

Group Fitness Timetable From January 2012

Monday	10.30-11.30am	Yoga
	2.00-5.00pm	Primetime
	3.00-3.45pm	Aquafit
	6.00-7.00pm	Body Pump
	6.15-7.00pm	Intermediate Spin
	7.05-8.00pm	Advanced Spin
	7.05-8.05pm	Body Attack
	7.30-8.45pm	Yoga
	8.15-9.00pm	Zumba - £1 for expressions members
Tuesday	9.15-10.15am	Body Attack
	10.15-11.15am	Body Tone
	6.00-7.00pm	Aero-Tone
	6.15-7.00pm	Spin Circuit
	7.10-8.10pm	Body Pump
	7.15-8.00pm	Spin & Abs
Wednesday	9.30-10.15am	Spin
	6.00-6.45pm	Spin & Abs
	6.00-6.45pm	Circuits
	7.00-8.00pm	Body Pump
	7.00-8.00pm	Pilates
	8.00-9.00pm	Pilates
	8.15-9.00pm	Zumba - £1 for expressions members
Thursday	9.30-10.30am	Step
	10.30-11.30am	Heartbeats (Referral only)
	11.15-12.00pm	Aquafit
	6.00-7.00pm	Body Pump
	7.05-8.05pm	Body Attack
	7.15-8.00pm	Spin Circuit
	8.00-8.45pm	Aquarobics
Friday	9.30-10.30am	Body Tone
	10.30-11.30am	Pilates
	5.15-6.00pm	Spin
	6.15-7.00pm	Spin
	6.30-7.30pm	Body Pump
Saturday	9.00-10.00am	Body Blast
Sunday	8.30-9.30am	Body Pump
	9.30-10.30am	Body Attack

Class Descriptions

Aero-Tone	A combination of aerobics and body conditioning exercises.
Aquafit	Exercise to music in chest-depth water. All abilities welcome.
Aquarobics	A high-energy workout in shallow and/or deep water. All abilities welcome.
Body Attack	Simple, high-energy sports training moves for cardiovascular fitness and conditioning exercises for building strength.
Body Blast	High impact freestyle aerobics.
Body Pump	Resistance/aerobic training with weights, set to the latest music – advanced booking essential.
Body Tone	Body Conditioning aerobics.
Heartbeats	Structured exercise session for cardiac rehabilitation patients – By medical referral only
Pilates	Controlled moves to strengthen the core muscles of the body.
Prime-time (term-time only)	Fitness activities for the over 50s. Includes a weekly organised activity, swimming, Aquafit, badminton and entry to expressions Gym.
Spin	High energy Studio Cycling on a static bike – advanced booking essential.
Spin & Abs	Studio Cycling with an abdominal blitz – advanced booking essential.
Spin Circuit	Studio Cycling and floor exercises – advanced booking essential.
Step	High/low impact exercise using the popular step – advanced booking essential.
Yoga	Mind and Body workout.
Zumba	Zumba is a fusion of body sculpting movements with easy to follow dance steps to the tune of Latin and International music.

Please Note:

1. Bookings can be taken and paid for up to 8 days in advance – all classes must be paid for on booking.
2. We require 24 hours notice should you wish to cancel any class. If cancelled you will then be given the option to move to another class, in line with our current booking policy. All cash payers who fail to give 24 hours notice will not be given the option to move to another class or receive a refund.
3. Please ensure you hand your receipt to the instructor prior to the commencement of each class.
4. You should be arriving at least 5 minutes prior to the start of each class. Should you arrive late you will not be permitted entry.
5. Should less than 4 people be booked in, the Duty Manager may decide to cancel the class.
6. Please advise the instructor prior to the start of each class if you suffer from any medical condition or if you need to refrain from any element of the class activity.
7. Appropriate footwear and clothing must be worn and bring a drink to keep hydrated.
8. All participants must be aged 16 or over.
9. Please note that the management reserve the right to amend the programme at any time.
10. All classes are 55 minutes in length unless otherwise stated.
11. Sometimes a class may need to be covered by a replacement instructor. This may mean that the class content may be different.
12. Please visit www.fitpro.com/bts to get more details on Body Pump and Body Attack.

Please contact one of our Membership Advisors for more information on our Membership Packages on 01949 838628/875200

