

CLASS DESCRIPTIONS

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

Zumba classes are a worldwide phenomenon. Exotic dance and high-energy international beats help you get great results from this fun class. 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. 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. 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! 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. 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 or can be adapted to use a chair. 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. 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. 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. 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. 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. A perfect class for improving your flexibility, socialising and de-stressing

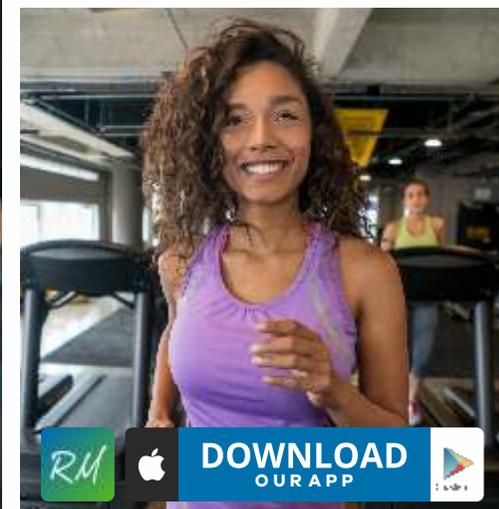
CORE&STRETCH

A mixture of Stretch and Core exercises to keep you supple and strengthen your core. 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. Different gym groups that target all aspects of fitness.

EXERCISE CLASS TIMETABLE 2021



OVER 80
CLASSES
PER WEEK

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EXERCISE CLASS TIMETABLE

MONDAY	CLASS	WEDNESDAY	CLASS
06:45-07:30	BOOTCAMP	06:45-07:30	PUMP&TONE
06:45-07:30	GROUP CYCLING	09:15-10:00	GROUP CYCLING
09:15-10:00	AQUA-FIT	09:30-10:15	LADIES GYM GROUP TRAINING
09:30-10:30	LBT	10:30-11:15	KETTLEBELLS+CORE
09:30-10:15	LADIES GYM GROUP TRAINING	10:30-11:30	PILATES BEGINNERS
09:30-10:30	ZUMBA	11:30-12:15	BEGINNER GROUP TRAINING
10:45-11:30	GROUP TRAINING	11:30-12:30	PILATES L1&2
09:30-11:00	TAI CHI	12:15-13:00	AQUA-FIT
11:00-12:30	TAI CHI	18:00-19:00	ZUMBA
11:45-12:30	SENIOR GYM GROUP	18:00-19:00	HIIT
18:00-18:45	GROUP CYCLING	18:00-18:45	GROUP CYCLING
18:00-19:00	FIGHTING FITNESS	19:10-20:10	CLUBBERCISE
18:00-19:00	PILATES	19:00-19:45	GROUP CYCLING
19:00-19:45	GROUP TRAINING	19:00-19:45	GROUP TRAINING
19:00-20:00	PILATES	20:00-20:45	GROUP CYCLING
19:00-19:45	GROUP CYCLING		
19:15-20:00	AQUA-FIT	THURSDAY	CLASS
20:00-20:45	GROUP CYCLING	06:45-07:30	CORE+STRETCH
		06:45-07:30	PILATES
		9:30-10:15	KETTLEBELLS
		09:30-10:15	GROUP TRAINING
		10:30-11:15	STRENGTH GROUP TRAINING
		09:30-10:30	PILATES
		10:30-11:30	PILATES & STRETCH
		10:30-11:30	SUPER SENIORS
		12:00-12:45	BEGINNER GROUP TRAINING
		18:00-19:00	LBT
		18:00-18:45	GROUP CYCLING
		19:00-20:00	PUMP&TONE
		18:00-19:00	PILATES
		19:00-20:00	PILATES
		19:00-20:00	GROUP CYCLING
		19:15-20:00	AQUA-FIT

■ CYCLE STUDIO	■ STUDIO 1
■ GYM	■ STUDIO 2
■ SPORTS HALL	■ POOL

* SUBJECT TO INSTRUCTOR AVAILABILITY * TIMETABLE SUBJECT TO CHANGE.

CLASS DESCRIPTIONS

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. 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. 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. 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. Both Cardiovascular and resistance to help tone and shape your core and lower body.

FIGHTING FITNESS

fighting fitness is a high energy fitness class using a combination of pads and circuit equipment to push you to your limits. Great for beginners and experienced individuals looking for a tough workout.

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. 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 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. Full body aerobic, balance and strength with low impact exercises modified to your ability.

FRIDAY	CLASS	SATURDAY	CLASS	SUNDAY	CLASS
06:45-07:30	BOOTCAMP	08:00-08:45	GROUP CYCLING	09:15-10:15	SPIN+CONDITIONING
06:45-07:30	GROUP CYCLING	09:00-10:00	LBT	10:30-11:30	FITNESS YOGALATES
09:30-10:15	GROUP TRAINING	10:00-11:00	CORE+STRETCH		
09:30-10:30	PUMP&TONE				
10:30-11:30	PURE STRETCH				
12:15-13:00	AQUA-FIT				
14:00-15:00	THORNEGROVE GROUP TRAINING				
18:30-19:15	GROUP CYCLING				
18:00-19:00	STRONG NATION				
19:00-20:00	CLUBBERCISE				

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 10 minutes early to introduce yourself to the instructor.

If you are new to exercise or have any doubts about your suitability you are advised to consult your General Practitioner.

We advise you bring a water bottle, towel and dress appropriately.

The minimum age for classes is 14 (with the exception of all weighted exercise classes which is 16, this includes Pump n' tone, Body Conditioning, Cardio/Strength and HIIT and others depending on the session planned.

Bookings for all fitness classes can be made up to a week in advance, Platinum members have an extra day to book . Bookings can be made in person or via telephone, members with classes included can book online.

10 hours' notice is required to cancel a class for a refund.

Members will also be charged the fitness class admission for cancelled or non attendance if the 10 hour cancellation policy is not adhered to.

This timetable is subject to change.