

Fitness Class Timetable

Valid from 10th October 2016

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|--|--|--|--|------------------------------------|------------------------------------|--------------------------------|
| Class Time | | | | Step ★ 9:30 - 10:15am | Pilates ★ 9:45 - 10:15am | Spin 9:30 - 10:15am | |
| Class Time | 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 | Combat 10:15am-11:15am | Circuits 10:30 - 11:30am | Spin 10:30 - 11:15am |
| Class Time | Step & Tone ★ 10:30 - 11:15am | Spin 10:30- 11:15am | Total Tone 10:15 - 11:00am | Hi/Low Aerobics 10:15 - 11:00am | Zumba ★ 10:30 - 11:30am | | |
| Class Time | Zumba ★ 1:30 - 2:30pm | Zumba ★ 10:30 - 11:30am | Flexible Fusion ★ 11:00 - 11:45am | Pilates ★ 12:30 - 1:00pm | | | |
| Class Time | Kettlebell Circuits 5:00 - 5:45pm | Pilates ★ 12:30 - 1:00pm | Aqua Aerobics 12:15 - 1:15pm | Functional Circuits 6:15 - 7:15pm | BTT 5:00 - 5:45pm | | |
| Class Time | Pilates 6:00 - 6:30pm | HIT Circuits 5.45 - 6:30pm | Abs Blast 6:00 - 6:30pm | Zumba ★ 7:00 - 8:00pm | | | |
| Class Time | Spin 6:45 - 7:30pm | Zumba ★ 6:45 - 7:45pm | BTT ★ 6:30 - 7:30pm | Yogacise ★ 7:30 - 8:15pm | | | |
| Class Time | Yoga 7:45 - 8:30pm | Circuits 6:45 - 7:45pm | Pilates ★ 7:30 - 8:30pm | | | | |
| Class Time | | Yoga 8:00 - 8:45pm | | | | | |



Meadowside
Leisure Centre

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| Class Time | Yoga 7:45 - 8:30pm | Circuits 6:45 - 7:45pm | Pilates ★ 7:30 - 8:30pm | | | | |
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Fitness classes

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

Aqua Aerobics – Water workout class that uses the natural resistance of the water. **Teaching Pool**

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 type moves. **Studio A**

Flexible Fusion – A fusion on Tai Chi, Pilates and Yoga to improve balance, core strength and flexibility. **Studio A**

Gentle Aerobics – Low intensity class with easy to follow routines. **Studio A & Sports Hall**

Kettlebell – A whole body conditioning class that helps build lean muscle mass and shed 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**

Step/Step & Tone - Step based aerobic classes that burn calories and tone the body. **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**

Yogacise – Controlled movements to increase balance, co-ordination, flexibility and improve concentration and relaxation. **Studio A**

Yoga - Cobra Yoga is a dynamic form of Yoga which is designed to introduce people to a wide variety of free flowing styles of Yoga. It involves flowing yoga movements, natural body movements, stretching, and strength development. **Studio A**

Functional Circuits – High energy class targeting core strength and cardiovascular fitness using bodyweight or equipment. **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 fitness classes except Zumba. Bookings can be made up to 7 days in advance by phone on 01283 508865 or 01283 508882 or in person. Classes marked with the ★ are appropriate for 12-15yr olds at the instructors discretion. Please speak with an instructor for details.

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