

GROUP EXERCISE TIMETABLE from 2nd January 2018

CARDIO/DANCE/CONDITIONING CLASSES

MONDAY	Class	Where	Instructor
08.30 - 09.25	Fitsteps	Studio 1	Rachael/Jasmine
09.15 - 10.15	Bootcamp	Outdoors	Ali Bull
09.30 - 10.30	Body Pump	Studio 1	Pia
10.35 - 11.10	Skinny Jeans	Studio 1	Alice
12.15 - 13.15	Cardio Dance	Studio 1	Liz
18.15 - 19.10	Circuits	Studio 1	Ali Bull
19.15 - 20.15	Body Pump	Studio 1	Tracy/Jess

WEDNESDAY	Class	Where	Instructor
09.00 - 09.55	Cardio Dance	Studio 1	Liz
10.00 - 11.00	Body Pump	Studio 1	Dean
10.45 - 11.40	Barre Concept	Studio 2	Deb
11.05 - 11.40	Skinny Jeans	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	Alice
17.00 - 18.00	Acro Dance (5+yrs)*	Studio 1	Tania
18.30 - 19.30	Fitsteps	Studio 1	Rachael

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 - 09.40	Fitness Yoga	Studio 2	Ali
09.45 - 10.40	Yoga	Studio 2	Maya
11.45 - 12.40	Pilates (Mixed Ability)	Studio 2	Fiona
16.45 - 17.30	Junior Yoga (5+yrs)*	Studio 1	Lucinda
17.30 - 18.25	Pilates (Mixed Ability)	Studio 2	Fiona
18.30 - 19.30	Ashtanga Yoga	Studio 2	Pauline

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

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

AQUA CLASSES

TUESDAY	Class	Where	Instructor
08.15 - 08.45	Body Pump Express	Studio 1	Jess
09.00 - 09.45	Aerobics	Studio 1	Jo
09.50 - 10.50	Legs Bums & Tums	Studio 1	Jo
11.00 - 12.00	Adult Ballet	Studio 1	Deb
12.15 - 13.15	Zumba	Studio 1	Jasmine
16.00 - 16.45	Synergy Dance (4-7yrs)*	Studio 1	Georgie
17.00 - 17.45	Synergy Dance (8-15yrs)*	Studio 1	Georgie
18.00 - 19.00	Junior Kickbox (10-16yrs)**	Marquee	Andy
18.40 - 19.25	Insanity	Studio 1	Dean

THURSDAY	Class	Where	Instructor
08.15 - 08.45	Body Pump Express	Studio 1	Alice
09.00 - 10.00	Legs Bums & Tums	Studio 1	Jo
10.05 - 11.00	Zumba	Studio 1	Alice
13.30 - 14.30	Active Lifestyle	Studio 1	Jo
18.30 - 19.25	Body Pump	Studio 1	Hayley
19.30 - 20.30	Barre Concept	Studio 1	Tania

SATURDAY	Class	Where	Instructor
08.45 - 09.30	Body Pump Express	Studio 1	Hayley
09.30 - 10.25	Barre Concept	Studio 2	Rebecca
09.40 - 10.40	Box HIIT	Studio 1	Claire/Ben

TUESDAY	Class	Where	Instructor
08.40 - 09.40	Yoga	Studio 2	Ali
09.50 - 10.50	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 - 19.25	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 - 09.55	Pilates Level 1	Studio 2	Ali
10.00 - 10.55	Pilates (Mixed Ability)	Studio 2	Ali
11.00 - 12.00	Breathing & Relaxation	Studio 2	Ali
18.30 - 19.25	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 Aerobics	Pool	Alice
18.30 - 19.15	Aqua Aerobics	Pool	Anita

SATURDAY	Class	Where	Instructor
09.15 - 10.00	Aqua Aerobics	Pool	Julia

NOTE: *Junior classes restart w/c 8th January & are FREE to members. Guests may pay per term. ** Junior Kickboxing £10 per class for members & guests.

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. PLEASE BOOK EARLY. We reserve the right to cancel the class if minimum numbers are not booked 2 hours before the class starts.
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 & LATE CANCELLATION 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.
Active Lifestyle	A low impact all over body workout at a gentle pace for those new to exercise, returning to exercise or senior members.
Ashtanga Yoga	A traditional, strong practice in a sequential order using correct breathing (Pranayama), postures (Asanas), gaze point (Drishti), and Vinyasasa (flow with breath).
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)	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 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 small group high-intensity-interval-training workout combined with pad work and boxing techniques. Great for burning calories and increasing fitness fast.
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.
Skinny Jeans	Intense and fun 30 minute workout targeting legs, abdominals and glutes using body weight, freeweights & resistance to tighten and tone.
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 and sociable!
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!
Junior Yoga*	A great introduction to yoga for 5-15 year olds to help with body awareness and mindfulness. All levels are welcome.
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 2 different ages groups. Ages 4-7 and 8-15 years. Non members can join friends - payable per term.
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 book & pay per term at reception)
	New time/ New instructor/ New class
	Cardio/Dance/Conditioning
	Mind & Body
	Aqua