

## CHOOSE A CLASS TO SUIT YOU

### 40+ CIRCUITS

Cardio and conditioning in a gym based circuit under the lead of a Vale trainer – add some variety to your routines.

### ABS BLAST

A fun 15 minute session focused on abdominals.

### AEROBICS

Cardio and toning set to music, with fun and fresh routines.

### AQUA

Aqua classes are a great way to get fit and have fun without putting too much pressure on your joints.

### BODY BALANCE

A Yoga, T'ai Chi and Pilates-inspired workout leaving you long, strong, calm and centred. Feel balanced.

### BODY COMBAT

A fiercely energetic programme inspired by martial arts, drawing from a niche array of disciplines.

### BODY DYNAMICS

Designed to chisel and define. Test your strength and stamina through varied resistance and cardio workouts.

### BODY PUMP

The original weights class that builds strength, tones your body and pushes you to the limit everytime.

### BODY SCULPT

Tone and sculpt your body through a variety of motivating exercises

### BODY STEP

A fun, energetic full body workout that promises results.

### BOXERCISE BLAST/CIRCUITS

This is a fast fun all over workout combined with Box Fit training.

### BUGGY BABIES

A fun workout for parent and child. Great way to get active after birth.

### STRETCH & FLEX

Stretch off with the gym team after your workout.

### CROSS CIRCUITS

Spice up your workout with this circuit style class. Experience variety and fun in this heart pumpin' and calorie crunching class.

### DANCE JAM

Boost your confidence, flexibility, fitness and musicality. Various styles of dance to burn those calories off.

### FLEXIBILITY / STRETCH & FLEX

A class focussed on the often forgotten stretching and alignment of your body.

### HIGH INTENSITY INTERVAL TRAINING (HIIT)

Short Bursts of training designed to make you sweat and get results FAST.

### INTERVAL AQUA

A fast paced aqua class based on interval training. Improve your cardiovascular system without the impact.

### KINESIS STRENGTH

An express way to work your way to a strong and lean body. Use strength based loads to help improve your total body strength and muscular endurance.

### KINESIS HIIT

Designed to get your heart rate up and your body moving. Lift Sprint and Power into this full body calorie crunching workout.

### MUNDO DANCE

Mundo Dance is a dance fitness class created by Columbian-born dancer and choreographer Yonier Garcia. Learn new dance routines set to great music.

### MULTI-BURN

A fun 30 minute circuit based class designed to wake you up in the morning.

### OUTDOOR FITNESS

Does exactly what it says on the tin. Expect this class to take place whatever the weather.

### PILATES / CORE

The staple of ballet dancers for years, now widely used by athletes and those who wish to improve body awareness and posture as well as strengthen the core muscles.

### RPM / SPIN

High intensity bike interval training set to tunes that'll get your pulse racing.

### STEP & TONE

A fun energetic workout for all levels.

### SWIM FITNESS

Drills and longer swims to get you fit and prepare for swim events.

### WEIGHT LOSS WEDNESDAY

Learn how to lose body fat whilst maintaining lean muscle mass. Weigh in from 5.30pm in the gym followed by a high intensity class at 6pm.

### YOGA / YOGA CORE CONDITIONING

All our yoga classes cater for the beginner to the more experienced. Classes involve combining breathing work, fluid movement and classic poses.

### ZUMBA

Exciting style that fuses Latin rhythms with easy to follow moves to create a one of a kind fitness programme.

## HEALTH & RACQUETS CLUB

# TIMETABLE OF ACTIVITIES

### CHARGEABLE ACTIVITIES

Activity	Day	Instructor	Time	Location	Group
Tae Kwon Do	Friday	Steve & Pat	18.30-19.30	SC	£4 per session
Tae Kwon Do	Sunday	Steve & Pat	11.30-12.30	SC	£4 per session
Personal Training	Various	Various	Various	Various	EPOA
1 to 1 Tennis	Various	Rob	Various	TC	EPOA
Swimming Courses	Various	Various	Various	P	EPOA
1 to 1 Swimming	Various	Various	Various	P	EPOA

### ADULT ONLY SWIM TIMES\*

Monday .....	06.30 – 10.00
Tuesday to Friday .....	06.30 – 10.00 12.00 – 14.00 20.00 – 22.30
Saturday / Sunday.....	08.00 – 09.00
Bank Holidays & School Holidays.....	20.00 – 21.30

\*Times may vary during the festive season.



### CLASSES MUST BE BOOKED

- You may book your class a week in advance, either by phone or in person at reception.
- You must arrive five minutes prior to the class commencing.
- If you arrive after the class commences the instructor may refuse you entry.
- If unable to attend your booked class, please inform reception as soon as possible.



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### OPENING TIMES

Monday to Friday .....	06.30 – 22.30
Saturday & Sunday.....	08.00 – 22.00

(All facilities close half an hour prior to the club closing. Times may vary during bank and school holidays).

TO BOOK ANY OF THE ACTIVITIES  
TELEPHONE 01443 665800

# ADULT TIMETABLE OF ACTIVITIES

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
AM	07:15-07:30	Abs Blast   D   G	06:45-07:45	Yoga   Core Conditioning D   S2	06:45-07:30	Spin   D   CS	06:45-07:45	Multi-Burn & Flexibility   D   S1	06:45-07:30	RPM   D   CS	09:15-10:00	Spin   D   CS	10:00-10:45	Spin   D   CS
	09:30-10:00	40+ Circuits   D   G	07:00-07:30	Kinesis Strength D   G   HZ	09:30-10:15	RPM   D   CS	09:30-09:45	Abs Blast   D   G	07:15-07:30 09:30-09:45	Abs Blast   D   G	09:45-10:30	HIIT D   S1	10:00-10:15	Abs Blast   D   G
	09:30-10:15	RPM   D   CS	09:30-09:45	Abs Blast   D   G	09:30-10:30	Mundo Dance D   S1	09:30-10:15	Spin   D   CS	09:30-10:30	Body Pump   D   S1	10:00-10:30	Kinesis HIIT D   G   HZ	10:00-11:00	Body Sculpt   D   S1
	09:30-10:30	Pilates   D   S2	09:30-10:30	Yoga   Core Conditioning D   S2	09:45-10:15	Kinesis HIIT D   G	09:30-10:30	Body Balance D   S2	09:45-10:15	Kinesis Strength D   G   HZ	10:30-11:30	Body Pump   D   S1	10:15-10:45	Kinesis Strength D   G   HZ
	09:30-10:30	Step & Tone   D   S1	09:30-10:30	Body Step D   S1	10:15-10:30	Abs Blast   D   G	09:45-10:15	Kinesis Strength D   G   HZ	09:30-10:30	Pilates   D   S2			11:00-12:00	Step & Tone   D   S1
	10:00-11:00	Buggy Babies D   SC	09:45-10:15	Kinesis HIIT D   G   HZ	10:30-11:30	Body Pump   D   S1	10:15-10:30	Stretch & Flex D   G	10:30-11:15	RPM   D   CS				
	10:30-11:30	Interval Aqua   D   P	10:15-10:30	Stretch & Flex D   G	11:30-13:00	Yoga   D   S2	10:30-11:30	Pilates/Core   D   S2	10:30-11:30	Zumba   D   S1				
	10:30 - 11:30	Aerobics   D   S1	10:30-11:30	Dance Jam   D   S2			10:30-11:30	Step & Tone   D   S1	10:30-11:30	Yoga   D   S2				
	10:30 - 11:30	Body Balance D   S2	10:45-11:45	Aqua   D   P			11:15-12:15	Aqua   D   P	11:00-12:00	Aqua   D   P				
PM	17:15-18:00	Step & Tone   D   S1	17:30-18:00	HIIT   D   S1	17:30-18:00	Weight Loss Weds Weigh In	18:00-19:00	Pilates D   S2	18:00-18:15	Abs Blast   D   G	16:15-16:45	Kinesis Strength D   G   HZ	16:15-16:45	Kinesis HIIT D   G   HZ
	18:00-18:45	Spin   D   CS	18:00-18:30	Kinesis Strength D   G   HZ	18:00-18:30	Weight Loss Weds Class   D   S1	18:00-18:30	Kinesis HIIT D   G   HZ	18:00-19:00	Cross Circuits D   S1			18:00-20:00	Adult Squash Club Night Not Supervised
	18:00-19:00	Foundation Yoga D   S2	18:00-19:00	Body Pump   D   S1	18:00-18:15	Abs Blast   D   G	18:00-19:00	Body Pump   D   S1						
	18:00-19:00	Body Combat D   S1	18:00-19:00	Pilates D   S2	18:30-19:15	RPM   D   CS	19:00-20:00	Boxercise Blast D   S1					18:30-20:00	Yoga   D   S2
	18:00-19:00	Outdoor Fitness   D	18:15-19:00	Spin   D   CS	18:30-19:30	Body Dynamics D   S1	19:30-20:30	Aqua   D   P					19:00-20:00	Aqua   D   P
	19:00-20:00	Interval Aqua   D   P	18:30-18:45	Abs Blast   D   G	19:00-20:00	Swim Fitness   D   P								
	19:00-20:00	Yoga D   S2	19:00-20:00	Boxercise Circuits D   S1	19:30-20:30	Fitness   Yoga D   S2								
	19:10-20:10	Body Pump   D   S1	19:00-19:45	Mundo Dance D   S2										

**FREE COFFEE**  
in the Pool  
Gallery before  
09.00  
(Mon-Fri only)

High Energy	Dance	Strength	Holistic
Other	A   Easy	B   Intermediate	C   Advanced
D   All Levels	S1   Studio One	S2   Studio Two	G   Gym Floor
CS   Cycle Studio	SC   Squash Court	P   Swimming Pool	TC   Tennis Court
M   Marquee	HZ   HIIT Zone		