

Group Aerobics Timetable 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			NRG Step 9.30am-10.15am Jo	Pilates 9.45am-10.15am Jo		
(Prime Movers) Gentle Aerobics 9.30am-10.15am Natalie ●	(Prime Movers) Functional Strength 9.30am-10.15am Gill ●	(Prime Movers) Functional Strength 9.30am-10.15am Natalie ●	(Prime Movers) Gentle Aerobics 9.30am-10.15am Gill ●		NRG Spin 9.30am-10.15am Jo Jo ●	
(Daytimers) Step & Tone 10.20am-11.05am Jo	(Daytimers) NRG Spin 10.20am-11.05am Ellie ●	(Daytimers) Tone FX 10.15am-11.00am Natalie	(Daytimers) Swiss Ball 10.15am-11.00am Gill	NRG Combat 10.15am-11.15am Jo Jo	Circuits 10.30am-11.30am Jo Jo ●	NRG Spin 10.30am-11.15am Ross ●
	Zumba 10.30am-11.30am Jo	Flexible Fusion 11.00am-11.45am Jo Jo	Pilates 12.30pm-1.00pm Jo	Zumba 10.30am-11.30am Jo		
Zumba 1.45pm-2.45pm Jo		Aqua Aerobics 12.15pm-1.15pm Jo		5.00pm-5.45pm BTT Blast Natalie		
Exercise on Referral (EOR) Class 2.00pm-3.00pm ●	Pilates 12.30pm-1.00pm Jo	Exercise on Referral (EOR) Class 1.30pm-2.30pm ●				
Kettlebell Circuits 5.00pm-5.45pm Ross ●	HIT 5.15pm-6.00pm Hannah ●	NRG Spin 5.00pm-5.45pm Liam ●	NRG Spin 5.45pm-6.30pm Hannah			
Pilates 6.00pm-6.30pm Gill	Ab Blast 6.00pm-6.30pm Jo Jo	Ab Blast 6.00pm-6.30pm Gill	Kettlebell Circuits 6.40pm-7.25pm Keith ●			
NRG Spin 6.30pm-7.15pm Hannah ●	Tri Power 6.30pm-7.30pm Jo Jo ●	BTT 6.30pm-7.30pm Gill				
Boot Camp 7.00pm-8.00pm Keith ●	Zumba 6.45pm-7.45pm Jo	Pilates 7.30pm-8.30pm Gill	Zumba 7.00pm-8.00pm Jo			
Yogacise 7.30pm-8.15pm Gill	Circuits 7.45pm-8.45pm Jamie ●		Yogacise 7.30pm-8.15pm Gill			



Group Aerobics Class Information

Prime Movers Group Exercise Classes for the more mature person and those new to exercise, can form part of the Prime Movers Activity mornings or enjoy as a class only.

Gentle Aerobics – Low intensity class with simple aerobics routines. No floor work involved. Monday class STUDIO A, Thursday class SPORTS HALL.

Functional Strength – Low intensity class. Various exercises to improve your daily activities. Use of light weights optional. STUDIO A.

Daytimers Group Exercise Classes are moderate to high intensity classes and can form part of the Daytimers Activity mornings or enjoy as a class only.

Tone FX – Adaptable class using equipment and weights, bringing together elements from the whole aerobics programme. STUDIO A.

NRG Spin – High energy indoor cycling class. Great calorie burner and cardiovascular workout. STUDIO A.

Swiss Ball – Class focused on exercise for the abdominal muscles and core stability using the Swiss ball. STUDIO A.

Step & Tone – Simple step routines to burn calories mixed with toning exercises to target the whole body STUDIO A.

Aqua Aerobics – Water workout class using the natural resistance of water. TEACHING POOL.

Zumba – Latin inspired, easy to follow, calorie burning dance fitness party. STUDIO B.

Pilates – Mat based core stability class. For toning and posture. May not be suitable for people with disc problems. STUDIO A.

NRG Spin – High energy indoor cycling class. Great calorie burner and cardiovascular workout. STUDIO A.

NRG Step – High energy step aerobics class. STUDIO A.

Ab Blast – Class focused on exercise for the abdominal muscles and core stability. STUDIO A.

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

BTT (Bums, Tums, Thighs) – High impact aerobics and toning exercises focusing on the lower body. STUDIO A.

BTT Blast – Toning exercises focusing on the lower body. STUDIO A.

Yogacise – Controlled movements to increase balance, coordination, flexibility and aid concentration and relaxation. STUDIO A.

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

NRG Combat – High energy cardiovascular workout combining simple non contact martial arts type moves. Wednesday STUDIO B & Friday STUDIO A.

Kettlebell Circuits – A whole body conditioning circuit class achieving lean muscle mass without bulk. STUDIO A.

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

HIT (High Intensity Training) - A high intensity class aimed at training into your Anaerobic threshold. Burn calories, improve cardiovascular training system and improve total body conditioning & fitness. STUDIO A.

Exercise on Referral (EOR) - A simple circuit class with a group warm up, timed work and active rest stations aimed at people referred for exercise by a medical practitioner. Participants receive a blood pressure check at the beginning of the class. The session will be led by a BACR Qualified Instructor. STUDIO A.

Tri Power - This class involves 3x 20 minute sets of different aerobic workouts bringing elements from Combat, Aerobics, BTT, Flexible Strength, Tone FX, Ab Blast & Hit together into one class.

Booking is advisable for all group exercise classes except Zumba. Bookings can be made up to 7 days in advance by phone on 01283 508865 or 01283 508882 or in person at Reception.

Yellow dot indicates classes identified as not appropriate for 12-15 year olds. All other classes are at the instructors discretion.