

GROUP EXERCISE TIMETABLE from 1st July 2017

CARDIO/DANCE/CONDITIONING CLASSES

MONDAY	Class	Where	Instructor
08:30 - 09:25	Fitsteps	Studio 1	Rachael
09:15 - 10:15	Bootcamp	Outdoors	Ali Bull
09:30 - 10:30	Body Pump	Studio 1	Pia
10:35 - 11:10	Core Attack	Studio 1	Pia
12:15 - 13:15	Cardio Dance	Studio 1	Liz
18:15 - 19:15	Circuits	Studio 1	Ali Bull
19:15 - 20:15	Body Pump	Studio 1	Tracy

WEDNESDAY	Class	Where	Instructor
09:00 - 09:55	Cardio Dance	Studio 1	Liz
10:00 - 11:00	Body Pump	Studio 1	Dean
10:30 - 11:30	Barre Concept	Studio 2	Deb
11:05 - 11:40	Core Attack	Studio 1	Dean
18:30 - 19:30	Diva Dance	Studio 1	Deb
19:40 - 20:30	HIIT	Studio 1	Ali Bull

FRIDAY	Class	Where	Instructor
08:45 - 09:45	Cardio Dance	Studio 1	Liz
10:00 - 11:00	Body Pump	Studio 1	Pia
17:00 - 18:00	Acro Dance (5+yrs)*	Studio 1	Tania

MONDAY	Class	Where	Instructor
09:15 - 10:15	Yoga	Studio 2	Laura L
10:30 - 11:30	Yoga	Studio 2	Laura L
11:15 - 12:15	Body Balance	Studio 1	Dean
12:15 - 13:10	Pilates Level 1	Studio 2	Becky
13:15 - 14:10	Pilates (Mixed Ability)	Studio 2	Becky
18:45 - 19:45	Iyengar Yoga	Studio 2	Anastasia

WEDNESDAY	Class	Where	Instructor
08:45 - 09:45	Fitness Yoga	Studio 2	Ali
11:30 - 12:30	Pilates (Mixed Ability)	Studio 2	Fiona
17:15 - 18:00	Junior Yoga (8+yrs)*	Studio 1	Laura G
17:30 - 18:30	Pilates (Mixed Ability)	Studio 2	Fiona
18:30 - 19:30	Relax & Stretch Yoga	Studio 2	Laura G

FRIDAY	Class	Where	Instructor
08:40 - 09:40	Iyengar Yoga	Studio 2	Sarra
09:50 - 10:50	Gentle Flow Yoga	Studio 2	Layna
11:00 - 12:00	Tai Chi	Studio 2	Hamish
11:15 - 12:15	Body Balance	Studio 1	Henriette
18:15 - 19:15	Body Balance	Studio 1	Jo

MONDAY	Class	Where	Instructor
09:15 - 10:00	Aqua Aerobics	Pool	Fiona
18:15 - 19:00	Aqua Aerobics	Pool	Anita
19:00 - 19:45	Poolates	Pool	Anita

WEDNESDAY	Class	Where	Instructor
09:15 - 10:00	Aqua Aerobics	Pool	Anita
10:00 - 10:45	Aqua Aerobics	Pool	Anita

FRIDAY	Class	Where	Instructor
09:15 - 10:00	Aqua Aerobics	Pool	Anita
10:00 - 10:45	Poolates	Pool	Anita
10:45 - 11:30	Aqua Aerobics	Pool	Anita

MIND & BODY CLASSES

AQUA CLASSES

TUESDAY	Class	Where	Instructor
09:00 - 09:45	Aerobics	Studio 1	Jo
09:45 - 10:45	Legs Bums & Tums	Studio 1	Jo
11:00 - 12:00	Adult Ballet	Studio 1	Deb
12:15 - 13:15	Zumba	Studio 1	Jasmine
15:45 - 16:15	Synergy Dance (3-5yrs)*	Studio 1	Tash
16:15 - 17:00	Synergy Dance (5-7yrs)*	Studio 1	Tash
17:00 - 17:45	Synergy Dance (7-11yrs)*	Studio 1	Tash
18:00 - 19:00	Junior Kickboxing (10-16yrs)	Marquee	Andy**
18:45 - 19:30	Insanity	Studio 1	Dean

THURSDAY	Class	Where	Instructor
09:00 - 10:00	Legs Bums & Tums	Studio 1	Jo
10:05 - 11:00	Zumba	Studio 1	Jasmine
11:00 - 12:00	Box HIIT	Studio 1	Claire
13:30 - 14:30	Active Lifestyle	Studio 1	Jo
18:30 - 19:30	Body Pump	Studio 1	Hayley
19:40 - 20:40	Fitsteps	Studio 1	Rachael/Deb

SATURDAY	Class	Where	Instructor
08:45 - 09:30	Body Pump Express	Studio 1	Hayley
09:30 - 10:30	Barre Concept	Studio 2	Rebecca
09:40 - 10:40	Box HIIT	Studio 1	Claire/Audrey

TUESDAY	Class	Where	Instructor
08:40 - 09:40	Yoga	Studio 2	Ali
09:45 - 10:45	Iyengar Yoga	Studio 2	Anastasia
11:00 - 12:00	Tai Chi	Studio 2	Hamish
16:00 - 17:00	Yin Yoga	Studio 2	Michele
18:30 - 19:30	Pilates (Mixed Ability)	Studio 2	Fiona
19:30 - 20:30	Pilates Level 1	Studio 2	Fiona
19:30 - 20:30	Body Balance	Studio 1	Dean

THURSDAY	Class	Where	Instructor
09:00 - 10:00	Pilates Level 1	Studio 2	Ali
10:00 - 11:00	Pilates (Mixed Ability)	Studio 2	Ali
11:00 - 12:00	Breathing & Relaxation	Studio 2	Ali
18:30 - 19:30	Yin Yoga	Studio 2	Michele
19:30 - 20:30	Relax & Stretch Yoga	Studio 2	Michele

SATURDAY	Class	Where	Instructor
10:30 - 11:30	Fitness Yoga	Studio 2	Ali

SUNDAY	Class	Where	Instructor
09:30 - 10:30	Restorative Yoga	Studio 2	Ali
09:30 - 10:30	Pilates (Mixed Ability)	Studio 1	Fiona

TUESDAY	Class	Where	Instructor
09:15 - 10:00	Aqua Aerobics	Pool	Anita
10:00 - 10:45	Poolates	Pool	Anita
10:45 - 11:30	Aqua Aerobics	Pool	Anita

THURSDAY	Class	Where	Instructor
09:15 - 10:00	Aqua Zumba	Pool	Jasmine
18:30 - 19:15	Aqua Aerobics	Pool	Anita

SATURDAY	Class	Where	Instructor
09:15 - 10:00	Aqua Aerobics	Pool	Julia

* Last classes: Acro Fri 14/7 & Synergy Tue 18/7. Term re-starts 5/9.

** £10 per session

Important Information

1. Once a class has started YOU WILL NOT BE ALLOWED TO JOIN - Please leave plenty of time to arrive. Thank you!
2. If class bookings are 2 or less within 2 hours of the start time, we reserve the right to cancel the class. PLEASE BOOK EARLY
3. CANCELLATION POLICY - Please ensure that the club have at least 2 hours notice where possible if you are unable to attend. To ensure that those added to class waiting lists have every chance to attend their chosen class, we operate a £5 NO SHOW fee. Further bookings may be restricted until this fee is paid.
4. If you are new to a class, please arrive early to chat to the instructor & let them know of any injuries.
5. Classes can be booked online or via reception 6 days in advance.

Class Guide

Aerobics	Improves your fitness & burns fat through coordinated exercise to music.
Aqua Aerobics	A safe, effective & fun cardiovascular workout with exercises for toning the upper & lower body.
Aqua Zumba	A fun energetic water workout with Zumba music, routines and moves.
Active Lifestyle	A low impact all over body workout at a gentle pace for those new to exercise, returning to exercise or senior members.
Barre Concept	A typical Barre workout combines the precision of pilates, moves, grace & technique of ballet, the alignment of yoga & strength from sports conditioning. Suitable for all.
Ballet (Adult)	Learn ballet techniques to build strength, stamina and flexibility with grace and poise. Suitable for all levels including beginners.
Body Balance	Yoga, Tai Chi and Pilates to leave you feeling centred and calm. Moves & poses to music create a holistic workout that brings the body into a state of harmony & balance.
Body Pump	A barbell weighted workout. Pre-choreographed athletic sets to powerful music. Improves muscle tone, definition and strength.
Bootcamp	An outdoor fitness workout to improve strength & stamina, tone up & lose weight
Box HIIT	A high-intensity-interval-training workout combined with padwork and boxing techniques.
Breathing & Relaxation	Nurture yourself & feel whole, with gentle yoga & mindfulness of breathing. Suitable for beginners. Please bring a blanket/extra layers. Pregnant ladies to contact teacher before class.
Cardio Dance	A high energy dancing workout that's fun and easy to perform.
Circuit Training	A combination of cardio & strength training, all fitness levels welcome.
Core Attack	Intense 30 minute core training using body weight, freeweights & resistance to tighten your midsection.
HITT (High Intensity Interval Training)	Pyramid based interval training using simple but effective exercises that exhaust specific muscle groups - trains the entire body, great cardio workout and suitable for all levels.
Diva Dance	Bring out your inner diva with a freestyle dance class that ranges from 'Beyonce to Broadway to Burlesque and Beyond'. Suitable for all - it's uplifting and great for the soul as well as the body. A brilliantly fun way to shape up and strut your stuff.
Fitsteps	A 'Strictly come dancing' inspired fitness class, great fun!
Fitness Yoga	A dynamic vinyasa style yoga practice, designed to develop strength, stability and flexibility.
Iyengar Yoga	A form of Hatha Yoga that has an emphasis on detail, precision and alignment in the performance of posture (asana) and breath control (pranayama).
Insanity	High intensity 'max' interval training, a fun and fast way to get fit!
Pilates	A refreshing mind - body workout which focuses on core stability and posture, aiming to lengthen & strengthen muscles. Level 1 - fundamental exercises & suitable for beginners* (*please pick up a 6 week passport from reception). Mixed Ability - intermediate to advanced options given.
Poolates	Poolates uses the buoyancy, resistance and gentle movement of the water to strengthen muscles, enhance flexibility and posture
Restorative Yoga	Physical, mental and emotional relaxation. The use of props allow the body to be fully supported and totally let go.
Synergy Acro Dance*	A NEW dance class for 5 years upwards that combines basic dance with acrobatic skills such as balances, limbering and tumbling skills, building routines to fun music.
Synergy Dance*	Fun junior street, hip hop and pop dance styles for 3 different ages groups. Ages 3-5, 5-7 and 7-11 years. Non members can join friends for £5 per session.
Tai Chi	The ancient art of Tai Chi promotes the art of relaxation in everyday life. Move better & feel more at ease with your body. A gentle progressive class to regenerate the mind/body.
Yoga/Gentle Flow/Relax & Stretch	Offers a gentle approach to Hatha yoga to enable connection with body, mind & spirit. Each instructor will bring their own style to the class using flow, breath and/or some meditation. Suitable for beginners.
Yin Yoga	A gentle but strong practice comprising long held gravity based postures lasting between 3-5 minutes that work into the connective tissues.
Zumba	A fun energetic workout using Latin vibes to move the body
KEY	Classes for junior members - book online (* non members can pay Guest Fee of £5)
	New time/ New instructor/ New class
	Cardio/Dance/Conditioning Mind & Body Aqua