

Take a look and try

Monday

10:15 - 11:15	Pilates	Caroline
10:30 - 11:15	Aquafit	Kyle
17:55 - 18:45	RPM	Stuart
18:30 - 19:15	Aquafit	Kyle
19:00 - 20:00	Pump FX	Sue
20:10 - 21:25	Yoga	Jacqueline

Tuesday

10:30 - 11:15	Aquafit	Kyle
17:30 - 18:00	Crew Class	Kyle/Andy
18:10 - 18:55	Spin	Various
19:05 - 20:00	Aerobics	Stephanie
20:05 - 21:00	Cardio Combat	Stephanie

Wednesday

10:00 - 10:55	Aerobic Dance*	Kay
11:05 - 12:00	Salsacise *	Kay
18:00 - 19:00	Pump FX	Sue
19:15 - 20:10	Pilates	Caroline

Thursday

09:30 - 10:25	Pilates	Caroline
10:30 - 11:15	Aqua Circuits	Sue
17:45 - 18:15	Strong to the core	Stephanie
18:30 - 19:25	Kombat Kick	Frank
18:30 - 19:15	Aqua Circuits	Sue
19:30 - 20:25	Power Yoga	Caroline

Friday

13:30 - 14:15	Aquafit	Sue
18:00 - 18:50	RPM	Stuart

LATE ARRIVALS TO CLASSES

Once the class has started, late arrivals shall not be admitted to the class. Any place spare, due to late arrival or non-attendance at the start of the class shall be offered to someone, who is already in the club.

Class Descriptions

Aerobics

A fun energetic aerobic workout for mixed abilities, maximising in fat burning and improving cardiovascular fitness.

Aquafit

Aquafit is one of the best forms of low impact exercise due to the buoyancy and resistance of the water. The main aims of Aquafit are to tone the body, improve cardiovascular capacity and the HAVE FUN in a safe environment.

Aqua Circuits

Aqua circuits is traditional circuit training with a splash, using your own body weight and simple equipment and water to provide resistance.

Aerobic Dance*

This is an aerobics class with plenty of keep fit and dance movements. Easy to follow, suitable for all ages and abilities.

Cardio Combat

Cardio Combat combines powerhouse moves from a range of self-defence disciplines, into a 'Take no prisoners' adrenaline-pumping routine. It is a fun, athletic workout that will have you fighting fit in no time.

Crew Class

This class is a motivational fitness workout on the Concept II Rowing Machines

Kombat Kick

A great way to get fit with guaranteed results. Have fun whilst working on Speed, co-ordination, balance and agility. A fantastic whole body workout, targeting all major muscles. Getting fit is for everyone.

Power Yoga

Power Yoga is an energetic and dynamic workout designed to improve strength, flexibility and overall fitness. It focuses on linking using the breath to create heat in the body in order to lengthen and tone the muscles. This class is aimed at all levels and is an invigorating workout for both mind and body.

Pilates

The deep abdominal muscles are used to support and control the posture throughout the exercises. The whole body is trimmed as your muscles become stronger, longer and leaner.

Pump FX

A 60 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat burning.

RPM

Set to the latest chart topping tunes, RPM is a fun, athletic cardiovascular cycling workout that guarantees to leave you on a high and wanting more. A prolific calorie guzzler, RPM burns fat fast. It is also murder on the butt and thighs, so not only will you feel great but you will look amazing. Don't delay, ride the calorie killer now but be warned, it's addictive!

Salsacise*

This is a fun and energetic 55 minute workout suitable for all ages & abilities. The dance workouts include salsa, mambo dance steps and routines. **This 6 week course is chargeable and is payable at time of booking.**

Spinning

Join other members on the indoor cycles for a highly motivating workout. It's one of the most effective calorie burning classes that doesn't involve any routine.

Strong to the Core

This class will have you realising that your core muscles exist and that they were born to workout! Plenty of twisting whilst not forgetting the lower back and helping core strength.

Yoga

Yoga consists of exercises that stimulate, relax and revitalise the mind and body. Hatha Yoga is a more gentle form of yoga consisting of stretches, meditation and relaxation.

Booking Procedures

Members can book classes, from **08.30AM**, up to seven days in advance either in person or via telephone. We shall no longer accept class bookings any earlier.

Non-Members: Due to the popularity of our classes amongst members, we shall no longer take any non-member class bookings, as of the 1st January 2008.

Members can book **one** other member into classes, other than themselves. **Members** can book themselves into more than one class within a seven day period.

ARRIVAL AT RECEPTION FOR CLASSES

When a member signs in for a class, they will be given a printed till receipt which in turn shall be passed onto the class instructor.

CANCELLATION OF CLASSES

If you can not attend a class you have already booked, please inform the club reception as soon as possible as we regularly have people on the waiting lists. Any member, who cancels on the day of the booked class, for what ever reason, can not be booked onto the following week's class until the cancelled class has finished. **Please be fair to other members**

*** Aerobic Dance and Salsacise both run in line with the school terms, so will break every 5-6 weeks.**

Please Note

Any changes to the class timetable shall be placed on the studio notice board. Do please check on a regular basis.

5 Top tips to enjoy your class....

1. Ensure you have water and a towel.
2. Warm up for 5 minutes before your class
3. Introduce yourself to the instructor
4. For the ladies, wear a sports bra.
5. Wear comfortable clothes and appropriate footwear.