

Fitness Class Timetable

Valid from September 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning				Step 9:30am-10:15am	Pilates 9:45am-10:15am		
	Prime Movers Gentle Aerobics 9:30 - 10:15am	Prime Movers Functional Strength 9:30 - 10:15am	Prime Movers Functional Strength 9:30 - 10:15am	Prime Movers Gentle Aerobics 9:30 - 10:15am		Spin 9:30am-10:15am	
	Step & Tone 10:30 - 11:05am	Spin 10:20 - 11:05am	Total Tone 10:15 - 11:00am	Total Tone 10:15 - 11:00am	Combat 10:15am-11:15am	Circuits 10:30am-11:30am	Spin 10:30am-11:15am
		Zumba 10:30am - 11:30pm	Flexible Fusion 11:00am - 11:45pm		Zumba 10:30am-11:30am		
Afternoon	Zumba 1:45pm - 2:45pm		Aqua Aerobics 12:15am - 1:15pm	Pilates 12:30am - 1:00pm			
		Pilates 12.30pm - 1.00pm					
Evening	Kettlebell Circuits 5.00pm - 5.45pm		Spin 5.00pm - 5.45pm	Spin 5:45pm - 6.30pm	BTT Blast 5.00pm-5:45am		
	Pure Core 6.00pm - 6.30pm		Ab Blast 6.00pm - 6.30pm	Kettlebell Circuits 6.40pm - 7.25pm			
	Spin 6.30pm - 7.15pm	Tri Power 6.30pm - 7.30pm	BTT 6.30pm - 7.30pm				
	Boot Camp 7.00pm - 8.00pm	Zumba 6.45pm - 7.45pm	Pilates 7.30pm - 8.30pm	Zumba 7.00pm - 8.00pm			
	Supple Strength 7.30pm - 8.15pm	Circuits 7.45pm - 8.45pm		Yogacise 7.30pm - 8.15pm			

Fitness Classes

AB BLAST

Class focused on exercise for the ab muscles to tone up for a beach ready stomach.

STUDIO A

AQUA AEROBICS

Water workout class that uses the natural resistance of the water.

TEACHING POOL

BOOT CAMP

Challenging, motivational class that will build lean muscle, improve strength and burn fat. Are you tough enough?

STUDIO B

BTT (BUMS, TUMS & THIGHS)

High impact aerobics and toning exercises focusing on the lower body

STUDIO A

CIRCUITS

Complete body workout with stations to improve stamina, speed, flexibility, muscle strength and endurance.

STUDIO A

COMBAT

High energy CV workout combining simple non-contact martial arts.

STUDIO A

FLEXIBLE FUSION

A fusion of Tai Chi, Pilates and Yoga to improve balance, core strength and flexibility.

STUDIO A

FUNCTIONAL STRENGTH

Low intensity class with various exercises to improve everyday activities.

STUDIO A

GENTLE AEROBICS

Low intensity class with easy to follow routines.

STUDIO A & SPORTS HALL

KETTLEBELL TRAINING

A whole body conditioning class that helps build lean muscle mass and shred fat.

STUDIO A

PILATES

Mat based core stability class. Great for toning and posture. May not be suitable for those with disc problems.

STUDIO A

PURE CORE

A Core based class that helps support the stresses of modern day life whilst toning up the stomach area.

STUDIO A

STEP/STEP & TONE

Step based aerobic classes that burn calories and tone the body.

STUDIO A

SUPPLE STRENGTH

A class that focuses on both flexibility and bodyweight strength, designed to make day to day life easier.

STUDIO A

SPIN

High energy indoor cycling class. Great calorie burner and cardiovascular workout.

STUDIO A

TOTAL TONE

Adaptable class, using equipment and weights, bringing together elements from the entire aerobics programme.

STUDIO A

TRI POWER

This class involves 3 x 20 minutes sets of different aerobic workouts bringing elements from Combat, Aerobics, BTT, and Ab Blast together!

STUDIO A

YOGACISE

Controlled movements to increase balance, co-ordination, flexibility and improve concentration and relaxation.

STUDIO A

ZUMBA

Latin inspired, easy to follow, calorie burning dance fitness party!

STUDIO B

PRIME MOVERS

Classes for the more mature person and those new to exercise.

Booking is advised for all group exercises classes. Booking can be made up to 7 days in advance by phone on 01283 508865 or in person. Most classes are not appropriate for 12 – 15 year olds please speak with an instructor for details.