

Ab Attack — Thirty minutes of pure stomach exercises.

Aerotone — Join this excellent combination of easy to follow aerobics and toning exercises. This class gives the full body a workout.

Aquarobics — This aqua class focuses on aerobic endurance and resistance training.

Pilates (Body Conditioning) — A pilates style body conditioning class that concentrates on lengthening and strengthening muscle in a relaxed, but challenging way.

BodyBalance — Body Balance is a combination of Tai Chi, Pilates and Yoga all rolled into one. You will tone and lengthen your muscles, improve posture and feel refreshed and relaxed. *(Please note: This class needs to be done bare footed)*

BodyCombat/BodyCombat Express — This is the empowering group fitness cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, and boxing.

BodyPump/BodyPump Express — Body Pump is a high – energy full body, weights to music class. The low weights high repetitions will help you to burn fat and tone all of your muscles.

Cardio & Core — A circuit class based on with a mix of Cardio and Core exercises — the core is the muscles of the trunk , that assist in the maintenance of good posture and provide the foundation for all arm and leg movements.

Circuits — A circuit session guaranteed to challenge your whole body. Improve your strength and stamina whilst burning those calories.

CXWORX — Is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and 'sling' connecting the upper and lower body.

Cycle Fit — This high-energy fitness class on bikes is for all levels. Ride the rhythm & burn the calories.

DanceFit - A fun filled weekly class with Dance elements.

Fitsteps — Is a mix of the graceful steps of Ballroom and the up tempo steps of the Latin dances which creates a really fun, energetic and effective way to stay fit and keep trim that appeals to everyone, even if you can't dance.

Hatha Yoga —a slow moving and mindful approach to yoga, to stretch and relax the body.

Kettlebells — A weight consisting of a cast iron ball with a single handle for gripping the weight during exercise. Kettlebell workouts engage multiple muscle groups at once. This is an advanced/intermediate class and if you have not attended Kettlebells before, please book an hour training with instructor to be taught swings and technique. *(Please note: This class will not operate if Instructor is unavailable)*

Pilates for Everyone — The complete exercise method for improved posture, muscle flexibility and joint mobility, a rock-solid core and a sculpted & toned body. Pilates will also help you heal, strengthen and relax.

Relaxation & Meditation — Relaxation techniques such as deep breathing, meditation and yoga. This reduces everyday stress and boosts your energy and mood.

RPM — Is a high energy cycling cardio workout that delivers maximum results with minimum impact on the joints. You control you own resistance and speed so you can build your training level over time. *(Please note: the music level is high in this class)*

Small Group Personal Training — A smaller circuit based class to ensure proper technique, whilst having a challenging workout.

SOSA (Solo Salsa) — Learn the moves, dance the moves. SOSA is completely unique with elements of latin, ballroom salsa and numerous international dance styles to create one fantastic fusion of dance fitness! Specifically choreographed to be low impact providing a safe and effective exercise programme suitable for all shapes sizes ages and abilities. Dance yourself happy!

SPRINT — is not your usual cycle class. It's a quick and hard style of training - short bursts of intensity followed by short periods of active recovery - that will give you fast results with minimal impact on your joints. The payoff is that you will keep burning calories for hours after a good workout.

Step — This is a high energy step class with fun combinations to uplifting music followed by toning exercises. This class will boost your cardiovascular fitness and burn calories. This class is for intermediate/advance participants.

WaterWorks — Provides a new concept 45-minute aqua class to appeal to all shapes and sizes. All our instructors are fully trained and supported; ensuring that Water Works is FUN and WORKS!

Whole Body Workout — Exercises involved will help to maintain bone density, as well as strengthen and tone your whole body!

Zumba — Is like no other workout you will ever experience! It is a dance-based fitness class with infectious music, easy-to-follow dance moves and body-beautifying benefits.

Classes are suitable for 16 years and over, for all fitness levels and abilities (unless stated)



project
YOGA

MAY

STUDIO TIMETABLE



BOOK NOW: 01579 352003

(Classes can be booked 7 days in advance only)

Due to high demand those individuals arriving late for the class may have their space given to those on the waiting list.

CLASSES WITH OCCUPANCY BELOW 25% WILL BE CANCELLED THE DAY BEFORE

STUDIO INDUCTION

For more information on any of the classes, please make an appointment with:
Diane Watson at the Health Club Desk.



MONDAY

ON ALL CIRCUIT AND BODY PUMP CLASSES PLEASE ARRIVE EARLY TO ALLOW EQUIPMENT SET UP TIME

09.15-09.55 Cycle Fit
09.20-09.50 CXWORX
10.00-10.55 Aerotone
10.00-10.45 Aquarobics
11.00-12.00 BodyBalance
13.15-14.15 Pilates for Everyone
18.15-19.15 Circuits
19.30-20.30 Body Pump

Tony
Diane
Diane
Hayley
Diane
Sarah Kirby
Diane
Diane

Sarah Miles
Steve
Susie
Sarah Miles
Susie
Sarah Miles**
Kat Savage
(starts 18/5)
Sarah Kirby
Kirsty Davidson

Fitsteps & Zumba Toning
Cycle Fit
Step (Intermediate/Adv)
Waterworks
BodyPump Express
****Yoga****
Dance Fit

Pilates
BodyCombat Express

THURSDAY

09.15-10.30
09.30-10.30
10.35-11.25
11.00-11.45
11.30-12.20
12.30-13.30
13.35-14.35

17.30-18.30
19.30-20.15

TUESDAY

07.00-07.45 Studio HIIT Circuit
09.30-10.30 Whole Body Workout
09.30-10.20 RPM
10.45-11.45 Cardio & Core
11.00-11.45 WaterWorks
12.15 -13.00 Zumba
13.15-14.15 Pilates (Body Conditioning)
17.55-18.25 SPRINT
18.30-19.00 Ab Attack
18.35-19.20 RPM
19.05-20.05 BodyPump
20.15-21.00 BodyCombat Express

Christian
Sarah Miles
Diane
Diane
Sarah Miles
Christian
Sarah Kirby
Ivor
Diane
Ivor
Diane
Agata



Sarah Miles
Tony
Steve
Sarah Miles
Diane
Sarah Miles**
Diane
Diane
Ivor
Andy C
Sarah Miles**
Ivor

Whole Body Workout
Cycle Fit
Kettlebells
BodyBalance
WaterWorks
****Yoga****
SPRINT
Small Group PT
RPM
Circuit(Weight Only)
****Yoga****
SPRINT

FRIDAY

09.30-10.30
09.30-10.15
10.30-11.40
10.45-11.45
11.00-11.45
12.00-13.00
12.15-12.45
13.15-14.15
18.00-18.45
18.15-19.00
19.30-20.30
18.55-19.25

WEDNESDAY

09.00-09.45 Cycle Fit
09.10-09.40 CXWORX
09.50-10.50 BodyPump
11.00-11.45 WaterWorks
11.00-12.00 Zumba
12.15-13.00 Yoga-Hatha Flow
13.00-13.30 Relaxation & Meditation
18.15-19.15 RPM
19.20-19.50 CXWORX
19.30-20.30 Power Hour Kettlebells
19.50-20.50 BodyBalance

Tony
Diane
Susie
Diane
Susie
Diane
Diane
Ivor
Ivor
Christian
Steve P
Christian

Diane
Diane

Circuits
BodyBalance

SATURDAY

09.30-10.30
10.40-11.40

Ivor
Sarah Briggs
Ivor
Sarah Briggs
Lee
Lee

RPM
SOSA
SPRINT
Pilates
BodyCombat Express
CXWORX

SUNDAY

09.00-09.45
09.30-10.30
09.55-10.25
10.40-11.40
17.00-17.45
17.50-18.20