

TIME	ACTIVITY (* free if classes incl. in membership or PAYG)	TRAINER	COST	
<b>MONDAY</b>				
7.00 – 7.45am	Vinyasa Yoga	Amy	£5*	2
12.00 – 1.00pm	Physio-led Pilates with APPI Pilates Instructor	Holly	£8.50	2
5.15 – 6.00pm	Body Conditioning	Reece	£5*	1
6.00 – 7.00pm	Beginners' Yoga	Sarah	£5*	2
6.00 – 7.00pm	Metafit	Maya	£5*	1
7.00 – 8.00pm	Power Yoga	Sarah	£5*	2
7.00 – 8.00pm	Cardio Pump	Maya	£5*	1
<b>TUESDAY</b>				
9.30– 10.30am	Vinyasa Yoga	Kate	£5*	2
12.30 – 1.30pm	Zumba Gold	Ray	£5*	2
5.15 – 6.00pm	Beginners Yoga	Victor	£5*	2
5.15 – 6.00pm	HIIT	Rayna	£5*	1
6.00 – 7.00pm	Total Tone	Sarah	£5*	1
6.00 – 7.00pm	Beginners' Yoga	Victor	£5*	2
7.00 – 8.00pm	Kickboxing	Sarah	£5*	1
7.00 – 8.00pm	Vinyasa Yoga	Victor	£5*	2
8.00 – 9.00pm	Flamenco for Beginners – pay instructor	Allie	£7 (£36 for 6)	2
8.00 – 9.00pm	Zumba	Sarah	£5*	1
<b>WEDNESDAY</b>				
5.00 – 6.00pm	Hatha Yoga	Amy	£5*	2
5.15 – 6.00pm	Core Conditioning	Reece	£5*	1
6.00 – 7.00pm	Hatha Yoga	Amy	£5*	2
6.00 – 7.00pm	HIIT	Reece	£5*	1
7.00 – 8.00pm	Aqua Fit	Karen	£5*	POOL
7.00 – 8.00pm	Zumba	Jo	£5*	1
7.00 – 8.00pm	Muay Thai Fit	Scott	£5*	2
8.00 – 9.00pm	Kick Boxing Fitness	Scott	£5*	1
8.00 – 9.00pm	Pi-Yo	Jo	£5*	2
<b>THURSDAY</b>				
11.00 – 12.00pm	Dance Like A Mother CIC (baby wearing dance class)	Nikki	£5 (£22 for 5)	1
1.00 – 1.45pm	Silver Circuits (over 65s only)	Natalie	FREE	1
5.15– 6.00pm	Body Conditioning	Greg	£5*	1
6.00 – 7.00pm	KiBox Fit™	Michael	£5*	1
6.00 – 7.00pm	Family Martial Arts	Scott	£20 for 4wks	2
7.00 – 8.00pm	Pilates	Karen	£5*	2
7.00 – 8.00pm	Metafit	Reece	£5*	1

## FRIDAY

9.45 – 11.45am	Physio-led Pilates – Intermediate 9.45-10.45 / Beginner 10.45-11.45	Holly	£8.50	2
10.00 – 11.00am	Baby Signing - 0-13 months. Pay instructor New dates: 9, 16, 23, 30 Nov, 7 Dec 14 Dec - Christmas Party	Jennifer	£5.50	1
12.00 – 13.00	Ashtanga Yoga	Hannah	£5*	2
5.00 – 6.00pm	Hatha Yoga	Rosanne	£5*	2
6.00 – 7.00pm	Yin Yoga	Rosanne	£5*	2
6.30 – 7.30pm	Zumba Toning	Jo	£5*	1
7.30 – 8.30pm	Zumba	Jo	£5*	1

## SATURDAY

9.30 – 10.30am	Family Martial Arts (pay instructor)	Scott	£20 for 4wks	1
10.30 – 11.30am	Boot Camp	Reece	£5*	1
10.30 – 11.30am	Reggae Yoga	Victor	£5*	2
11.30 – 12.30pm	Reggae Yoga	Victor	£5*	2
11.30 – 12.30pm	Boxercise	Ross	£5*	1

## SUNDAY

10.00 – 11.00am	Yogalates	Lauren	£5*	2
11.00 – 12.00pm	Dance Fit (for adults)	Sarah	£5*	1
1.00 – 2.00pm	Pranayama Yoga	Victor	£5*	2
2.00 – 3.00pm	Chillout Yoga	Victor	£5*	2
3.00 – 4.00pm	Yoga Flow	Victor	£5*	2

## WANT TO KNOW MORE ABOUT CLASSES? HERE YOU GO...

### Vinyasa Flow

Moving with the breath through yoga sequences to increase strength, flexibility and achieve a deeper awareness of the self.

### Metafit

Created by a former Royal Marine commando and national gymnast, Metafit combines traditional bodyweight exercises with the latest high intensity interval training & Tabata techniques.

### Hatha Yoga

A practice for body, breath and mind, with a lovely Savasana (relaxation) at the end of class.

### Cardio Pump

Cardio-pump is a combination of a traditional aerobics class with resistance exercises.

### Yin Yoga

Yin is the practice of sitting or lying in poses for longer than usual. This targets the connective tissues between the muscles and the bones. Although Yin is a slow practice, it is fairly challenging to find complete stillness and focus the mind - great for cultivating patience.

### HIIT

HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

### Beginners Yoga

Whether you want to relax, de stress or get in touch with your spiritual side this class is for you. With this being a beginner's yoga the movements and stretches are kept at a lower level.

### Body Conditioning

This is a whole body workout combining cardio and resistance training, which can improve your overall fitness. Classes incorporate a variety of exercises and techniques to hit different energy systems promoting weight reduction, toning and improved balance & flexibility.

### Ashtanga Yoga

This method of yoga involves synchronizing the breath with a progressive series of postures. Beginners beware! This is a tough class.

### Core Conditioning

This class is designed to target all of the core area and not just the abs! The class is broken down in to sections and designed to burn fat.

### Reggae Yoga

Vinyasa Flow Yoga to a reggae rhythm, celebrating music and movement – creating positive vibrations!

### Kibox Fit

KiboxFit is a low impact, high-energy workout that incorporates solid pad work, weight training and conditioning.

### Power Yoga

A vigorous, fitness-based approach to vinyasa-style yoga. Though many consider it to be "gym yoga," this style of practice was originally closely modelled on the Ashtanga method.

### Zumba

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

### Pilates

A method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

### Zumba Toning

An innovative muscle training program with the addition of light hand-weights.

### Zumba Gold

Just like regular Zumba, but at a lower intensity. Ideal for older adults or those who like to take it easy.

### PiYo

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

### Bootcamp

Variety of interval training, including lifting weights/objects, pulling rubber TRX straps, push ups/sit-ups, plyometric, and various types of intense explosive routines.

### Boxercise

This is not a sparring class! Boxercise is a high energy, fun going class with a variety of boxing punches and combinations.

### Muay Thai Fit

Focusing on technique with different types of punches and kicks whilst keeping you sweating.

### Fighting Fit

Fighting fit is one of the most effective forms of cross training available today. Its training principles form a fun, addictive, safe, stress-busting workout, suitable for all ages and levels of ability. This fitness class involves Boxing and Kick Boxing techniques but without the contact.

### Legs, Bums & Tums

This class is a TOTAL lower-body workout! Focus on those hard to sculpt areas, and get the lower body you've always dreamed of! This toning class will definitely leave you feeling the "burn" – and get the legs you've always wanted!

### Aqua Fit

The whole body will be used as you move through the water while doing various exercises to music.

### Aqua Natal

Very low impact which gives you no real stress on your joints but with the same effect of working out in the gym whilst pregnant. Mixture of all over body routines to get you working.

### Family Martial Arts

A class designed for all the family to learn self-defence! Whilst gaining confidence, knowledge, meet more friends and much more.

### Yogalates

Perfect combination of the physical sequences of Pilates with the meditative benefits of Yoga.

### Parkour

Perfect for the more adventurous – ideal for beginners. Learn the basic fundamentals of movement and training principles, whilst also developing strength and fitness.

### Dance Like a Mother CIC

It's a gentle dance & movement class for Mums and Dads to get a groove on with their little ones safely in a sling, baby carrier or wrap!

### Alphatots

Fun-filled sessions for 1-2 year-olds, including mesmerising sound-effects, stimulating sensory play, games, songs, and stories! All activities are specially designed to help develop listening

skills, social skills, and the foundations for reading.