTIVITY HALL
19:00-20:00	SPINNING	SPIN ROOM
19:15-20:15	BODY PUMP	ACTIVITY HALL
20:00-21:00	BODY CONDITIONING	EXERCISE STUDIO

FRIDAY

09:30-10:30	SPINNING	SPIN ROOM
11:00-12:00	PILATES	EXERCISE STUDIO
18:00-19:00	BODY BALANCE	ACTIVITY HALL

SATURDAY

09:00-10:00	CIRCUITS	ACTIVITY HALL
09:30-10:30	SPINNING	SPIN ROOM
10:45-11:45	BODY PUMP	EXERCISE STUDIO
11:00-12:00	SPINNING	SPIN ROOM

PLEASE CALL RECEPTION ON 01869 235914 TO BOOK ONTO ANY OF THE ABOVE CLASSES

Group Fitness Timetable

Class Descriptions

TONING & STRENGTH

Pump & Tone - is a barbell class that strengthens your entire body. This work out challenges all major muscle groups, great music, awesome instructors and your choice of weights inspiring you to get the results you came for, and fast!

Circuits - a workout for the whole body, this station based class requires little co-ordination but can achieve maximum results.

L.B.T - this class combats the most common problem areas using aerobic moves and simple effective resistance exercises.

Tone Zone - an aerobic style class that provides a full body conditioning workout.

HIGH ENERGY

Abs Attack - a great workout that will tone your abs in every way possible.

Spinning - the ultimate indoor cycling experience. A cycle workout taking you on a sensational journey with music that will motivate and move you towards for fitness goals.

Boxercise - this is a high motivation high energy class which puts your boxing skills to the test as well as giving you the opportunity to release your stress and aggression in safety.

WATER WORKOUT

Aquacise - this is a shallow water class, which is fun and effective for a whole body workout. You can work at your own pace and do not need to be able to swim.

RELAX RE-ENERGISE

Yoga - yoga refers to the practise of harmonising the mind and body. Yoga classes will increase your range of motion, facilitate relaxation and release tension through focussing on posture alignment and breathing.

Pilates - is a refreshing mind and body workout which focuses on core stability and posture aiming to lengthen and strengthen muscles.

PLEASE BOOK YOUR CLASS IN ADVANCE AT RECEPTION

