

GROUP FITNESS TIMETABLE

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

INDOOR CYCLING - FIND YOUR BASELINE Sessions enable a rider to find their Functional Threshold Power (FTP) for Coach by Colour classes. Every rider will have an individual FTP personal only to them, and as such every rider will be riding a bike with a console personal to them and their ability.

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!