

# Fitness Class Timetable

Valid from Jan 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Class				<b>Step</b> ★	<b>Aqua Aerobics</b>	<b>Spin</b>	
Time				9:30 - 10:15am	8:45 - 9:30am (starts Fri 12 <sup>th</sup> Oct)	9:30 - 10:15am	
Class	<b>Prime Movers</b> Gentle Aerobics	<b>Prime Movers</b> Functional Strength	<b>Healthy Hearts</b> <b>Stage 3 Circuit</b>	<b>Prime Movers</b> Gentle Aerobics	<b>Pilates</b> ★	<b>Metafit</b>	<b>Spin</b>
Time	9:30 - 10:15am	9:30 - 10:15am	9:30 - 10:15am	9:30 - 10:15am	9:45 - 10:15am	10:30 - 11:15am	10:30 - 11:15am
Class	<b>Step &amp; Tone</b> ★	<b>Spin</b>	<b>Total Tone</b>	<b>Hi/Low Aerobics</b>	<b>Circuits</b>		
Time	10:30 - 11:15am	10:30 - 11:15am	10:15 - 11:00am	10:15 - 11:00am	10:00am-11:00am		
Class	<b>Zumba</b> ★	<b>Zumba</b> ★	<b>Flexible Strength</b>	<b>Pilates</b> ★	<b>Zumba</b> ★		
Time	1:30 - 2:30pm	10:30 - 11:30am	11:00 - 11:45am	12:30 - 1:00pm	10:30 - 11:30am		
Class	<b>Healthy Hearts</b> <b>Stage 3 Circuit</b>	<b>Pilates</b> ★	<b>Aqua Aerobics</b>	<b>Spin</b>	<b>Healthy Hearts</b> <b>Stage 3 Circuit</b>		
Time	2:00 - 3:00pm	12:30 - 1:00pm	12:15 - 1:15pm	6:30 - 7:15pm	12:30 - 1:15pm		
Class	<b>Kettlebell Circuits</b>	<b>Metafit</b>	<b>Spin</b>	<b>Zumba</b> ★			
Time	5:00 - 5:45pm	5.45 - 6:30pm	5:00pm-5:45pm	7:00 - 8:00pm			
Class	<b>Pilates</b>	<b>Zumba</b> ★	<b>Abs Blast</b>	<b>Yogacise</b> ★			
Time	6:00 - 6:30pm	6:45 - 7:45pm	6:00 - 6:30pm	7:30 - 8:15pm			
Class	<b>Spin</b>	<b>Circuits</b>	<b>BTT</b>				
Time	6:45 - 7:30pm	6:45 - 7:45pm	6:30 - 7:30pm				
Class	<b>Yoga</b>	<b>Yoga</b>	<b>Pilates</b> ★				
Time	7:45 - 8:30pm	8:00 - 8:45pm	7:30 - 8:30pm				

## 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 Strength** – A mind/body class which is a blend of Yoga & Pilates to improve core strength, flexibility and posture. **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**

**Metafit** – Bodyweight training, the workout that keeps working. High intensity and high energy class. **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. **Studio A**

**Healthy Heart Stage 3 Circuit Classes** are suitable for referrals who have completed stage 1 & 2 classes, the older exerciser, the new to exercise or anyone with an underlying health condition. It is a low intensity circuit which takes a whole body approach with a range of Cardiovascular and Muscular Strength & Endurance stations. **Studio A**

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.