

TIME	ACTIVITY (* free if classes incl. in membership or PAYG)	TRAINER	COST	
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MONDAY

7.00 – 7.45am	Vinyasa Yoga	Julia	£5*	2
12.00 – 1.00pm	Physio-led Pilates with APPI Pilates Instructor	Holly Shanahan	£8.50	2
1.30 – 2.30pm	Mums & Bubs Group PT (strength)	WOMENFIT	£79 (for 10)	2
5.15 – 6.00pm	Body Conditioning	Reece M	£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
8.00 – 9.00pm	Fighting Fit	Maya	£5*	1

TUESDAY

9.30– 10.30am	Vinyasa Yoga	Julia	£5*	2
10.45 – 11.15am	Babel Babies – walking age to 5. Book at <a href="http://babelbabies.com">babelbabies.com</a>	Jeanie	£5 (£6 for 2)	2
11.30 – 12.00pm	Babel Babies – newborn to walking age	Jeanie	£5 (£6 for 2)	2
5.00 – 6.00pm	Beginners Yoga (starts 3 October)	Sarah	£5*	2
5.15 – 6.00pm	HIIT	Ryan	£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

WEDNESDAY

1.30 – 2.30pm	Mums & Bubs Group PT (cardio)	WOMENFIT	£79 (for 10)	2
3.30 – 4.00pm	Swimming lessons for 3-4 year olds	Natalie	£10	POOL
5.00 – 6.00pm	Hatha Yoga	Julia	£5*	2
5.15 – 6.00pm	Core Conditioning	Reece M	£5*	1
6.00 – 7.00pm	Hatha Yoga	Julia	£5*	2
6.00 – 7.00pm	HIIT	Reece M	£5*	1
7.00 – 8.00pm	Aqua Fit (pool)	Ryan	£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

#### THURSDAY

1.00 – 1.45pm	Silver Circuits (over 65s only)	Natalie	FREE	1
4.15 – 5.00pm	Junior Circuits (age 13 – 15)	Reece	£2	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 M	£5*	1
8.00 – 9.00pm	Legs, Bums & Tums	Reece M	£5*	1

#### FRIDAY

9.45 – 11.45am	Physio-led Pilates – Intermediate 9.45-10.45 / Beginner 10.45-11.45	Holly	£8.50	2
12.00 – 1.00pm	Ashtanga Yoga	Hannah	£5*	2
1.15 – 2.30pm	Baby Massage – 5 wk course blocks	Abby	£30 for 5 wks	2
5.45 – 6.30pm	Bootcamp	Greg	£5*	1
6.00 – 7.00pm	Street Dance Therapy - booking/enqs: streetdancetherapyuk@gmail.com	Ella	£7 (£23/month)	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 M	£5*	1
11.30 – 12.30pm	Reggae Yoga	Victor	£5*	2
11.30 – 12.30pm	Boxercise	Ross	£5*	1

#### SUNDAY

11.00 – 12.00pm	Dance Fit (for adults)	Sarah	£5*	1
1.00 – 2.00pm	Beginners Yoga	Julia	£5*	2
2.00 – 3.00pm	Hatha Yoga	Julia	£5*	2
3.00 – 4.00pm	Yin Yoga	Julia	£5*	2
4.00 – 4.45pm	Aqua Natal	Charlotte	£5*	POOL

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

### Cardio Pump

Cardio-pump is a combination of a traditional aerobics class with resistance exercises. Following a warm-up session, some classes concentrate on alternating between an aerobic workout that raises the heart rate and resistance exercises that focus on muscle groups. Other styles of class separate the two sessions.

Cardio-pump classes often use hand weights to add further resistance and help in the toning sections. Cardio-pump is an excellent workout as it provides great cardiovascular training and a muscle sculpting session that is not confined to one area of the body.

### 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. *Combining* the use of aerobic and anaerobic energy systems with the systematic recruitment of both slow and fast twitch muscle fibres in a manner that not only ensures a diverse workout but also enhances sport specific senses, including hand-eye co-ordination, balance and timing.

This fitness class involves Boxing and Kick Boxing techniques but without the contact. The classes are always fun, energetic and varied, making this an addictive class so you won't get bored!

If you are a beginner or advanced fitness enthusiast, then this is the class for you!

### PiYo

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

### Metafit

Created by a former Royal Marine commando and a national gymnast, Metafit combines traditional bodyweight exercises with the latest high intensity interval training (HIIT) and Tabata techniques, working on the premise that in order to burn fat, you need to boost your resting metabolism.

### 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. Unlike Ashtanga, however, power yoga does not follow a set series of poses, so classes can vary widely. With its emphasis on strength and flexibility, power yoga brought yoga into the gyms of America, as people began to see yoga as a way to work out.

### Hot Yoga

This energising vinyasa style yoga class is taught at a moderate heat and is suitable for all levels. By heating the body's internal temperature, flexibility is enhanced and detoxification is gently stimulated. The focus of this class is to synchronise breath to movement, build core and general strength and improve flexibility.

### 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. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in

disguise. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

### **HIIT**

High-intensity interval training (HIIT), also called high-intensity intermittent exercise (HIIE) or sprint interval training (SIT), is an enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods. HIIT is a form of cardiovascular exercise. Usual HIIT sessions may vary from 10–30 minutes. These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning.

### **Aqua Zumba**

Aqua Zumba is designed for anyone who can follow instructions and manage being in the water. Unlike regular water aerobics, which are linear exercises from one point to another, Aqua Zumba entails different movements for the verse, chorus and bridge of each song. Working out in the water can be appealing to someone who likes Zumba but doesn't want to get as hot as in the studio-based classes or needs a low-impact option.

### **Box Fit**

BoxFit is a low impact, high-energy workout that incorporates solid pad work, weight training and conditioning, functional and circuit training with an emphasis placed on boxing.

### **Zumba toning**

ZUMBA® TONING is an innovative muscle training program with the addition of light hand-weights. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. Now that you've worked on your lower body rhythm, it's time to perfect the upper body!

### **Boot Camp**

This class commences with dynamic stretching and running, followed by a wide variety of interval training, including lifting weights/objects, pulling rubber TRX straps, pushups/situps, plyometrics, and various types of intense explosive routines. Sessions usually finish with yoga stretching. Many other exercises using weights and/or body weight, similar to CrossFit routines, are used to lose body fat, increase cardiovascular efficiency, increase strength, and help people get into a routine of regular exercise

### **Body Conditioning**

Body Conditioning is a whole body workout combining cardio and resistance training, which can improve your overall fitness. Body Conditioning classes incorporate a variety of exercises and techniques to hit different energy systems promoting weight reduction, toning and improved balance and flexibility. A range of different equipment is used such as weights, ropes, resistance bands and stability balls. This allows a wide range of exercises to target all parts of the body, creating fresh and exciting classes every week. Although the classes are intense all fitness levels are welcome as our instructors will tailor the exercises to your individual needs

### **Core Conditioning**

Core Conditioning classes are aimed to strengthen and stabilize your core area. This type of work can tone and condition the abs, improve lower back pain, and help the body to move properly both in exercise and everyday movement. The classes involve a large range of exercises to target all areas of the core, utilising a variety of equipment and techniques. Don't be fooled into thinking this will only involve a bunch of sit ups; our classes incorporate exercises from yoga, pilates and other similar practices.

### **Cardio Attack**

Cardio Attack is a high-energy interval training class. This cardio workout combines aerobic movements with resistance and stabilisation exercises to tone and shape your body, improve co-ordination, reduce weight and raise your overall fitness. The classes are fast and intense with a range of exercises specifically aimed to maximize calorie output and improve cardiovascular fitness. Perfect for losing weight and improving your fitness levels!

### **Insanity**

INSANITY™ is a cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape– levels of each exercise are provided. Time to dig deep! High Intensity doesn't have to mean high impact. Every person's high intensity is different from everyone else in class. With timed segments, you don't have to follow the beat of the music, you get in as many repetitions as its right for you! If you've tried INSANITY™ at home, you have GOT to try it in a group setting! Added energy, enthusiasm, and push from our instructors and other participants will help you continue to reach your goals.

### **Abs Blast**

Abs Blast is a vigorous abdominal work out designed to tone, build and strengthen the abdominal muscles. Abs Blast uses various skills and techniques to target the core muscles; including floor routines, full body stretches and fast-paced exercise. The duration of this class is shortened to 30 minutes making it time effective while still maximising results!

### **Core Fusion**

A fusion of yoga, Pilates and body weight exercises centred around the core for an all-round core workout.

### **Yoga**

Harmonise body and mind in this multiple ability class. This class is suitable for beginners, so why not grab a yoga mat and give it a try!

### **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.

### **Piloga**

This exciting class combines Pilates and yoga. Ideal for those keen to improve their strength, fitness and tone.

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