

CLASS TIMETABLE

Spring Edition

All classes must be pre booked 6 days in advance and if you can't attend then please let us know.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13.30 - 14.15 AQUA Anneli	11.00 - 11.30 GENTLE CIRCUITS Gym Team	11.00 - 11.30 STEP Gym Team	09.30 - 10.15 AQUA Anneli	18.00 - 18.30 KETTLEBELLS Kim
18.00 - 18.45 KETTLEBELLS Kim	18.00 - 18.45 CIRCUITS Gym Team	18.00 - 18.45 HATHA YOGA Emma	11.00 - 12.00 PILATES Angela	
19.00 - 19.30 SPIN Kim		19.00 - 19.45 FITNESS YOGA Emma	18.00 - 18.45 BOXERCISE Gym Team	
			18.45 - 19.15 BODY BLITZ Gym Team	

CLASS DESCRIPTIONS

AQUA

A fun way to exercise in the water. Classes focus on aerobic endurance and resistance training.

BODY BLITZ

This 30 minute class combines strength, HIIT and cardio exercises for a full-body workout guaranteed to burn fat and sculpt muscle. This class will get your heart pumping, make you sweat and challenge your muscles!

BOXERCISE

Boxercise is an exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads but no class involves hitting an opponent. It is a fun, challenging and safe workout which is great for stress busting, accessible to all ages and fitness levels.

CIRCUITS

Circuits is a high energy and fast-paced class which involves working your way around different exercise stations performing each exercise as many times as you can in a set time.

GENTLE CIRCUITS

A carefully structured full body exercise class, targeting strength and endurance without impact. Suitable for all ages and abilities, closely monitored to ensure safety with clear demonstrations throughout.

SPIN

Whether you're a serious cyclist or just love the calorie burn of Spinning, this is the class for you! This high energy ride will take you to a new level of fitness using cadence, and heart rate drills. Come on in and reap the benefits!

HATHA YOGA

This class will improve your flexibility, core strength and hopefully make you smile as well! Suitable for all abilities.

FITNESS YOGA

A combination of vinyasa flow yoga and a hiit class this is a high energy work out will stretch and tone the entire body.

KETTLEBELLS

Full body strength & conditioning. Improves Core & Stability using a Combination of cardio, strength and flexibility exercises for the ultimate fat loss.

STEP

High intensity interval using step aerobics and body weight. Improves overall fitness by raising endurance and boosting cardiovascular health

PRICES

Free of charge to peak members
£2.50 to off-peak members during peak hours
£5 to guests of members