

# GROUP FITNESS TIMETABLE

| MON                                         | TUE                                     | WED                                     | THU                                                                     | FRI                                      | SAT                                       | SUN                                         |
|---------------------------------------------|-----------------------------------------|-----------------------------------------|-------------------------------------------------------------------------|------------------------------------------|-------------------------------------------|---------------------------------------------|
| TABATA<br>08:45-09:45<br>Sean               | BODY PUMP<br>07:00-07:45<br>Michaela    | YOGA<br>08:15-09:15<br>Vanessa          | YOGA<br>07:45-08:45<br>Vanessa                                          | BODY PUMP HEAVY<br>07:00-07:50<br>Sean   | BODY STEP<br>09:00-10:00<br>Will/Alex     | CIRCUIT TRAINING<br>08:30-09:15*<br>Matt Mc |
| AQUA AEROBICS<br>10:00-10:45<br>Matt Mc     | YOGA<br>09:15-10:15<br>Lina             | CIRCUIT TRAINING<br>09:30-10:30<br>Leah | INDOOR CYCLING<br>Coach by Colour<br>08:30-09:15<br>Zenobia             | ZUMBA<br>10:00-11:00<br>Becks            | CIRCUIT TRAINING<br>10:15-11:15<br>Sophie | ZUMBA<br>09:30-10:30<br>Jeanette            |
| DANCERCISE<br>10:00-11:00<br>Becks          | ZUMBA TONING<br>10:30-11:30<br>Becks    | BODY PUMP HEAVY<br>10:45-11:35<br>Sean  | BODY PUMP<br>09:15-10:00<br>Zenobia                                     | PILATES<br>11:30-12:30<br>Suzie          | AQUA AEROBICS<br>14:15-15:00*<br>Matt Mc  | PILATES<br>10:45-11:45<br>Suzie             |
| ZUMBA GOLD<br>11:15-12:00<br>Becks          | STEADY STEPS<br>12:00-12:45<br>David    | AQUA AEROBICS<br>12:15-13:00<br>Bryony  | YOGA<br>10:15-11:00<br>Zenobia                                          | PILATES<br>12:30-13:30<br>Suzie          |                                           | PILATES<br>11:45-12:45<br>Suzie             |
| YOGA<br>13:00-14:00<br>Vanessa              | AQUA AEROBICS<br>14:15-15:00<br>Matt Mc | 50+ AEROBICS<br>13:15-14:15<br>Sean     | AQUA AEROBICS<br>11:15-12:00 (Holiday)<br>12:15-13:00 (Term)<br>Matt Mc | YOGA<br>17:30-18:30<br>Lina              |                                           |                                             |
| CYCLE PERFORMANCE<br>17:00-17:45<br>Matt Mc | TABATA<br>18:00-19:00<br>Matt C         | YOGA<br>16:45-17:45<br>Lina             | PILATES<br>16:00-17:00<br>Suzie                                         | BODY BALANCE<br>18:45-19:30**<br>Jess    |                                           | Dance Studio                                |
| BODY ATTACK<br>17:45-18:30<br>Will/Alex     | BODY STEP<br>19:00-20:00<br>Will/Alex   | BODY COMBAT<br>18:00-19:00<br>Michaela  | PILATES<br>17:00-18:00<br>Suzie                                         | AQUA AEROBICS<br>19:30-20:15*<br>Matt Mc |                                           | Spin Studio                                 |
| BODY COMBAT<br>18:30-19:15<br>Michaela      | PILATES<br>20:00-21:00<br>Suzie         | BODY PUMP<br>19:00-20:00<br>Michaela    | CIRCUIT TRAINING<br>18:15-19:15<br>Matt Mc/Sean                         |                                          |                                           | Main Pool                                   |
| CORE<br>19:15-20:00<br>Michaela             |                                         | BODY BALANCE<br>20:00-20:45**<br>Jess   | CYCLE PERFORMANCE<br>19:30-20:15*<br>Matt Mc                            |                                          |                                           |                                             |
|                                             |                                         |                                         | ZUMBA<br>19:45-20:45<br>Jeanette                                        |                                          |                                           |                                             |

\* Scheduled fortnightly  
\*\*Scheduled 2 out of every 3 weeks  
Please see App for Schedule

**50+ AEROBICS** A class designed for all those over 50 as well as those who prefer a lighter aerobic content, whilst getting a good safe and effective workout for the whole body This class will improve your strength, flexibility and posture, which in turn will help with balance and coordination.

**AQUA AEROBICS** Aqua aerobics classes involve all the usual exercises you would complete in a studio based aerobics session, just in water. Exercising in water provides a great low-impact way to improve fitness without causing stress to your joints and muscles.

**BODYATTACK™** is a sports-inspired cardio workout for building both strength and stamina. It combines athletic aerobic movements with strength and stabilisation exercises to create a workout that gets results.

**BODYBALANCE™** is a yoga-based class that will improve your mind and body. During BODYBALANCE™, an inspired soundtrack plays as you bend and stretch through a series of yoga, Tai Chi and Pilates movements.

**BODYCOMBAT™** is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from karate, Taekwondo, boxing, Muay Thai, capoeira and kung fu.

**BODY PUMP™** Get lean, build strength and tone muscle with BODYPUMP, a group-based barbell class to work all your major muscle groups.

**BODY PUMP HEAVY™** Uses traditional lifting techniques to challenge strength, build lean muscle, and deliver measurable performance gains.

**BODYSTEP™** is a step aerobics class where you complete simple movements on, over and around a height-adjustable step. Routines vary from high intensity to resistance and include muscle-conditioning exercises.

**CIRCUIT TRAINING** A number of different strength and/or cardio based exercises are performed at different stations one after the other. Circuit training sessions allow for a short rest period in between stations and a longer rest period before the whole circuit is repeated.

**CORE™** Exercising muscles around the core, CORE™ provides vital ingredients for a stronger core and body.

**CYCLE PERFORMANCE** An intense indoor Indoor cycling session designed to closely simulate road cycling with sustained hard efforts and longer hills.

**DANCERCISE** Dance fitness is a type of group exercise class that incorporates various forms of dance. It's an aerobic workout, divided into different tracks that provide peaks and troughs of intensity.

**INDOOR CYCLING - COACH BY COLOUR** Classes use the bikes training system to deliver real-time, colour-coded feedback to the user. Coach By Color has five coloured training zones which allow you to accurately coach your efforts for the best customised results.

**PILATES** Classes that aim to increase full body strength, with particular emphasis on working your core muscles. Pilates exercises are done on a mat or using other specialised equipment.

**STEADY STEPS** This class aims to improve balance, strength and flexibility through functional exercises, therefore reducing falls and fear of falling in older adults. This class is mainly chair based and is designed to deliver a safe, effective and progressive exercise.

**TABATA** A type of High Intensity Interval Training (HIIT). It involves running, cycling or performing other cardio moves such as burpees or jumping jacks to maximise effort for 20 seconds, followed by 10 seconds of rest. Intervals are performed 8 times to create 4 minute blocks.

**YOGA** An ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental well-being. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

**ZUMBA®** Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party with exotic rhythms set to high-energy Latin beats.

**ZUMBA® GOLD** Perfect for those who are looking for a modified Zumba® class that recreates the original moves you love, at a lower-intensity.

**ZUMBA® TONING** Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles!