

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, Tai 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.

CONCEPT 2

A killer 30 minute rowing workout mixing intervals with core strength exercises. The workout deliberately pushes you to your mental and physical limits and kills your excuses.

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.

STRETCH & FLEX

Stretch off with the gym team after your workout.

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.



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).

CLASSES MUST BE BOOKED

- You may book your class a week in advance. Either by your Mywellness app, by phone or in person at Leisure Reception and the in gym pedestal.
- You must arrive 5 minutes prior to the class commencing.
- If you arrive after the class commences the instructor may refuse you entry.
- If you are unable to attend your booked class, you must cancel your booking via your Mywellness app, by phone or in person at the Leisure Reception and the in gym pedestal.



ACTIVITIES CAN BE BOOKED VIA THE MYWELLNESS APP OR CALL 01443 665800

ADULT TIMETABLE OF ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
AM	07:15-07:45	Concept 2 D HZ	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	07:15-07:45	Concept 2 D HZ	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	10:30-12:00	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	11:00-11:30	Weight Loss Weds Weigh In	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	11:35-12:05	Weight Loss Weds Class D S1	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	Concept 2 D 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	Concept 2 D 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					18:30-20:00	Yoga D S2
	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					19:00-20:00	Aqua D P
	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	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		