

Fitness Programme

Monday		Pump it up 9:30am to 10:15am Sue	Pilates 10:30am to 11:15am Sue	Leg Bums and Tums 11:30am to 12:15pm Julie	Bootcamp 12:30pm to 1pm Julie	Parkinsons and Step up class 1pm to 2pm Faz	Active Steps 2:30pm to 3:30pm Maz		Vibe cycle 6pm to 6:45pm Claire Spin studio	Zumba (7yrs+) 6pm to 6:45pm Julie	Pump it up 7pm to 7:45pm Julie	Leg Bums and Tums 8pm to 8:45pm Julie			
Tuesday		Kettlebells 9:30am to 10am John	Pool session Aquafit 9:30am to 10:15am Rob	Zumba (7yrs+) 11am to 11:45am Julie	Bootcamp 12:30pm to 1pm John		Dance studio Acti-kids Fitness (8 to 15 years) 3:45pm to 4:30pm Gym team	Sportshall session Acti-kids Sports (8 to 15 years) 4:30pm to 5:15pm Gym team	Vibe cycle 6pm to 6:45pm Claire Spin studio	Combat Conditioning 6pm to 6:45pm Julie	Pump it up 7pm to 7:45pm Julie	Live cycle 7pm to 7:45pm Rob Spin studio	Pool session Aquafit 7:30pm to 8:15pm Shannon	Body & Bands 8pm to 8.45pm Julie	Live cycle 8pm to 8:45pm Rob Spin studio
Wednesday	Early Burn 6am to 6:45am John	Tabata 9:15am to 9:45am John		Tone and Stretch 10:30am to 11:15am Julie	Low Impact Aerobics 11:30am to 12:15pm Julie			Bootcamp 5pm to 5:45pm Jayne	Live Sprint 5:15pm to 5:45pm Sunni Spin studio	Old Skool Step 6pm to 6:45pm Julie	Vibe cycle 6pm to 6:45pm Claire Spin studio	Body Blitz 7pm to 7:45pm Julie	Live RPM 7pm to 7:45pm Sunni Spin studio	Zumba (7yrs+) 8:15pm to 9pm Julie Sportshall	
Thursday	Hatha Yoga 7:15am to 8:15am Jo		Legs Bums & Tums 10am to 10:45am Louis	Active Steps 11:15am to 12:15pm Faz	Low Impact Aerobics 12:45pm to 1:30pm Julie		Acti-kids Fitness (8 to 15years) 3:45pm to 4:15pm Gym Team Dance studio	Acti-kids Sports (8 to 15years) 4:30pm to 5:15pm Gym Team Sportshall	Pilates 4:15pm to 5:15pm Nick	Tone & Stretch 6pm to 6:45pm Julie	Live cycle 6:15pm to 6:55pm John Spin studio	Pool session Aquafit 7pm to 7:45pm Shannon	Pump it up 7:15pm to 8pm John		
Friday		Body Blitz 9:30am to 10:15am Julie	Tone and Stretch 10:30am to 11:15am Julie	Pool session Aquafit 11:30am to 12:15pm Julie				Yin Yoga 4.30pm to 5.30pm Jo	Hatha Yoga 5.45pm to 6.45pm Jo	Zumba (7yrs+) 6:15pm to 7pm Julie Sportshall	Pool session Floatfit Hiit 6:45pm to 7:30pm Gym Team	Judo 7:15pm to 9pm External			
Saturday	Kettlebells 8:15am to 8:45am Gym team	Live cycle 9am to 9:45am Gym Team Spin studio	Hiit 10am to 10:30am Gym team	Yin Yoga 10:15am to 11:15am Jo											
Sunday	Live cycle 8am to 8:45am Rob Spin studio	Live cycle 9am to 9:45am Rob Spin studio	Abs 10am to 10:30am Rob	Tai Chi 11am to 12pm Mr Virk (external)	Acti-kids Gym (8 to 15 years) 11am to 12pm Paul				Pool session Aquafit 5:30pm to 6:15pm Julie	Zumba (7yrs+) 6:30pm to 7:30pm Julie Dance studio					

See our Cycle timetable for a full programme of virtual classes

Class descriptions

Abs	an upbeat strength class where we target our core with great music to go along with.
Active Steps	designed to address falls prevention, inclusive to all age groups whether you are recovering from a stroke, car accident or for people who are frightened of falling. Aims to increase mobility, strength and stamina improve posture, improve balance and coordination, strengthen bones, improve confidence, feel good and make new friends.
Acti-kids Fitness	a chance for younger members between 8-14 years old to experience fitness based activities within the dance studio and gym settings. Perfect for children looking to increase or maintain their strength and fitness.
Acti-kids Sport	this acti-kids session provides younger members, between 8-14 years old, the chance to do a variety of sports in the sports hall. These include football, basketball, badminton, table tennis and more.
Body Pump	for anyone looking to get lean, toned and fit. This gives a total body workout, that will burn up to 540 calories.
Body & Bands	full body workout that will help you burn fat and build stronger more toned muscles, having you feeling more energetic. Using only bodyweight and resistance bands for all levels of fitness.
Body Blitz	is an all over full body toning and aerobic experience. The class is a mix of all over body conditioning, strength, toning and cardio set out in an interval style training session using a mix of equipment.
Boot camp	a class that combines cardio and strength exercises to build up stamina strength and over all fitness.
Combat Conditioning	works your legs, arms, back, shoulders and core. Using all bodyweight short interval HIIT style exercises to Drum and Bass music.
Early burn	an early morning class focusing on high intensity, multi joint exercises designed to strengthen muscles, burn fat and provide a good start to your day!
HiiT	high burst of exercises with rest periods. Great for weight loss calorie burn and to improve your fitness.
Hatha Yoga	is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing
Kettlebells	a variety of exercises i.e lifting and swinging, to build strength and endurance, particularly in lower back, legs, shoulders, helps posture and increase grip strength.
Legs bums & tums	legs, bums and tums. A body conditioning workout focusing on the lower body and core.
Low Impact Aerobics	a fun, gentle yet effective exercise class run to music.
Pilates	slow and controlled stretching motions, it puts emphasis on alignment, breathing and developing a strong core and improving coordination and balance.
Parkinsons & Step up class	exercise can help people with Parkinsons disease by, improving mobility, flexibility, endurance, coordination strength and helps with postural stability and motor skills at the same time reducing the risk of falls.
Tabata	features 20 second intervals of extreme exercise followed by 10 second intervals of rest. These high intensity workouts will burn calories like no tomorrow.
Tone and Stretch	is a fun, less intense class, that helps you stay active and improve your flexibility, we incorporate resistance bands for an overall workout and ends with a 15 minutes of relaxation.
Yin Yoga	is floor based, focusing on flexibility and calming the mind with postures typically held for 3-5minutes
Zumba	aerobic fitness featuring movements inspired by various styles of Latin American dance.

