

Group Exercise Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Step Aerobics 9.30am-10.15am Jo	Express Pilates 9.45am-10.15am Jo		
Prime Movers Gentle Aerobics 9.30am-10.15am Jo	Prime Movers Functional Strength 9.30am-10.15am Gill	Prime Movers Swiss Ball 9.30am-10.15am Jo	Prime Movers Gentle Aerobics 9.30am-10.15am Gill			
Daytimers Tone FX 10.15am-11.00am Jo	Daytimers NRG Spin 10.15am-11.00am Gill		Daytimers Swiss Ball 10.15am-11.00am Gill		Saturday Circuits 10.30am-11.30am Alex	Sunday Spin 10.30am-11.15am Ross
	Zumba 10.30am-11.30am Jo			Zumba 10.30am-11.30am Jo		
Health Walk 11.30am-12.30pm Meet in Foyer	Step Aerobics 11.00am-11.45am Gill	Aqua Aerobics 12.30pm-1.30pm (Teaching Pool) Jo	Express Pilates 12.30pm-1.00pm Jo			
Zumba 1.45pm-2.45pm Jo	Ab Blast 6.00pm-6.30pm Jo ●	Swiss Ball Abs 6.00pm-6.30pm Gill	Ab Blast 6.00pm-6.30pm Jo ●			
Express Pilates 6.00pm-6.30pm Gill ●		BTT 6.30pm-7.30pm Gill ●				
NRG spin 6.30pm-7.15pm Gill	Zumba 6.45pm-7.45pm Jo		Zumba 7.00pm-8.00pm Jo			
Spin Circuits 7.30pm-8.30pm Jamie	Circuits 7.45pm-8.45pm Ross	Pure Pilates 7.30pm-8.30pm Gill ●	Yogacise 7.30pm-8.15pm Gill ●			

Booking is advised for all group exercise classes. 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 appropriate for 12-15 year olds at the instructors discretion.

Group Aerobics Class Descriptions

NRG Spin

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

Prime Movers Gentle Aerobics

Low intensity class with simple aerobics routines. No floor work involved.

Prime Movers Functional Strength

Low intensity class. Various exercises to improve your daily activities. Use of light weights is optional.

Prime Movers Swiss Ball

Low intensity class. Swiss Ball classes are terrific for focusing on your core muscles.

BTT

High/low impact aerobics and toning exercises focusing on the lower body.

Ab Blast

Class focused on exercise for the abdominal muscles and core stability.
Swiss Ball Abs

Swiss Ball Abs

Swiss Ball classes are terrific for focusing on your core muscles.

Tone FX

Low impact version of NRG Pump.

Zumba

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

Aqua Aerobics

Water workout class using the water's natural resistance.

Express Pilates

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

Spin Circuits

Energetic workout utilising stations for cardio vascular fitness, muscular strength and endurance. Suitable for all fitness levels.

Pure Pilates

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

Yogacise

Controlled movements to increase balance, coordination, flexibility and aids concentration and relaxation.

Health Walk

Walks last between 30 minutes and 1 hour. This activity is free of charge.

Circuits

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

Step Aerobics

High energy step aerobics class.

Swiss Ball

Core Ball training suitable for all levels of fitness. Terrific for focusing on your core muscles. Helps improve posture, balance and all round strength.