

SUMMER

Workout Timetable

From Monday 26th July to Sunday 5th September 2010

Monday

08.30 - 09.15 Aqua Fit (Therapy)
09.45 - 10.40 Body Pump
10.45 - 11.40 Body Balance
14.00 - 15.00 Active Lifestyle
18.00 - 18.45 Studio Cycling
19.00 - 20.00 Bootcamp Circuit
19.15 - 20.00 Aqua Fit (Aerobics)
20.15 - 21.15 Zumba

Wednesday

08.30 - 09.15 Aqua Fit (Therapy)
09.20 - 10.20 Active Lifestyle
10.30 - 11.30 Active Lifestyle
11.40 - 12.40 Box Fit
19.15 - 20.15 Body Blitz
20.15 - 21.15 Body Balance

Friday

09.15 - 10.00 Aqua Fit (Aerobics)
09.45 - 10.40 LBT

Tuesday

09.45 - 10.40 LBT
10.55 - 11.40 Studio Cycling
19.15 - 20.15 Body Attack
20.15 - 21.15 Body Pump

Thursday

09.45 - 10.40 Body Pump
10.45 - 11.40 Body Balance
18.15 - 19.15 3 in 1 (aerobics, step, toning)
19.15 - 20.15 Pilates

Saturday

09.00 - 10.00 Zumba
10.00 - 11.00 Body Attack
11.00 - 12.00 Cycle & Pump (30 min each)

Sunday

09.00 - 10.00 Freestyle Fitness Yoga

Please note, new or changed classes during this period.

If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor.

For more information, please call us on 01483 274400

Our timetables can change at anytime without prior notice.



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Class Descriptions

3 in 1 gives you the chance to combine basic aerobics, step and conditioning all in one class

Active Lifestyle is a gentle to moderate exercise session for Seniors incorporating low impact aerobic, muscle conditioning, and stretch exercises. Classes cater for all abilities

Aqua Fit This is a safe and effective low impact workout utilising the water as your training partner. Therapy is less intense than aerobic sessions

BodyAttack is cardiovascular interval training that combines high intensity aerobics, strength & stabilisation exercises to burn calories, and improve endurance & strength

BodyBalance is a dynamic, fitness to music class incorporating Yoga, Tai Chi, Pilates and Feldenkrais. It allows individuals to increase muscle strength, improve flexibility, and promotes relaxation

BodyPump is a group exercise class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning.

Body Blitz is a combination class to give an overall body workout using cardiovascular fitness and toning exercises

Box Fit a high energy cardio workout using gloves and pads to really work the whole body. All fitness levels

Bootcamp Circuit is the progressive development of the muscular and cardio systems. High energy to achieve all round fitness and endurance using body weight & equipment for a sociable fun workout

Freestyle Fitness Yoga (FFY) is a freestyle class that targets flexibility, core stability and strength. You can expect to improve your flexibility greatly in 8 weeks

Legs, Bums and Tums (LBT) is a class that focuses mainly on the toning and strengthening of the lower body utilising a variety of low impact and resistance exercises

Pilates focuses on breathing, relaxation, core strength, stability, flexibility and stamina to improve posture. It can aid improved sleep, wellbeing and recovery from injury

Studio Cycling is a group exercise class on static bikes. It's a great cardiovascular workout and an enjoyable way to burn calories. Limited spaces

Zumba is a combination of fitness and dance moves to swinging Latin music such as Salsa, Flamenco and Merengue. It's a fun, energetic workout for all ages and fitness levels, with no hard choreography



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