



Workout Timetable

July 1st – September 30th 2010

Parish Wharf Leisure Centre
Strode Leisure Centre

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Monday

9.30am – 10.30am	Body ATTACK	1234	Jo	🐼
10.30am – 11.30am	LBT	1234	Justine	
10.35am – 12.05pm	Yoga	1234	Paula	✓
6.00pm – 7.00pm	Body ATTACK	1234	Tori	
7.00pm – 8.00pm	Cardio Funk	1234	Clare	
7.05pm – 8.05pm	Pilates	1234	Justine	
8.00pm – 9.00pm	Body PUMP	1234	Clare D	
8.00pm – 9.00pm	Aqua Aerobics	1234	Tara	

Tuesday

9.30am – 10.30am	Body Conditioning	1234	Tara	🐼
10.30am – 11.30am	Body VIVE	123	Tara	🐼
11.35am – 12.35pm	Pilates	1234	Carol	
6.00pm – 7.00pm	Body COMBAT	1234	Amy	
7.00pm – 8.00pm	Circuits	1234	Clare I	
7.00pm – 8.30pm	Yoga	1234	Janet	✓

Wednesday

9.15am – 10.15am	Body ATTACK	1234	Jo	✓
10.15am – 11.15am	Body BALANCE	1234	Jo	🐼
10.15am – 11.15am	Aqua Aerobics	1234	Tara	✓
2.00pm – 3.00pm	Body VIVE	1234	Carol	
6.00pm – 7.00pm	Body SCULPT	1234	Clare I	
6.00pm – 7.00pm	Pilates	1234	Carol	✓
7.00pm – 8.00pm	Ab Attack	1234	Clare I	
7.00pm – 8.00pm	Legs, Bums & Tums	1234	Tara	

Thursday

9.30am – 10.30am	Legs, Bums & Tums	1234	Pauline	🐼
10.30am – 11.30am	Fit Ball	1234	Clare I	🐼
11.30am – 12.30pm	Body VIVE	1234	Carol	
6.00pm – 7.00pm	Step	1234	Tara	
6.00pm – 7.00pm	Circuits	1234	Dean	
7.00pm – 8.00pm	Body COMBAT	1234	Amy	
7.00pm – 8.30pm	Yoga	1234	Paula	✓

Friday

9.30pm – 10.30pm	20/20/20	1234	Claire	🐼
9.30pm – 10.30pm	Body Pump	1234	Jo	🐼
10.35am – 11.35am	Body BALANCE	1234	Jo	✓
11.15am – 12.15pm	Aqua	1234	Clare	
6.00pm – 7.00pm	Circuits	1234	Clare I	
6.00pm – 7.00pm	Aerobics	1234	Justine	

Saturday

9.30am – 10.30am	Body BLAST	1234	Amy	
10.30am – 11.30pm	Body COMBAT	1234	Amy	
11.40am – 12.40pm	Circuits	1234	Justine	



Please note:

- Classes are open to everyone.
- Your instructor will provide exercise option.
- If you are attending a class for the first time, we advise you to arrive 5 min early to introduce yourself to the instructor.
- Individuals may be required to attend a technique session prior to inclusion in a body training system class.
- If you are new to exercise or have any doubts about your suitability you are advised to take advice from your GP.
- All class times include set up/take down time.

Minimum age for Body Pump & Studio Cycling classes is 16, all other classes 14. No admittance for late attendees.

🐼 Crèche available during these sessions

✓ Low Impact Classes - suitable for those looking to get back into exercise

FITNESS RATINGS

- 1 = Not exercised before or for a long time.
- 2 = Some experience of exercise.
- 3 = Regular exercise, looking to step it up a gear.
- 4 = Looking to push your body to achieve maximum results.

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Monday

9.30am – 10.30am	Post Natal	123	Becky	
9.30am – 10.30am	50+	1234	Norma	✓
9.30am – 10.15am	Studio cycling	234	Beth	
10.30am – 11.30am	50+ Advanced	1234	Norma	✓
10.30am – 11.30am	Zumba	1234	Janet	
6.00pm – 6.45pm	Studio Cycling	234	Justine	✓
6.00pm – 7.30pm	Flexi Circuits	1234	Mark & Ben	✓
7.30pm – 8.30pm	Legs, Bums & Tums	1234	Becky	

Tuesday

7.00am – 7.45am	Studio Cycling	234	Paul	✓
9.30am – 10.30am	Body BALANCE	1234	Jo	✓
10.30am – 11.30am	50+	1234	Jo	
4.15pm – 5.15pm	Cheer Fit	Age 4-7	Becky	
6.00pm – 7.00pm	Body COMBAT	1234	Chelle	
7.00pm – 8.00pm	Legs, Bums & Tums	1234	Chelle	
7.00pm – 8.00pm	Circuits	1234	Louise	
7.15pm – 8.00pm	Studio Cycling	234	Mark	✓
8.15pm – 9.15pm	Aqua Aerobics	1234	Chelle	✓

Wednesday

9.30am – 10.30am	Legs, Bums & Tums	1234	Chelle	✓
9.30am – 11.00am	Yoga	1234	Tilly	
10.30am – 11.30am	50+	1234	Chelle	✓
12.00pm – 12.40pm	Shallow Water Aqua	1234	Chelle	✓
12.40pm – 1.20pm	Deep Water Aqua	1234	Chelle	✓
6.00pm – 6.45pm	Studio Cycling	234	Amy	✓
6.00pm – 7.00pm	Body ATTACK	1234	Chelle	
7.00pm – 8.00pm	Body JAM	1234	Chelle	

Thursday

7.00am – 7.45am	Studio Cycling	234	Mike	✓
9.30am – 10.30am	20/20/20	1234	Justine	
10.30am – 11.30am	Pilates	1234	Justine	
12.00pm – 1.00pm	Zumba	1234	Janet	
4.00pm – 5.00pm	Active Kids	Age 8-11	Becky	
6.00pm – 7.00pm	Stability Ball	1234	Claire	
6.00pm – 7.00pm	Body COMBAT	1234	Chelle	
7.00pm – 7.45pm	Studio Cycling	234	Emily	✓
7.00pm – 8.00pm	Body PUMP	1234	Chelle	

Friday

9.30am – 10.30am	Step & Tone	1234	Norma	
9.30am – 11.00am	Yoga	1234	Tilly	
10.30am – 11.30am	50+	1234	Norma	✓
6.00pm – 6.45pm	Studio Cycling	234	Amy	✓
6.00pm – 7.00pm	Circuits	1234	Vicky G	
6.00pm – 7.00pm	Zumba	1234	Janet	

Saturday

9.00am – 10.00am	Total Body Conditioning	1234	Louise	
10.00am – 11.00am	Legs, Bums & Tums	1234	Louise	
11.30am – 12.15pm	Studio Cycling	234	Beth	✓

Sunday

9.00am – 10.00am	Body PUMP	1234	Chelle	
10.00am – 11.00am	Body COMBAT	1234	Chelle	
4.00pm – 4.45pm	Studio Cycling	1234	Justine	



(see back page for details)

Class Type

Description

50+	Low impact class to improve flexibility, muscular strength and cardiovascular system.
Aqua Aerobics	A fun, non-impact workout that uses water for resistance to tone and strengthen.
Pilates*	Gentle exercise for the lower back and abdomen.
Body Blast	High Intensity Weights Workout hitting each muscle group
Body Pump	A repetition weight training class to help you tone up, lose weight and ultimately change your body shape in record time
Body Attack	WARNING! This is no dance class. Back to old skool aerobics. It's simple, it's effective, appealing to men & women. Be prepared to be energised, take up the challenge and get active.
Body Balance	Core strength & flexibility training, combined with breathing & relaxation techniques developed from Yoga, Pilates and Tai Chi all added to a moving soundtrack.
Body Combat	An exhilarating workout, combining powerhouse moves and stances developed from a range of self-defence disciplines, including Karate, Tai Chi and Tae kwon-Do.
Body Jam	A total body workout that gives you the chance to polish your dance floor moves.
Body Sculpt	Upper body workout to tone and define the arms, chest, back and abs.
Body Vive	A low impact class integrating aerobic exercise for heart fitness, resistance training for strength and ability. Includes stretch and mobility work.
Cardiofunk	A lively class combining aerobics with some funky choreography.
Circuits	A challenging, simple but effective intensive body workout.
Flexi Circuits	Designed to fit in with you, come in at anytime between 6.00-7.30 using a variety of stations for an all over body workout.
Legs, Burns & Tums	Intensive conditioning for tightening your abdominals, legs and bum.
Post Natal	An enjoyable class that works on improving abdominal strength as well as helping towards a full and enjoyable fitness.
Stability Ball	Core strength workout using stability ball. A fun Challenging class to give you a total workout.
Step	Get your heart and lungs pumping to the ultimate workout for toning legs & bum.
Step & Tone	Any level of fitness. High/low impact routines. Toning and relaxing concludes the class.
Stretch & Relax	A relaxing class to enhance the mind and body working all parts of the body.
Studio Cycling	A motivating, instructor led group class on stationary bikes. For the ride of your life!
Total Body Conditioning	Shape up and tone using light, hand weights to exercise every muscle group in the body.
Yoga	Gentle exercise to enhance the union of mind and body for better health.
Cheer Fit	Classes using Pom Poms, dance moves and the latest music! also incorporating other fitness disciplines. (4-7 yrs - Parents must be in attendance).
Zumba	Zumba is the latest latin dance fitness craze. Using merengue, cumbia, salsa, samba, reggaeton, calypso music and dance moves this unique fitness class is set to get your heart pumping and your feet tapping.
20/20/20	A class which offers everything 20 minutes of Aerobics, 20 minutes conditioning and 20 minutes toning.

All sessions are £4.90 apart from:

Pilates, Body Pump, Body Jam, Combat, Attack, Balance & Vive are £5.80, Yoga £6.65

50+ £4.15, Parish Wharf Monday session £2.80, Cheer Fit Price £4.00.



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