

# GROUP EXERCISE TIMETABLE from 1st September 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	Claire
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	Claire
18.30 - 19.30	Zumba	Studio 1	Jodie
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
16.30 - 17.30	Synergy Acro (5+)	Studio 1	Synergy
18.30 - 19.30	Fitsteps	Studio 1	Rachael/Becky F

MONDAY	Class	Where	Instructor
09.15 - 10.15	Yoga - L1	Studio 2	Laura L
10.30 - 11.30	Yoga - L2	Studio 2	Laura L
11.15 - 12.15	Body Balance	Studio 1	Dean
12.15 - 13.10	Pilates - L1	Studio 2	Becky P
13.15 - 14.10	Pilates - L2	Studio 2	Becky P
18.45 - 19.45	Iyengar Yoga - L2	Studio 2	Anastasia

WEDNESDAY	Class	Where	Instructor
08.45 - 09.40	Dynamic Flow Yoga - L3	Studio 2	Ali
09.45 - 10.40	Iyengar Yoga - L2	Studio 2	Sarra
11.45 - 12.40	Pilates - L2	Studio 2	Fiona
16.45 - 17.30	Junior Yoga* (5+)	Studio 1	Loni
17.30 - 18.25	Pilates - L2	Studio 2	Fiona
18.30 - 19.45	Dynamic Flow Yoga - L3	Studio 2	Veronique

FRIDAY	Class	Where	Instructor
08.40 - 09.40	Iyengar Yoga -L2	Studio 2	Sarra
09.50 - 10.50	Gentle Flow Yoga - L1	Studio 2	Layna
11.00 - 12.00	Tai Chi	Studio 2	Hamish
11.15 - 12.15	Body Balance	Studio 1	Henriette

**AQUA CLASSES**

MONDAY	Class	Where	Instructor
09.15 - 10.00	Aqua Aerobics	Pool	Claire
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

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/ Jo
12.15 - 13.10	Zumba	Studio 1	Jasmine
13.15 - 14.15	Active Lifestyle 50+	Studio 1	Jo
16.30 - 17.15	Synergy Dance Mix (6-11)	Studio 1	Synergy
18.00 - 19.00	Junior Kickbox (10-16)**	Marquee	Andy
18.30 - 19.15	Bootcamp	Outdoors	Ali Bull

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 50+	Studio 1	Jo
18.30 - 19.25	Body Pump	Studio 1	Hayley

SATURDAY	Class	Where	Instructor
08.45 - 09.30	Body Pump Express	Studio 1	Hayley
09.30 - 10.25	Barre Concept	Studio 2	Becky G
09.50 - 10.50	Bootcamp	Outdoors	Julia

TUESDAY	Class	Where	Instructor
08.40 - 09.40	Yoga - L2	Studio 2	Ali
09.50 - 10.50	Iyengar Yoga - L1	Studio 2	Anastasia
11.00 - 12.00	Tai Chi	Studio 2	Hamish
16.00 - 17.00	Yin Yoga - L1/2	Studio 2	Michele
18.30 - 19.25	Pilates - L2	Studio 2	Fiona
19.30 - 20.30	Pilates - L1	Studio 2	Fiona
19.30 - 20.30	Body Balance	Studio 1	Dean

THURSDAY	Class	Where	Instructor
09.00 - 09.55	Pilates - L1	Studio 2	Ali
10.00 - 10.55	Pilates - L2	Studio 2	Ali
11.00 - 12.00	Breathing & Relaxation - L1	Studio 2	Ali
18.30 - 19.25	Yin Yoga - L1/2	Studio 2	Alan
19.30 - 20.30	Relax & Stretch Yoga - L2	Studio 2	Lucinda

SATURDAY	Class	Where	Instructor
10.30 - 11.30	Dynamic Flow Yoga - L3	Studio 2	Ali

SUNDAY	Class	Where	Instructor
09.30 - 10.30	Restorative Yoga - L1	Studio 2	Ali
09.30 - 10.30	Pilates - L2	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
09.00 - 09.45	Aqua Aerobics	Pool	Julia

\* Junior yoga is members only (guests of members £5)

Term: 5/9-12/12 (no class w/c 22/10)

\*\* Junior Kickboxing £10 per class for members & guests

Synergy classes - 6 spaces for member. Non members book/pay via Synergy

Term: Tue Dance 11/9-18/12, Fri Acro 7/9-14/12 (no classes w/c 22/10)

## 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
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 (off peak) or 7 days in advance (peak).

## 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.		
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 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.		
Circuits/Bootcamp	A combination of cardio & strength training, all fitness levels welcome. Bootcamp is outdoors.		
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.		
Fitsteps	A 'Strictly come dancing' inspired fitness class, great fun and sociable!		
Dynamic Flow Yoga	A dynamic vinyasa style yoga practice, designed to develop strength, stability and flexibility. A good knowledge of yoga postures and sun salutations is recommended.		
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).		
Junior Yoga	A great introduction to yoga for 5-14 year olds to help with body awareness and mindfulness. All levels welcome.		
Pilates	A refreshing mind - body workout which focuses on core stability and posture, aiming to lengthen & strengthen muscles. <b>Level 1</b> - fundamental exercises & suitable for beginners* (*please pick up a 6 week passport from reception). <b>Mixed Ability</b> - 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	A class for 5 years upwards that combines basic dance with acrobatic skills such as balances, limbering and tumbling skills, building routines to fun music. 6 MEMBER SPACES AVAILABLE. Non members book via Synergy.		
Synergy Dance Mix	Fun junior street, hip hop and pop dance styles for ages 6-11 years. 6 MEMBER SPACES AVAILABLE. Non members book via Synergy.		
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	Cardio/Dance/Conditioning	Mind & Body	Aqua
	Synergy classes - Junior members book online. Non members book/pay per term: admin@synergydance.co.uk		
	Classes for junior members - book online		
	New time/ New instructor/ New class		
Yoga /Pilates Levels	L1 - foundation level or gentle class	L2 - mixed ability/intermediate	L3 - advanced/strong/dynamic