

Monday		
07.00 – 07.30	Spin	David
10.00 – 11.00	LBT	Christie
11.00 – 12.00	Pilates	Lynn W
14.00 – 15.00	£Aqua natal£	Karen
16.00 – 16.45	Fitness Crew	Fitness Team
17.30 – 18.30	Body Pump	Tom
18.00 – 19.00	£Running Club£	Keith
18.30 – 19.30	Body Combat	Tom
18.15 – 19.00	Spin	Andrew
19.00 – 19.20	Core Abs	Andrew
19.30 – 20.30	Step	Joanna
20.30 – 21.30	Pilates	Lynn
Tuesday		
06.30 – 07.30	Spin and Abs	Andrew
09.30 – 10.30	Body Pump	Tom
10.30 – 11.30	Fitness Yoga	Joanna
17.30 – 18.30	Arms and Abs	Joanna
18.00 – 18.45	Spin	David
19.00 – 19.45	Aqua	Alexis
18.30 – 19.30	Aerobics	Joanna
19.30 – 20.30	Body Balance	Brenda
Wednesday		
06.30 – 07.30	Spin and Abs	David
09.30 – 09.50	Core Abs	David
10.00 – 11.00	Body Pump	David
11.00 – 12.00	Yoga	Jodie
16.00 – 16.45	Fitness Crew	Fitness Team
17.30 – 18.30	Body Combat	Tom D
18.00 – 18.30	Treadmill Training	Andrew
18.00 – 19.00	£Running Club£	Keith
18.30 – 19.30	Step	Joanna
19.00 – 19.45	Spin	Andrew
19.30 – 20.30	Body Pump	Tom
Thursday		
06.30 – 07.30	Spin and Abs	Tom J
09.30 – 10.30	Triple Mix	Brenda
10.30 – 11.30	Pilates	Lynn
11.30 – 12.30	50+ Exercise	Lynn
16.30 - 17.30	£Egyptian Dance£	Rosie
18.15 – 19.00	Aqua Aerobics	Alexis
18.00 – 19.00	Body Pump	David
19.00 – 20.00	Body Attack	Laura
20.00 – 21.00	LBT	Joanna
Friday		
06.45 - 07.15	Spin	Tom
10.00 – 11.00	Body Combat	Tom
11.00 – 12.00	Dance 'n' Tone	Christie
16.00 – 16.45	Fitness Crew	Fitness Team
18.00 – 19.00	Spin and Circuits	Andrew/Tom D
18.30 – 19.30	Fitness Yoga	Joanna
Saturday		
09.00 – 10.00	Body Pump	David/Martine
10.00 – 11.00	Spin and Abs	Andrew
10.00 – 11.00	Body Combat	Tom D
Sunday		
10.00 – 11.00	Body Attack	Sarah
11.05 – 11.35	Spin	Tom
11.00 – 12.00	LBT	Liz/Brenda
15.00 – 16.00	£Kick Boxing£	Adele

Body Attack - a cardiovascular interval training programme combining high intensity aerobics, strength and stabilisation exercises.

Body Pump

It's the first class to combine high-repetition weight training with aerobic conditioning; it will tone and condition your body.

Body Combat

Combines moves and stances developed from a range of self-defence disciplines, an empowering, and athletic workout.

Body Balance

Inigorates and tones, leaving you in a state of energised calm. You'll experience a deeper level of relaxation.

Core Abs

A fantastic core specific workout aimed at strengthening the abdominals and lower back.

Hatha Yoga - Improves flexibility, breathing and alignment.

LBT (Legs, Bums and Tums)

A conditioning class to target all those hard to hit areas.

Spin

A great group cycling workout, suitable for all fitness levels. Group cycling consists of hill climbing and sprinting plus much more.

Treadmill Training

Join us for pyramids, intervals and fartlek in this innovative and quick workout in the gym suitable for **all levels** of experience

Pilates

A class that focuses on stabilisation and conditioning techniques, helping to improve a strong back and torso.

Spin and Circuits

A fantastic workout combining a cardio workout with muscular, strength and endurance.

Step - Why not try our funky step class, a must for all step fans.

Triple Mix

This one has it all! Step, aerobics and body conditioning.

Fitness Yoga

Fitness based class that incorporates deep stretch, yoga and pilates exercises. Targets flexibility, core stability and strength

Aqua Aerobics - A water workout suitable for everyone.

Arms and Abs – For your arms and abdominals!

50+ Exercise – You're never too old to exercise.

Aerobics – You can beat a good aerobics class to get the pulse racing and burn off those calories.

Dance 'n' Tone – Your chance to dance! Funky dance workout, get toned and have some fun at the same time

*****LOOK OUT FOR THE MONTHLY
MASTERCLASSES
SEE THE STUDIO BOARD FOR DETAILS *****

Group Fitness Pricing

Off Peak Member – Peak Class Upgrade £3.00
Non Member Class £5.00/£3.00 (Running Club)
Running Club Member - £2.50

**Please book classes at Reception
Either in person or by calling
01536 520130**

Remember:

**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 and can't attend a class
let us know so someone else can.***

£ - Specialist pay to use class

**Fitness Crew – from Ages 8 to 14
Free to Members - £4 for Non Members**

Please take the time to book on to classes – it helps us
manage the timetable and ensures that all classes have instructors and
the class remains on the timetable for the
future

For Kick Boxing 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