

Jan-March 31st Fitness Class Timetable (*= change/new class)

Monday				
Time	Class	Level	Instructor	Location
09:30 - 10:25	Aerobics	All Levels	Emma	Studio
10:30 - 11:15	Aqua	All Levels	Emma	Pool
11:00 - 11:30	Chair Mobility	Beginner	Fitness Team	Meeting Room
12:00 - 13:00	Yoga	All Levels	Jenny	Studio
12:15 - 12:45	Express Bike It	All Levels	Fitness Team	Bike Studio
13:15 - 13:45	Meta Training	All Levels	Fitness Team	Studio
18:00 - 19:00	Ballet Fit*	All Levels	Olivia	Studio
18:30 - 19:15	Bike It	All Levels	Fitness Team	Bike Studio
19:15 - 20:15	Pilates	All Levels	Patricia	Studio
Tuesday				
09:30 - 10:30	Body Combat	All Levels	Lisa	Studio
10:35 - 11:15*	Stretch and Tone*	All Levels	Fitness Team	Studio
13:15 - 13:45	HIIT	All Levels	Fitness Team	Studio
17:30 - 18:15	Bike It	All Levels	Fitness Team	Bike Studio
18:00 - 18:55	Body Attack	All Levels	Bee Jacks	Studio
19:00 - 20:00	Body Balance	All Levels	Bee Jacks	Studio
Wednesday				
09:30 - 10:30	Zumba	All Levels	Emma	Studio
10:00 - 10:45	Aqua	All Levels	Bee Jacks	Pool
10:35 - 11:35	Fitness Pilates	All Levels	Emma	Studio
12:15 - 12:45	Calisthenics	All Levels	Connor	Studio
18:00 - 19:00	Body Combat	All Levels	Matt	Studio
18:30 - 19:15	Bike It	All Levels	Fitness Team	Bike Studio
19:30 - 20:15	HIIT	All Levels	Fitness Team	Studio
Thursday				
09:30 - 10:30	Body Conditioning*	All Levels	Sue*	Studio
12:00 - 13:00	Yoga	All Levels	Siobhan	Studio
12:15 - 12:45	Express Bike It	All Levels	Fitness Team	Bike Studio
13:15 - 14:00	Body Combat	All Levels	Lisa	Studio
18:00 - 19:00	Body Pump	All Levels	Bee Jacks	Studio
19:15 - 20:15	Pilates	Intermediate	Patricia	Studio
Friday				
09:30 - 10:30	Body Pump	All Levels	Lisa	Studio
10:00 - 10:45	Swim Fit	All Levels	Connor	Pool
10:45 - 11:45	Ballet Fit*	All Levels	Olivia*	Studio
13:15 - 13:45	Fitness Games*	All Levels	Fitness Team	Squash Courts
17:30 - 18:15	Bike It	All Levels	Josh	Bike Studio
Saturday				
09:00 - 09:45	Bike It	All Levels	Fitness Team	Bike Studio
10:00 - 10:45	Functional Training	All Levels	Fitness Team	Gym
10:00 - 10:45	Zumba*	All Levels	Bee Jacks*	Studio
Sunday				
09:00- 09:45	HIIT*	All Levels	Fitness Team*	Studio
10:00-11:00	Body Pump*	All Levels	Debra*	Studio
10:30- 11:15	Bike It	All Levels	Fitness Team	Bike Studio
11:15-12:15	Pilates	All Levels	Patricia	Studio

<p style="text-align: center;">ZUMBA</p> <p>Inspired by salsa, samba and merengue music, pulsating Latin rhythms with the red-hot international dance steps creates Zumba Fitness, a high energy work out.</p>	<p style="text-align: center;">BODYCOMBAT</p> <p>Body combat Is a high energy martial arts inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.</p>
<p style="text-align: center;">BODYATTACK</p> <p>Body attack is a sports-inspired cardio workout for building strength and stamina. Combining athletic, aerobic movements with strength and stabilization exercises.</p>	<p style="text-align: center;">EXPRESS/BIKE IT</p> <p>A high intensity cardio workout! Accompanied with a great atmosphere, music and FUN! WARNING: May contain flashing imagery, please consult instructor if this affects you.</p>
<p style="text-align: center;">AQUA/FIT</p> <p>Water-based exercise to target specific muscle groups, using cardio vascular, muscular endurance and toning.</p>	<p style="text-align: center;">AEROBICS</p> <p>Aerobics is a low impact class incorporating basic moves into simple but fun choreography. An energizing full body workout.</p>
<p style="text-align: center;">BODYBALANCE</p> <p>Body balance is a yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life.</p>	<p style="text-align: center;">PILATES</p> <p>Pilates is a conditioning routine that helps to build all over strength and flexibility, great for posture and improving aspects of your daily life.</p>
<p style="text-align: center;">YOGA</p> <p>Hatha Yoga refers to a set of physical exercises (known as asanas or postures), and sequences of asanas, designed to align & synchronize your mind and body to create equilibrium strength & flexibility.</p>	<p style="text-align: center;">BODYPUMP</p> <p>Body pump is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit.</p>
<p style="text-align: center;">CALISTHENICS</p> <p>A totally unique resistance training class making the most of your body weight to create workout that is both fun and dynamic! Controlled movements are combined with static exercises; you will torch calories, tone up and build functional strength.</p>	<p style="text-align: center;">CORE CONDITIONING</p> <p>A core blast that will give you a world of benefits including toning, strengthening, increasing muscular endurance and even improving your posture.</p>
<p style="text-align: center;">Body Conditioning</p> <p>An all over workout, designed to burn calories, tone the body and improve your muscular endurance.</p>	<p style="text-align: center;">FIT STEPS</p> <p>Created by the team from Strictly Come Dancing, Fit Steps uses a collaboration of ballroom and Latin dance moves to create a fun and unique workout.</p>
<p style="text-align: center;">FITNESS PILATES</p> <p>Combine Pilates exercises with smooth movements to bring you an elegant routine, great for burning calories, toning up, improving posture and flexibility.</p>	<p style="text-align: center;">META (METABOLIC) TRAINING</p> <p>Compound exercises with little rest in between exercises in an effort to maximize calorie burn and increase metabolic rate during and after the workout.</p>
<p style="text-align: center;">FUNCTIONAL TRAINING</p> <p>Instructor led functional training session in the gym. Ever wanted to get the most out of your training session, then this is your chance! Be prepared to be guided through a series of functional exercises to improve your overall fitness levels.</p>	<p style="text-align: center;">HIIT</p> <p>High-intensity interval training (HIIT) is an enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less intense recovery periods.</p>
<p style="text-align: center;">CHAIR MOBILITY</p> <p>A chair based, low intensity exercise class that promotes greater mobility and strength with the use of everyday functional exercises.</p>	<p style="text-align: center;">FITNESS GAMES</p> <p>A sports inspired workout designed to get you moving without even realising it! Get your pulse racing with a smile on your face with these team based games.</p>
<p style="text-align: center;">BALLET FIT</p> <p>One of the most effective ways to build a strong and elegant physique. Combining flexibility, balance and strength work.</p>	<p style="text-align: center;">DANCE FITNESS WITH ELLIE</p> <p>Inspired by a range of dance routines, and combined with the energy of a cardio workout, an enjoyable way to stay healthy!</p>

PIYO

This new and innovative class, is set to soar in popularity! Think Yoga and Pilates meets smooth fluid movements.