



FITNESS CLASS PROGRAMME

from 24th August 2009

DAY	TIME		CLASS	SUITABLE FOR	PRICE
MONDAY	5.45 - 6.00pm	SL	BodyAttack Technique	Beginner/All	F.O.C.
	6.00 - 7.00pm	DS	BodyAttack™	After technique*	£4.20
	7.00 - 8.00pm	DS	Body Conditioning	All	£4.20
	7.00 - 8.00pm	DS	Circuit Training	All	£4.20
	7.45 - 8.00pm	SL	BodyBalance technique	Beginner	F.O.C.
	8.00 - 9.00pm	DS	BodyBalance™	After technique*	£4.20
TUESDAY	10.00 - 11.00am	DS	Body Conditioning	All	£4.20
	10.15 - 11.00am	pool	Aqua Aerobics	All	£4.20
	11.00 - 12.00pm	DS	BodyAttack™	After technique*	£4.20
	5.10 - 5.50pm	DS	Cardiac Rehab	On referral	£4.00
	6.00 - 7.00pm	DS	BodyAttack™	After technique*	£4.20
	7.15 - 8.15pm	DS	BodyPump™	After technique*	£4.20
WEDNESDAY	10.00 - 11.00am	DS	BodyAttack™	After technique*	£4.20
	10.15 - 12.15pm	MH	Over 50's Fitness	All	£3.00
	6.00 - 7.00pm	MH	Circuit Training	All	£4.20
	6.00 - 7.00pm	DS	BodyPump™	After technique*	£4.20
	7.00 - 8.00pm	DS	Body Tone	All	£4.20
	8.00 - 9.00pm	DS	BodyBalance™	After technique*	£4.20
THURSDAY	10.00 - 11.00am	DS	Body Conditioning	All	£4.20
	11.00 - 12.00pm	DS	BodyBalance™	After technique*	£4.20
	6.00 - 7.00pm	DS	BodyAttack™	After technique*	£4.20
	7.15 - 8.15pm	DS	BodyPump™	After technique*	£4.20
FRIDAY	10.15 - 11.00am	pool	Aqua Aerobics	All	£4.20
	10.30 - 11.00am	DS	BodyPump technique	Beginner	£2.00
	11.00 - 12.00pm	DS	BodyPump™	After technique*	£4.20
	5.15 - 5.30pm	DS	BodyBalance technique	Beginner/All	F.O.C.
	5.30 - 6.30pm	DS	BodyBalance™	After technique*	£4.20
SATURDAY	9.15-10.15am	DS	BodyPump™	All	£4.20
SUNDAY	5.00 - 6.00pm	DS	Pilates	All	£4.20

BodyBalance™ combines the benefits of Yoga and Pilates as well as other eastern disciplines, into one challenging and invigorating experience. NOTE: A TECHNIQUE CLASS IS REQUIRED IF YOU HAVE NEVER ATTENDED BODYBALANCE BEFORE

Body Tone - An allrounder with a bit of everything!!, half aerobics and half toning to suit all levels and abilities.

DS-Dance Studio SL-Squash Lounge

MH - Main Hall

BodyPump™ A 60 minute non-impact, resistance-training programme, which utilises barbells and adjustable weights helping to improve muscular strength & endurance. *NOTE: A TECHNIQUE CLASS IS REQUIRED IF YOU HAVE NEVER ATTENDED BODYPUMP BEFORE (SEE FRIDAY & SUNDAY TIMETABLE)

Aerobics A great fat-burning class based upon exercise to music, which may include some elements of choreography. Excellent for increasing fitness and reducing fat in a fun class environment.

Body Conditioning: A great calorie-burning class based upon exercise to music, specifically designed to promote muscle tone and conditioning.

Aqua Aerobics Fun and fantastic water based exercises, combining cardio-vascular training and muscular conditioning. Perfect for those seeking a high energy low impact session.

Circuit Training Multi stationed group exercise class designed to work on all the basic elements of fitness (strength, stamina, flexibility). No co-ordination required and all abilities welcomed.

BodyAttack™ An athletic challenge that delivers a high intensity aerobic workout. Catering for all levels, you will improve cardiovascular fitness, along with upper and lower body conditioning exercises for building strength.™ *NOTE: A TECHNIQUE CLASS IS REQUIRED IF YOU HAVE NEVER ATTENDED BODYATTACK BEFORE (SEE MONDAY & SATURDAY TIMETABLE)

Pilates focuses on building your body's core strength and improving your posture through a series of low repetition low impact stretching and conditioning exercises.