

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BOOTCAMP</b> 06:45-07:30	<b>GROUP CYCLING</b> 06:40-07:25	<b>CIRCUITS</b> 06:45-07:30	<b>PUMP AND TONE</b> 06:45-07:30	<b>BOOTCAMP</b> 06:45-07:30	<b>GROUP CYCLING</b> 08:00-08:45	<b>BODY CONDITIONING</b> 09:15-10:15
<b>AQUA-FIT</b> 09:15-10:00		<b>GROUP CYCLING</b> 09:15-10:00	<b>PILATES</b> 06:45-07:30	<b>GROUP TRAINING</b> 9:30AM-10:45	<b>LBT</b> 09:00-10:00	<b>FITNESS YOGALATES</b> 10:30-11:30
<b>LBT</b> 09:30-10:30	<b>GROUP TRAINING</b> 09:30-10:15	<b>LADIES GYM GROUP TRAINING</b> 09:30-10:15	<b>CIRCUITS</b> 9:30-10:15	<b>PUMP&amp;TONE</b> 09:30-10:30	<b>GROUP TRAINING</b> 9:30-10:15	
<b>LADIES GYM GROUP TRAINING</b> 09:30-10:15	<b>PUMP&amp;TONE</b> 09:30-10:30	<b>QIONG</b> 09:30-10:30	<b>GROUP TRAINING</b> 09:30-10:15			
<b>ZUMBA</b> 09:30-10:30	<b>SENIORS BODY CONDITIONG</b> 10:45-11:45	<b>KETTLEBELLS+CORE</b> 10:30-11:15	<b>LADIES STRENGTH GROUP TRAINING</b> 10:30-11:15	<b>GROUP TRAINING</b> 9:30-10:15		
<b>GROUP TRAINING</b> 10:45-11:30	<b>LEGS, BUMS, MUMS</b> 9:30-10:30 (Starting 20 <sup>th</sup> of September)	<b>PILATES BEGINNERS</b> 10:30-11:30	<b>PILATES</b> 09:30-10:30	<b>GROUP TRAINING</b> 10.45am-11.30am		
<b>BEGINNER GYM GROUP/GP REFERRAL</b> 11:45-12:30	<b>BEGINNER GROUP TRAINING</b> 12:00-12:45	<b>BEGINNER GROUP TRAINING/GP REFERRAL</b> 11:30-12:15	<b>PILATES &amp; STRETCH</b> 10:30-11:30	<b>PURE STRETCH</b> 09:30-10:30		
		<b>PILATES L1&amp;2</b> 11:30-12:30	<b>SENIORS BODY CONDITIONING</b> 10:30-11:30	<b>PURE STRETCH</b> 10:30-11:30		
			<b>ZUMBA GOLD</b> 11:30-12:30	<b>AQUA-FIT</b> 12:15-13:00		
<b>FIGHTING FITNESS</b> 18:00-19:00	<b>GROUP CYCLING</b> 18:00-18:45	<b>AQUA-FIT</b> 12:15-13:00	<b>BEGINNER GROUP TRAINING</b> 12:00-12:45	<b>THORNEGROVE GROUP TRAINING</b> 14:00-15:00		
<b>PILATES</b> 18:00-19:00	<b>BODY CONDITIONING</b> 18:00-19:00	<b>ZUMBA</b> 18:00-19:00	<b>CHILDRENS ZUMBA</b> 16:00-17:00 (7-11yrs)			
<b>PILATES</b> 19:00-20:00	<b>PILATES</b> 17:00-18:00	<b>HIIT</b> 18:00-19:00	<b>STUDENTS CIRCUITS</b> (14-16yrs) 17:00-17:45	<b>STRONG NATION</b> 18:00-19:00		
<b>CIRCUITS</b> 19:00-19:45	<b>PILATES</b> 18:00-19:00	<b>GROUP CYCLING</b> 19:00-19:45	<b>GROUP CYCLING</b> 18:00-18:45	<b>GROUP CYCLING</b> 18:30-19:15		<b>Cycle studio</b>
<b>GROUP CYCLING</b> 19:00-19:45	<b>LBT</b> 19:00-20:00	<b>CLUBBERCISE</b> 19:10-20:10	<b>LBT</b> 18:00-19:00	<b>GROUP TRAINING</b> 18:00-18:45		<b>Gym</b>
<b>AQUA-FIT</b> 19:15-20:00	<b>GROUP TRAINING</b> 19:00-19:45		<b>STRENGTH &amp; CONDITIONING</b> 19:00-20:00	<b>CLUBBERCISE</b> 19:00-20:00		<b>Sports Hall</b>
<b>GROUP CYCLING</b> 20:00-20:45	<b>GROUP CYCLING</b> 19:00-19:45	<b>GROUP TRAINING</b> 19:00-19:45	<b>PILATES</b> 18:00-19:00			<b>Studio 1</b>
<b>YOGA</b> 20:00-21:00		<b>GROUP CYCLING</b> 20:00-20:45	<b>PILATES</b> 19:00-20:00			<b>Studio 2</b>
			<b>GROUP CYCLING</b> 19:00-20:00			<b>Pool</b>
			<b>AQUA-FIT</b> 19:15-20:00			

CLASS	DESCRIPTION	BENEFITS
AQUAFIT	<b>A fun full body, low impact aerobic workout using the water as resistance. Suitable for many different fitness levels and abilities. You can work at your own pace in shallower or deeper water.</b>	<b>Many health benefits, increases cardiovascular fitness and muscular strength, controlled environment for low impact on the joints.</b>
BOOTCAMP	<b>Challenging early morning workouts involving; Circuit training, HIIT workouts and fitness challenges.</b>	<b>High intensity workout to condition the muscles for a high impact workload. Good for strengthening your muscles and cardiovascular system.</b>
PUMP & TONE	A full body resistance workout using Barbells, you will perform a mixture of lifts and exercises, the instructor will coach your form and help you achieve multiple repetitions.	Safely build muscle with higher repetitions, increased lean muscle mass will help increase your metabolism.
L.B.T	<b>Legs Bums and Tums is an energetic class with lots of squats, lunges and stomach exercises.</b>	<b>Both Cardiovascular and resistance to help tone and shape your core and lower body.</b>
LEGS, BUMS, MUMS	<b>Babies and toddlers welcome, breastfeeding and play area for the little ones. Join in this fitness class with a qualified post-natal instructor suitable for all fitness levels.</b>	<b>Helping you build your fitness after having a child and socialise with other parents in a healthy environment.</b>
BODY CONDITIONING	This is a great workout for weight loss, shaping and toning, you will be doing a range exercises from aerobics to resistance training	Cardio, muscular endurance, core strength, A full body workout that changes every time.
SUPER SENIORS	<b>A low impact class at a gentle pace, great for keeping healthy and mobile. Come and join in with a great social group</b>	<b>Full body aerobic, balance and strength with low impact exercises modified to your ability.</b>
STRONG NATION	STRONG NATION by Zumba® combines high intensity interval training with the science of Synced Music Motivation.	Cardio fitness, muscular endurance and coordination.
ZUMBA	<b>Zumba classes are a worldwide phenomenon. Exotic dance and high-energy international beats help you get great results from this fun class.</b>	<b>Balance, co-ordination, cardiovascular fitness and a fun atmosphere!</b>
CLUBBERCISE	Clubbercise @ is a fun full body workout with a banging soundtrack that gets great results. Classes are held in a darkened room with disco lights and our trademark LED glow sticks available to purchase at reception.	dance, toning and combat moves with options to suit all fitness levels
KETTLEBELLS	<b>Kettlebells are a great way to increase your functional strength and tone up your body. The shape of the weight increases the demands on your core and helps you perform new exercises.</b>	<b>Full body strength with high core activation. Progressive weight options to adapt to your level of fitness.</b>
GROUP CYCLING	Improve cycling performance, fitness and health with our fun group cycling classes. Don't forget your water!	A high calorie demand class, cardiovascular fitness, leg strength and at a low impact.
SPIN AND CONDITIONING	<b>Offers an alternative cycling workout, combining the usual class plus resistance exercises.</b>	<b>Low impact, high calorie demands, cardiovascular fitness, muscular endurance.</b>
CORE STABILITY	This class is a great challenge for all your core muscles, abs busting moves including exercise balls or can be adapted to use a chair.	Perfect workout for improving your balance and core muscles.
QIONG	<b>An ancient internal Chinese martial art focused upon meditation and breathing techniques, Suitable and beneficial for all ages, 16-116! You can even do it seated in a chair if you struggle to stand.</b>	<b>Mental benefits include stress reduction, better sleep, and an improved mood. Physical benefits include better breathing, balance and stability</b>
PILATES	- Improves, balance, core, and posture aiding joint mobility. Level 1 is suitable for beginners; level 2+3+4 are slightly more challenging	Whole body strength without bulk, flexibility for all abilities.
PILATES AND STRETCH	<b>Traditional Pilates with added flexibility, concentrating on strengthening and lengthening muscle helping to improve posture, flexibility and core.</b>	<b>Whole body strength without bulk, flexibility at a higher tempo.</b>
FITNESS YOGALATES	A combination of yoga and Pilates, ideal for improving flexibility and toning. For those that fancy a challenge, try the Group Cycling class just before.	Flexibility, core strength and muscular endurance. A great class for full body conditioning.
PURE STRETCH	<b>A class aimed at increasing full body flexibility and stretching any tight muscles, this class is ideal for those looking to wind down.</b>	<b>A perfect class for improving your flexibility, socialising and de-stressing</b>
CORE&STRETCH	A mixture of Stretch and Core exercises to keep you supple and strengthen your core	Perfect workout for improving your flexibility and core muscles.
GYM GROUPS	<b>Free gym groups for all gym members- Beginners group, abs blast, ladies and general gym groups are a fantastic way train in a small groups with a qualified gym instructor. You must have had a gym induction.</b>	<b>Different gym groups that target all aspects of fitness.</b>
FIGHTING FITNESS	A tough fitness class that will make you sweat a mixture of pad work and combinations to get your heart rate up. This class will also incorporate functional circuits and resistance training.	<b>Cardiovascular fitness, high intensity training, stress relieving and toning</b>

**Please note:**

-Start times of all classes must be adhered to, admittance is not permitted after the class has commenced. If you are attending for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor.

-If you are new to exercise or have any doubts about your suitability, we advise you to consult your General Practitioner.

-We advise you bring a water bottle and dress appropriately.

-The minimum age for classes is 14

-Bookings for all fitness classes can be made up to a week in advance; Platinum members have an extra day to book, 10 hour's notice is required to cancel a class for refund , members will be charged the fitness class admission for cancelled or non-