

## Monday

- 07.00 – 07.30 Spin David**  
A great group cycling workout, suitable for all fitness levels.
- 10.00 – 11.00 LBT Christie**  
A conditioning class to target all those hard to hit areas (the legs, bums and tums).
- 11.00 – 12.00 Pilates Lynn W**  
A class that focuses on stabilisation and conditioning techniques, helping to improve a strong back and torso.
- 14.00 – 15.00 £Aqua natal£ Karen**  
A nice class for pregnant mothers to keep exercising
- 16.00 – 16.45 Fitness Crew Fitness Team**  
Fitness Training and sports for 8-14 year olds
- 17.30 – 18.30 Body Pump Tom J**  
A combination of high-repetition weight training with aerobic conditioning; it will tone and condition your body. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast
- 18.00 – 19.00 £Running Club£ Keith**  
Become a part of something and join this fantastic club to increase your fitness, all training performed outside with a top coach.
- 18.30 – 19.30 Body Combat Tom J**  
This fiercely energetic program is inspired by martial arts. Supported by driving music and powerful role model instructors. Strike, punch, kick and kata your way through calories to superior cardio fitness.
- 18.15 – 19.00 Spin David**  
A great group cycling workout, suitable for all fitness levels.
- 19.30 – 20.30 Step Joanna**  
Is the energizing step workout that makes you feel liberated and alive. Simple movements on, over and around the step to burn those calories
- 20.30 – 21.30 Pilates Lynn**

## Tuesday

- 06.30 – 07.30 Spin and Abs Tom J**  
Combining two great workouts into one ultimate class
- 09.30 – 10.30 Body Pump Tom J**  
A combination of high-repetition weight training with aerobic conditioning; it will tone and condition your body
- 10.30 – 11.30 Fitness Inspired Yoga Joanna**  
Fitness based class that incorporates deep stretch, yoga and Pilates exercises. Targets flexibility, core stability and strength
- 17.30 – 18.30 Arms and Abs Joanna**  
For your arms and abdominals!
- 18.00 – 19.00 Circuits Fitness Team**  
Get involved with a real hardcore workout. This will work everything!
- 18.00 – 18.45 Spin David**  
A great group cycling workout, suitable for all fitness levels.
- 19.00 – 19.45 Aqua Aerobics Alexis**  
A water workout suitable for everyone.
- 18.30 – 19.30 Aerobics Joanna**  
You can't beat a good aerobics class to get the pulse racing and burn off those calories.
- 19.30 – 20.30 Body Balance Brenda**  
Invigorates and tones, leaving you in a state of energised calm. You'll experience a deeper level of relaxation.

For more information check out  
[www.balancehealthclubs.co.uk](http://www.balancehealthclubs.co.uk)

## Key

£ - Specialist pay to use class

### Group Fitness Pricing

- Off Peak Member- Upgrade £3.00
- Non Member class £5.00
- Non Member Running Club £3.00
- Running Club Member £2.50
- Non Member Fitness Crew £4.00

### Information

Please book classes at reception either in person or by calling 01536 520130

For Kickboxing call Danny  
07956 054201

For Egyptian Dancing  
(5 to 16 years old) call Rosie  
07736 489842

Aqua Natal  
No need to book, just turn up and the midwife will go through everything with you

Please take the time to book on to classes, it helps us manage the timetable, ensure that all classes have instructors and the class remains on the timetable. All classes for all abilities.

### Wednesday

**06.30 – 07.30 Spin David**  
A great group cycling workout, suitable for all fitness levels.

**09.30 – 09.50 Core Abs David**  
A fantastic core specific workout aimed at strengthening the abdominals and lower back.

**10.00 – 11.00 Body Pump David**  
Combination of high-repetition weight training with aerobic conditioning; will tone + condition your body. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast

**11.15 – 12.15 Hatha Yoga Jodie**  
Improves flexibility, breathing and alignment.

**16.00 – 16.45 Fitness Crew Fitness Team**

**17.30 – 18.30 Body Combat Tom D**  
This is a mega combat in Hall C. Maximise your workout!

**18.00 – 18.30 Treadmill Training Fitness Team**  
If you like the idea of spin but you prefer to run then this is your class

**18.00 – 19.00 £Running Club£ Keith**

**18.30 – 19.30 Step Joanna**  
Why not try our funky step class, a must for all step fans

**19.00 – 19.45 Spin Tom D**

**19.30 – 20.30 Body Pump Tracey**

### Thursday

**06.30 – 07.30 Spin and Abs Tom J**

**09.30 – 10.30 Triple Mix Brenda**  
This one has it all! Step, aerobics and body conditioning.

**10.00 – 10.45 Swim Fit Gemma**  
All over body workout, using water resistance. Fun and challenging for all age groups.

**10.30 – 11.30 Body Balance Brenda**  
Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. You'll experience a deeper level of relaxation.

**16.30 – 17.30 £Egyptian Dance£ Rosie**

**18.15 – 19.00 Aqua Aerobics Alexis**  
A water workout suitable for everyone

**18.00 – 19.00 Body Pump David**

**19.00 – 20.00 Body Attack Laura**  
A cardiovascular interval training programme combining high intensity aerobics, strength and stabilisation exercises.

**20.00 – 21.00 L/B/T Joanna**  
A conditioning class to target all those hard to hit areas

### Friday

**06.45 – 07.15 Spin Tom J/Tom D**

**10.00 – 11.00 Body Combat Tom J**  
Combines moves and stances developed from a range of self defence disciplines, an empowering and athletic workout.

**16.00 – 16.45 Fitness Crew Fitness Team**

**18.00 – 19.00 Spin and Circuits David**  
A fantastic workout combining a cardio workout with muscular, strength and endurance

**18.30 – 19.30 Fitness Yoga Joanna**

### Saturday

**09.00 – 10.00 Body Pump Tracey/Martine**

**10.00 – 11.00 Body Combat Tom D**

**10.00 – 11.00 Spin Fitness Team**

### Sunday

**10.00 – 11.00 Pumbat Tom J**  
You get the best of both world's half body pump and half body combat.

**11.05 – 11.35 Spin Tom D**

**11.00 – 12.00 L/B/T Brenda**

**15.00 – 16.00 £Kick Boxing£ Kerry**

### Studio Rules

You can book up to 2 people on classes for the next week the following day after the class has finished

Think of others. If you are booked in for a class and can't attend let us know so someone else can

We have a 3 strike rule, if you don't turn up for 3 classes without cancelling, then you will be unable to book into classes for a week.

For more information check out [www.balancehealthclubs.co.uk](http://www.balancehealthclubs.co.uk)