

New Studio Class Timetable March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Evening Classes	Evening Classes	Evening Classes	Evening Classes	Evening Classes	Morning Classes	All Day Swimming
18:30-19:15 CIRCUITS Alex	18:15-19:15 HOT YOGA Harry – Starting 17/04	18:15-19:00 GROUP CYCLING Becky	19:45-20:30 BOOTCAMP Justine	18:00-18:55 CORE DE FORCE Paula	08:30-09:30 CIRCUITS Alan	Member Benefit Family Swimming from 8:00am to 15:00pm. £2 per child with a member. Payable via the gym desk on arrival.
19:30-20:30 YOGA Lyn	19:30-20:30 HITT Alice - Bula Dance & Fitness	19:15-20:00 PILATES Angie			9:30-10:15 GROUP CYCLING Zoe	
20:30-21:00 ABS BLAST Zoe	18:00-18:45 FAMILY CLUBBERCISE – Wake Wing Studio (Main School) Johanna – Starting 20/03	19:00-20:00 AQUA ZUMBA – Swimming Pool Debra				
18:30-19:30 ZUMBA – Wake Wing Studio (Main School) Alice - Bula Dance & Fitness						

Please book online for the studio classes, not only does this ensure your place in the class, but if a class is cancelled we will be able to inform you at the earliest opportunity. Places are limited.

If you have booked in to a class and you are no longer able to attend please cancel your place so that another member on the waiting list can attend.

Once booked please report to the gym desk before going to your class.

Please note not all classes are held in the Sports Centre Studio.

Please turn over for Class Descriptions
Class Descriptions

<p>CIRCUITS A fast paced class where you do an exercise for 30-60 seconds then move on to another exercise. You'll improve fitness, mobility, strength and stamina.</p>	<p>YOGA Ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.</p>
<p>CORE DE FORCE Inspired by MMA, Kickboxing and Muay Thai combinations! With bodyweight training to sculpt and tone your muscles. Intervals will elevate your heart rate and burn fat!</p>	<p>GROUP CYCLING You'll get a great workout, just hop on your bike, set the resistance that's right for you and let your instructor guide you through an incredible ride.</p>
<p>AQUA ZUMBA An effective workout, which can build strength and is a great body workout that burns calories, while strengthening your heart and lungs.</p>	<p>PILATES Controlled strength and flexibility exercises that engage the mind and condition the body. Improves posture, reduces stress, and creates lean muscle.</p>
<p>HIIT High Intensity Interval Training class designed to work you hard. Fun and intense for fat loss, burning calories and increasing cardiovascular fitness.</p>	<p>ZUMBA Lose yourself in the music and find yourself in shape at the original dance-fitness party. Run by Bula Dance & Fitness.</p>
<p>ABS BLAST This is an abdominal workout with a focus on core strength and stability to improve your posture, training technique, and your body shape! The workout will take you through a series of mat based exercises focusing on all areas of your abdominals.</p>	<p>FAMILY CLUBBERCISE For parents/carers/family friends and their children age 7-12. A family version of the popular clubbercise class. Perfect for confidence building. Adult gym members (no charge) accompanied by one child for a charge of £3. Glow sticks rented for £2.</p>
<p>SUNDAY FAMILY SWIMMING Why not make the most of the swimming pool and bring your family swimming anytime from 8:00 – 15:00 on Sundays. £2 per child and £5 per adult payable at the gym desk before you go down to the pool.</p>	<p>BOOTCAMP A challenging all body free weight workout. Bootcamp mixes cardio and resistance exercises to improve your balance, strength and flexibility.</p>
<p>HOT YOGA Harry teaches the Bikram series which is a dynamic sequence of 26 hatha yoga postures and 2 breathing exercises. It is ideal for new and experienced students alike; each posture has an entry level to it and as the body opens up with continued practice, deeper and more advanced versions can be reached. We do it in the heat! But not too much; the room is typically heated to around 30-35 degrees centigrade, limbering the muscles and allowing for deeper and safer stretching, opening up the body whilst not being overpowering and hindering your practice.</p>	