

NEW Fitness Class Timetable-Starting September 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BOOTCAMP 06:45-07:30 KELLIE	GROUP CYCLING 06:40-07:25 PHIL	PUMP&TONE 06:45-07:30 LUKE	PILATES 06:45-07:30 ISSY	BOOTCAMP 06:45-07:30 LUKE	GROUP CYCLING 08:00-08:45 CAROLE/ANGIE	SPIN+CONDITIONING 09:15-10:15 ANGIE
GROUP CYCLING 06:45-07:30 SOPHIE	GROUP TRAINING 09:30-10:15 TASH	GROUP CYCLING 09:15-10:00 LUKE	KETTLEBELLS 9:30-10:15 LYNSEY	GROUP CYCLING 06:45-07:30 CAROLE	LBT 09:00-10:00 ANGIE/ANNA	FITNESS YOGALATES 10:30-11:30 ANGIE
AQUA-FIT 09:15-10:00 CAROLE	PUMP&TONE 09:30-10:30 LYNSEY	LADIES GYM GROUP TRAINING 09:30-10:15 LYNSEY	GROUP TRAINING 09:30-10:15 TASH	GROUP TRAINING 09:30-10:15 TASH/ELIAS	CORE+STRETCH 10:00-11:00 ANNA/ANGIE	
LBT 09:30-10:30 ANNA	SUPER SENIORS 10:45-11:45 LYNSEY	KETTLEBELLS+CORE 10:30-11:15 LYNSEY	PILATES 09:30-10:30 SARAH	PUMP&TONE 09:30-10:30 LUKE		
LADIES GYM GROUP TRAINING 09:30-10:15 LYNSEY	LEGS, BUMS, MUMS 11:00-12:00 (TERM TIME ONLY) SOPHIE	PILATES BEGINNERS 10:30-11:30 SARAH	PILATES & STRETCH 10:30-11:30 SARAH	PURE STRETCH 10:30-11:30 SARAH		
ZUMBA 09:30-10:30 CAROLINE	BEGINNER GROUP TRAINING 12:00-12:45 LYNSEY	BEGINNER GROUP TRAINING 11:30-12:15 LYNSEY	SUPER SENIORS 10:30-11:30 LYNSEY	AQUA-FIT 12:15-13:00 PENNY		
GROUP TRAINING 10:45-11:30 LYNSEY		PILATES L1&2 11:30-12:30 SARAH	BEGINNER GROUP TRAINING 12:00-12:45 LYNSEY	THORNEGROVE GROUP TRAINING 14:00-15:00 LUKE		
TAI CHI 09:30-11:00 GEOFF	GROUP CYCLING 18:00-18:45 CAROLE	AQUA-FIT 12:15-13:00 CAROLE				
TAI CHI 11:00-12:30 GEOFF	BODY CONDITIONING 18:00-19:00 ANNA		LBT 18:00-19:00 SOPHIE	GROUP CYCLING 18:00-18:45 PHIL		
SUPER SENIOR SOCIAL GROUP 11:45-12:30 (TERM TIME ONLY) LYNSEY	PILATES (STARTING 28TH SEPT) 18:00-19:00 ALICE	ZUMBA 18:00-19:00 CAROLINE	GROUP CYCLING 18:00-18:45 CAROLE	GROUP CYCLING 19:00-19:45 PHIL	<p style="text-align: center;">Please note:</p> <ul style="list-style-type: none"> -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. <li style="padding-left: 40px;">-We advise you bring a water bottle and dress appropriately. -The minimum age for classes is 14 and 16 for classes that require weights. All under 16's must be accompanied by an adult. -Bookings for all fitness classes can be made up to a week in advance; Platinum members have an extra day to book. <li style="padding-left: 40px;">-10 hours' notice is required to cancel a class for a refund. -Members will be charged the fitness class admission for cancelled or non-attendance if the 10-hour cancellation policy is not adhered to. <li style="padding-left: 40px;">-This timetable is subject to change. (SEPT 2021) 	
GROUP CYCLING 18:00-18:45 PHIL	LBT 19:00-20:00 SOPHIE	HIIT 18:00-19:00 SOPHIE	PUMP&TONE 19:00-20:00 SOPHIE	STRONG NATION 18:00-19:00 JEAN		
PILATES 18:00-19:00 ISSY	PILATES (STARTING 28TH SEPT) 19:00-20:00 ALICE	GROUP CYCLING 18:00-18:45 CAROLE	PILATES 18:00-18:45 SARAH	CLUBBERCISE 19:00-20:00 JEAN		
GROUP TRAINING 19:00-19:45 ROBYNNE	GROUP CYCLING 19:00-19:45 PAUL	CLUBBERCISE 19:10-20:10 CAROLINE/JEAN	PILATES 19:00-20:00 SARAH			
PILATES 19:00-20:00 ISSY	GROUP TRAINING 19:00-19:45 CAROLE	GROUP CYCLING 19:00-19:45 CAROLE	GROUP CYCLING 19:00-20:00 PHIL			
GROUP CYCLING 19:00-19:45 PHIL		GROUP TRAINING 19:00-19:45 ROBYNNE	AQUA-FIT 19:15-20:00 CAROLE			
AQUA-FIT 19:15-20:00 CAROLE		GROUP CYCLING 20:00-20:45 ROBYNNE				
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CLASS	DESCRIPTION	DURATION	APPROXIMATE CALORIES	EQUIPMENT	BENEFITS
AQUAFIT	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.	45 MINUTES	300 Cals	POOL NOODLE, FOAM DUMBBELLS	Many health benefits, increases cardiovascular fitness and muscular strength, controlled environment for low impact on the joints.
BOOTCAMP	Challenging early morning workouts involving; Circuit training, HIIT workouts and fitness challenges.	45 MINUTES	400-500 Cals	VARIETY OF EQUIPMENT	High intensity workout to condition the muscles for a high impact workload. Good for strengthening your muscles and cardiovascular system.
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.	60 MINUTES	400-500 Cals	BARBELL, STEP, MAT, DUMBBELLS	Safely build muscle with higher repetitions, increased lean muscle mass will help increase your metabolism.
L.B.T	Legs Bums and Tums is an energetic class with lots of squats, lunges and stomach exercises.	45 MINUTES	400 Cals	BARBELL, STEP, MAT, DUMBBELLS, KETTLEBELLS	Both Cardiovascular and resistance to help tone and shape your core and lower body.
LEGS, BUMS, MUMS	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.	60 MINUTES	350 Cals	VARIETY OF EQUIPMENT	Helping you build your fitness after having a child and socialise with other parents in a healthy environment.
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	60 MINUTES	350-400 Cals	BARBELL, STEP, MAT, DUMBBELLS	Cardio, muscular endurance, core strength, A full body workout that changes every time.
SUPER SENIORS	A low impact class at a gentle pace, great for keeping healthy and mobile. Come and join in with a great social group	45 MINUTES	290 Cals	BARBELL, STEP, MAT, DUMBBELLS	Full body aerobic, balance and strength with low impact exercises modified to your ability.
STRONG NATION	STRONG NATION by Zumba® combines high intensity interval training with the science of Synced Music Motivation.	60 MINUTES	400 Cals	MAT	Cardio fitness, muscular endurance and coordination.
ZUMBA	Zumba classes are a worldwide phenomenon. Exotic dance and high-energy international beats help you get great results from this fun class.	60 MINUTES	350 Cals	NONE	Balance, co-ordination, cardiovascular fitness and a fun atmosphere!
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.	60 MINUTES	600 Cals	GLOWSTICKS	dance, toning and combat moves with options to suit all fitness levels
KETTLEBELLS	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.	60 MINUTES	400-500 Cals	KETTLEBELLS, MAT	Full body strength with high core activation. Progressive weight options to adapt to your level of fitness.
GROUP CYCLING	Improve cycling performance, fitness and health with our fun group cycling classes. Don't forget your water!	45 MINUTES	400-600 Cals	SPINNING BIKE	A high calorie demand class, cardiovascular fitness, leg strength and at a low impact.
SPIN AND CONDITIONING	Offers an alternative cycling workout, combining the usual class plus resistance exercises.	60 MINUTES	400-600 Cals	SPINNING BIKE, DUMBBELLS	Low impact, high calorie demands, cardiovascular fitness, muscular endurance.
CORE STABILITY	This class is a great challenge for all your core muscles, abs busting moves including exercise balls.	60 MINUTES	270 Cals	STABILITY BALL, MAT	Perfect workout for improving your balance and core muscles.
TAI CHI	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.	90 MINUTES	230 Cals	CHAIR, MAT, STICK	Mental benefits include stress reduction, better sleep, and an improved mood. Physical benefits include better breathing, balance and stability
PILATES	- Improves, balance, core, and posture aiding joint mobility. Level 1 is suitable for beginners; level 2+3+4 are slightly more challenging	60 MINUTES	250 Cals*	MAT, BLOCKS, RESISTANCE BAND	Whole body strength without bulk, flexibility for all abilities.
PILATES AND STRETCH	Traditional Pilates with added flexibility, concentrating on strengthening and lengthening muscle helping to improve posture, flexibility and core.	60 MINUTES	290 Cals	MAT, BLOCKS, RESISTANCE BANDS	Whole body strength without bulk, flexibility at a higher tempo.
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.	60 MINUTES	290 Cals	MAT	Flexibility, core strength and muscular endurance. A great class for full body conditioning.
PURE STRETCH	A class aimed at increasing full body flexibility and stretching any tight muscles, this class is ideal for those looking to wind down.	60 MINUTES	250 Cals	MAT	A perfect class for improving your flexibility, socialising and de-stressing
CORE&STRETCH	A mixture of Stretch and Core exercises to keep you supple and	60 MINUTES	250 Cals	MAT	Perfect workout for improving your flexibility and core muscles.

GYM GROUPS	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.	45 MINUTES	300-400 Cals	GYM EQUIPMENT	Different gym groups that target all aspects of fitness.
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