



Get active

A range of classes which let you work at your own pace

Active Membership for less than **£1.00** per day

OVER

20 DIFFERENT CLASSES TO SUIT YOUR LIFESTYLE

GREAT VALUE if you workout regularly

Welcome to our Timetable of group exercise classes all taught by qualified and experienced instructors. Designed for people of all ages, abilities and interests, there is something for everyone. Everyone is welcome at our classes and options may be given to cater for all fitness levels, so you can work out at your own pace. If you are unsure or have any questions just arrive a few minutes before the class and speak to the instructor. Why not try a class today!

Price List

Classes (55 mins)	£4.80
Classes (45 mins)	£4.40
14 & 15 year olds	£3.80
Spinning (30 mins)	£3.90
Aqua (45 mins)	£4.40
Yoga (75mins)	£5.90

Class Etiquette

- Minimum age 14 years for participation in our classes (16 years for BodyPump)
- Please allow adequate time to obtain your ticket
- Ticket must be given to instructor before class
- No entry to classes 5 minutes after they have started.
- Please ensure appropriate footwear is worn in all classes.
- In order to maintain our timetable, we may use cover instructors
- Classes may not run if less than three customers attend
- Please bring water and a sweat towel (no glass bottles or cans)
- Please inform instructor of any injuries, medical problems or pregnancy prior to class commencing

A reduced Class Timetable operates on Bank Holidays.

UNDER 5's CRECHE

Details on page 10



CALORIE BURNING CLASSES
Energetic workouts to maximise calorie expenditure and burn fat.

BODYPUMP

A simple to follow, athletic and fun workout using an adjustable step platform to achieve lower body toning, increased cardio fitness and co-ordination.

BODYCOMBAT

It is a knock out! Combining kicks, punches & stances developed from a range of self-defence disciplines inc. karate, kickboxing, Tai Chi and Tae Kwondo!

RUNNING CLUB

Get out in the fresh air in this guided class to improve your running technique, speed, stamina and endurance. Meet at Reception. All abilities welcome.

SPINNING

Watch your fitness levels soar as we take you through varying, challenging terrains in this instructor-led, non impact cardiovascular class (*Beginners come early to ensure correct technique*)

SPIN + ABS

Work up a sweat in the spinning studio then tone the abs and strengthen the back. A perfect start to the day!

MUSCLE TONING & ENDURANCE CLASSES
An intense muscle workout focusing on toning, muscle definition, strength and endurance.

BODYPUMP

Low on complexity-high on fun, this class will seriously change your body shape! Focusing on high repetitions to speed up metabolism for rapid fat burning and to increase strength in all muscle groups. (*Beginners please come early to ensure correct technique*)

JUST ABS

Hard core! 25 minutes of core stability work, strengthening the abdominals and the lower back.

LEGS, BUMS & TUMS

A wide range of conditioning exercise aiming specifically at those stubborn areas from the waist down. Pure toning!

SWISS BALL

A conditioning workout using the Swiss Ball to tone and improve balance and co-ordination.

RE-ENERGISE AND RELAX CLASSES
Mind and body workout focusing on core stability, balance and flexibility.

ATHLETIC YOGA

Yoga for sports enthusiasts. Learn to balance effort with relaxation to achieve peak performance. So whether you are trying to run faster or longer, lift heavier weights or improve muscular tone this class is for you. Experienced in yoga? then try this class to add dimension to your abilities.

BODYBALANCE

Combines the fundamental principles and practises of Yoga, Pilates and Tai Chi that will leave you feeling relaxed and renewed.

PILATES

This Mind/Body approach will leave you feeling taller, stronger and invigorated! The focus is on good posture, developing core-stabilisation and all over body strength. Suitable for all levels!

YOGA

This ancient art form focuses on flexibility, balance and inner poise. Gently move from one pose to another as you feel your body lengthen from within.

SPECIALIST CLASSES
Themed classes focusing on current fitness industry trends.

BODYJAM

This class combines Latin, hip-hop, disco and pop dance styles to create the worlds biggest dance party workout ever! Suitable for everyone who wants to party and have fun! No dance experience necessary.

BOOT CAMP (£18)

Bridal Boot Camp - ideal for brides, bridesmaids, mother of the bride or groom, or anyone who really wants to get in shape. 4 week courses starting Saturday 4th September & 2nd October.
Ski Boot Camp - the ultimate preparation for the slopes. Get ski-fit and get the most from your holiday. 4 week courses starting Saturday 30th October & 27th November.

DANCE MIX

Cha, cha, cha, salsa, disco and much more. Dance yourself fit in this fun workout.

SALSA AEROBICS

Shimme and shake yourself fit in a low impact, fun salsa dance based aerobic routine, set to the sultry, lively Latino beat. Suitable for all fitness levels

SALSA BHANGRA

A fun filled class with hot latin-american 'Salsa' style and 'Bollywood' inspired bhangra moves, spiced up to give you a great low impact, aerobic workout to keep you fit, supple and smiling.

ZUMBA

A cardio workout which uses Latin-inspired rhythms, sounds and steps from the merengue, samba and salsa in easy to follow steps for a fun and effective workout.

ALL OVER BODY WORKOUT CLASSES
A great combination of calorie burning, muscle toning, strength and stamina.

BODY CONDITIONING

An easy to follow all over body workout. Using exercises to tone and condition with the use of steps, hand weights, bars or resistance bands.

STEP CONDITIONING

All over body conditioning focussing on using the step to keep the heart rate high to maximise fat burning to improve body shape and fitness level.

ULTIMATE TONE

Pure toning! Sculpt, define and shape the body from top to bottom (and everything in between!) using dumbbells, bars and bands.

IMPACT CLASSES
Ideal for those needing to start at a lower level.

NICE & EASY

A low impact aerobics class designed to build mobility, strength and fitness. Suitable for all levels but specifically aimed at those who are mature in age but young at heart.

CLASSES FOR JUNIORS

BEAT (£)

Adults Street Dance class. Ideal for complete beginners who want to learn to street dance in a fun and friendly atmosphere, and improve their fitness.

FAMILY KARATE (£)

Have fun, get fit and learn self defence ideal for all the family (*Not included in membership, please pay instructor*)

STREET STYLEZ (£)

Street Dance class for children aged 7 - 11 years. Energetic, funky and fun choreography incorporating a variety of street styles into complete dance routines.



Classes can be booked in advance at Customer Service either in person or on 01202 437801. You may come along without a booking but we cannot guarantee a space! Classes marked with a (£) are not included in membership, please pay the instructor.