

Group Fitness Timetable 2010

Class Descriptions

MONDAY

09.30 - 10.15	Body Pump	Samantha	Studio 1	All
09.30 - 10.15	Aqua	Pauline	Pool	All
10.30 - 11.15	Spinning	Fitness	Spin Studio	All
10.30 - 11.15	Nice and Easy	Pauline	Studio 1	All
11.15 - 12.15	Pilates General	Teresa	Studio 1	All
12.15 - 13.15	Pilates For Beginners	Teresa	Studio 1	Beg
17.45 - 18.30	Pilates General	Kim	Studio 1	All
18.30 - 19.15	Body Pump	Kim	Studio 1	All
18.30 - 19.15	Spinning	Lee	Spin Studio	All
18.30 - 19.30	Running Club (Apr - Aug)	Fitness	Outdoor	All
19.30 - 20.15	Spinning	Fitness	Spin Studio	All
19.30 - 20.15	Body Attack	Jacqui	Studio 1	All
20.15 - 21.15	Body Balance	Kim	Studio 1	All

TUESDAY

06.45 - 07.30	Spinning	Fitness	Spin Studio	All
09.30 - 10.15	Cardio Tone	Ruth	Studio 1	All
10.15 - 11.15	Body Balance	Kate	Studio 1	All
11.15 - 12.15	Pilates General	Kate	Studio 1	All
12.15 - 13.30	Yoga	Karen	Studio 1	All
12.45 - 13.30	Aqua	Tina	Pool	All
17.45 - 18.30	Body Pump	Vicky	Studio 1	All
18.30 - 19.15	Zumba	Dede	Studio 1	All
19.15 - 20.00	Box Fit	Amanda	Studio 1	All
19.30 - 20.15	Spinning	Fitness	Spin Studio	All
20.15 - 21.30	Yoga	Clare	Studio 1	All

WEDNESDAY

09.30 - 10.15	Body Pump	Samantha	Studio 1	All
09.30 - 10.15	Aqua	Vanessa	Pool	All
10.30 - 11.15	Nice and Easy	Vanessa	Studio 1	All
10.30 - 11.15	Spinning	Greg	Spin Studio	All
11.15 - 12.30	Yoga	Karen	Studio 1	All
12.30 - 13.00	Core Stability	Fitness	Studio 1	All
17.45 - 18.30	Pilates for Beginners	Etienne	Studio 1	Beg
18.30 - 19.15	Spinning	Fitness	Spin Studio	All
18.30 - 19.15	Boxercise	Natasha	Studio 1	All
19.30 - 20.15	Step To It	Julia	Studio 1	All
19.30 - 20.15	Aqua	Natasha	Pool	All
20.30 - 21.30	Body Balance	Janice	Studio 1	All

THURSDAY

06.45 - 07.30	Spinning	Fitness	Spin Studio	All
09.30 - 10.15	Glide and Tone	Ruth	Studio 1	All
10.30 - 11.15	Spinning	Lisa-Marie	Spin Studio	All
10.30 - 11.30	Pilates General	Etienne	Studio 1	Int
11.30 - 12.45	Yoga	Nickie	Studio 1	All
12.30 - 13.15	Aqua	Stuart	Pool	All
18.00 - 18.45	Zumba	Dede	Studio 1	All
18.30 - 19.15	Spinning	Fitness	Spin Studio	All
18.45 - 19.30	Body Attack	Jacqui	Studio 1	All
19.30 - 20.15	Body Pump	Jacqui	Studio 1	All

FRIDAY

09.30 - 09.45	Body Pump Technique	Kim	Studio 1	Beg
09.45 - 10.30	Body Pump	Kim	Studio 1	All
10.00 - 10.45	Aqua	Stuart	Pool	All
10.30 - 11.30	Body Balance	Kim	Studio 1	All
10.30 - 11.15	Spinning	Lizzie	Spin Studio	All
11.30 - 12.45	Yoga	Clare	Studio 1	All
13.00 - 14.00	Pilates General	Michelle	Studio 1	All
18.00 - 18.45	Circuits	Carl	Studio 1	All

SATURDAY

09.30 - 10.30	Spinning	Amanda	Spin Studio	All
10.00 - 10.30	Body Pump Technique	Ruth	Studio 1	Beg
10.30 - 11.15	Body Pump	Ruth	Studio 1	All
14.00 - 16.00	Fun Club for kids	Robbie Trim	Studio 1	All
Last Saturday of every month		Book at Reception		

SUNDAY

09.30 - 10.15	Spinning	Fitness	Spin Studio	All
10.30 - 11.30	Body Balance	Janice	Studio 1	All
17.30 - 18.30	All Over Body Workout	Julia	Studio 1	All

Maximum Class Participants

Mind and Body Classes = 20, BTS Classes = 18, Spinning = 15, Aqua = 18, Aerobic/Step = 18

We're very proud to offer some of the worlds most popular fitness classes. We're even more proud to have the area's best instructors! But which class is best for you, well read on and we're sure there will be something that suits your requirements. Classes can be booked 7 days in advance at reception.

Aqua – One swimming lane in use only during these times

An aerobics class in the water. The buoyancy of the water means that aqua classes provide a virtually impact-free cardiovascular workout, significantly reducing stress on the joints and muscle soreness. Because water creates 12 times more resistance than air, aquatic training has great potential for muscle definition.

All-Over Body Workout

Does exactly what is says on the tin! An all over body workout combining muscular strength and endurance. Great for calorie burning and toning! Aerobics and Abdominal A class for all levels of ability.

Box Fit

A high intensity cardio workout with gloves and skipping ropes! Learn boxing technique with boxing specific circuit training.

BodyBalance®

An essential class for absolutely everyone! BodyBalance® is the ultimate reward for the mind and body. BodyBalance® calls upon the ancient art of Hatha yoga, Pilates and tai chi as the perfect antidote to the stresses of modern day life. BodyBalance® will loosen and strengthen your muscles, improve your posture and flexibility, and teach you valuable relaxation techniques.

BodyPump®

Officially the world's most popular group fitness class! BodyPump® works all the major muscle groups of your body. Using adjustable weight loaded barbells to fantastic music. BodyPump® builds lean muscle mass in turn raising your metabolic rate encouraging rapid fat burning ensuring awesome muscle tone.

Boxercise

The best stress buster around - is one of the most effective forms of cross-training available today. It combines use of both aerobic and anaerobic energy systems with the systematic recruitment of both fast and slow twitch muscle fibers in a manner that not only ensures a diverse workout, but also enhances sports specific senses, including hand-eye co-ordination, balance and timing.

BodyAttack®

A simple high intensity group fitness class. You will experience high energy sports training moves for cardio fitness along with upper and lower body condition exercises for building strength. Make sure you have good supportive shoes!

Circuits

Fun, varied and exciting, the ultimate calorie burner! Carl's Circuit training is an excellent way to simultaneously improve mobility, strength and stamina. The circuit training format utilizes different stations each with a different exercise. These exercises are performed for a prescribed time period before rotating to the next exercise with a brief, timed rest interval.

Cardio Tone

A fun hi/lo workout with cardio toning and boxing moves to sculpt your body

Core Stability

A class dedicated to toning your stomach. Working through a range of abdominal and back exercises which work towards a leaner and firmer body.

Glide and Tone

Gliding provides the full body toning and sculpting workout. Sculpts shapely legs, tones inner and outer thighs, trims hips and lifts your buns!!

Nice and Easy

Low impact moves taken at a steady pace with just the right level of calorie burning. Ideal for 50+ and pre/post natal women and those coming back into exercise.

Pilates

Pilates is a core-strengthening class that emphasizes strengthening and stretching of all of the muscles, but especially the abs and lower back. It is sometimes called a "moving yoga" and has roots in dance, therapy and yoga. Members quickly see an improvement in themselves and their bodies including more flexibility, more strength, better posture, a decrease in neck and back pain, and a less stressed feeling. Pilates is a core workout that uses no equipment and engages the whole body. Many of the physical problems we face are a result of poor core strength. This class helps to remedy these other problems at the source.

Running Club

External class guided by a member of the fitness team, starting together, then naturally grouping off, running at your own pace with the option of peeling off when required depending on how long you want to run - 3 miles, 4 miles and 5 mile turning points. Meet at reception 6:25pm - High Vis vest supplied. Runs from start of April to the end of August.

Spinning®

The Spinning program is the original and most popular group cycling class. And it's not just because Spinning is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, top-notch instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun.

Step To It

The step aerobics class is always different, always moving, always a good workout, and ALWAYS fun! Step aerobics burns 30 - 60 % more calories than traditional aerobics. The format incorporates segments on upper body conditioning, abdominal and core strengthening, and stretching. If you like to move, this is for you!

Yoga

Challenges and refines your flexibility, strength and balance as well as enjoying a feeling of relaxation and calm. Balance, focus and re-energise with yoga teacher and osteopath Marcus Wallia. Class includes dynamic postures to strengthen and improve movement and more restorative poses to release tension, re-energise and rehabilitate. Marcus is particularly interested in the remedial potential of yoga and so please come and have a chat if you would like to know more about how yoga might help you.

Zumba

Latin and international music are fused to create an explosive, booty shakin' party of a workout that will target all those problem areas and leave you on a high! Not to be missed!!

Fun Club For Kids

Last Saturday of each month. For Children ages 5-12. Compulsory booking with £5 refundable deposit on the day. Fun fitness and sport club run by Fun sport a professional multi-sport and activity coaching company providing fun based programmes for children

