

# Class Timetable.....it's time to get yourself energised

**Class Cancellation Service**  
A special message service has been set up for members. Just call **01202 437823** and leave your class cancellation

Welcome to our Class 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!**

You can book all classes in advance, for Booking Details see Page 2

**Contact Kerry**



If you have any comments or suggestions about our Class Timetable please email: Kerry Manton (Class Co-ordinator) [kerry.manton@bournemouth.gov.uk](mailto:kerry.manton@bournemouth.gov.uk)

**Price List**

Weekdays (before 5pm)	£4.50
Aqua Fit	£4.80
Evening & weekends	£4.80
Spinning	£3.90
Kettle Bell Blast	£3.90

**Calorie Burning Classes.**  
Energetic workouts to maximise calorie expenditure and burn fat.

**Aerobics** – Simple and easy to follow exercise for maximum fatburning. Excellent for improving body shape, with the optional use of bands and hand weights.

**Spinning** – A high energy workout for all age groups suitable for men and women. Stationary cycling includes hill and speed work. Please bring a water bottle and towel with you as you will be burning lots of calories... up to 500 in 30 minutes! Booking advised due to limited places.



**Muscle Toning & Endurance Classes.**  
An intense muscle workout focusing on toning, muscle definition, strength and endurance.

**BodyMax** – A gym workout in the studio. A resistance class using dumbbells and barbells in a group exercise format for added motivation.

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

**Kettle Bell & Abs** – A class concentrating on core strength by using kettle bell weights (see left) and abdominal exercises, working your whole body as well as focusing on your mid section.

**Kettle Bell Blast** – One kettle bell, 30 minutes complete body work out.

**Legs, Bums & Tums** – Specific exercises to target those hard to reach stubborn areas.

**Step** – Cardio and toning workout using a raised platform to maximise legs and bottom toning.

**Re-Energise & Relax Classes.**  
Mind & body workout focusing on core stability, balance & flexibility.

**BodyBalance** – a dynamic class based on the principles of Yoga, Pilates and Tai Chi. A class to invigorate and tone your body yet leave you renewed and relaxed.



**Fitness Pilates** – Introducing the techniques of Pilates, a mind and body class, challenging the core muscles. (Not suitable for pregnant participants due to prolonged ab work).

**Hatha Yoga** Balance mind and body through physical postures, controlled breathing, relaxation and meditation.

**Ashtanga Yoga** Breath dictates the movement and the length of time held in a series of six specific of postures, always done in the same order, combined with specific breathing patterns. Can build muscle and help to develop core stability.

**Water Workout Classes**  
Exercise in the water to maximise fun and intensity.

**Aqua Fit** – A dynamic low impact class using the resistance of water for maximum fitness improvements.

**Deep Water Aqua** – Taught in the deep end of the pool using buoyancy belts – great fun – and you don't even have to be a swimmer!

**Swim Fit** - Fitness through swimming, working on length swimming, stamina and stroke improvement tips (\*Term time only)

**All Over Body Workout Classes.**  
A great combination of calorie burning, muscle toning, strength & stamina.

**Beginners Circuits** – Moving from station to station for an all round fitness workout. Suitable for newcomers and the more experienced!

**Body Conditioning** – Complete body toning, using weights, bands and yourself!

**Circuits** – Power stations! Move station to station performing a variety of cardio and resistance exercises. The ULTIMATE workout!

**Total Body** – An aerobic workout followed by conditioning exercises, floor work, and stretching.

**OVER 25 SPINNING CLASSES PER WEEK**

**Specialist Classes.**  
Themed classes focusing on current fitness industry trends.

**Dance Jam** – An exciting combination of dance & fitness. A mixture of hip-hop, funk and Latin dance moves set to the latest tunes. Suitable for both men & women of all ages. Come along, have fun and get fit!



**Class Etiquette**

- Minimum age 14 years for participation in our classes (16 years for Body Max)
- 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
- No entry to spinning classes once they have started
- Please ensure appropriate footwear is worn at all classes
- In order to maintain our timetable, we may use cover instructors
- Classes may not run if less than 4 customers attend
- Please bring a water bottle and a sweat towel

**class locations**

- (S) studio
- (SS) spin studio
- (P) pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Spinning</b> 9.30–10.00am Jango (SS)	<b>Spinning</b> 9.30–10.00am Kerry (SS)		<b>Spinning</b> 9.30–10.00am Stevie (SS)	<b>Spinning</b> 9.30–10.00am Tony (SS)	<b>Hatha Yoga</b> 9.00–9.55am Pippa (S)	<b>Swim Fit*</b> 9.00–10.00am Jeanette (P)
<b>Total Body</b> 9.30–10.25am Cat (S)	<b>Legs, Bums &amp; Tums</b> 9.30–10.25am Cat (S)	<b>Spinning</b> 9.30–10.00am Will (SS)	<b>Body Conditioning</b> 9.30–10.25am Tony (S)	<b>Kettle Bell Blast</b> 9.30–10.00am Joe (S)	<b>Spinning</b> 9.30–10.00am Stevie (SS)	<b>Spinning</b> 9.30–10.00am Helen (SS)
<b>Spinning</b> 10.05–10.35am Jango (SS)	<b>Deep Water Aqua</b> 10.05–11.00am Clive (P)	<b>Step</b> 9.30–10.25am Kerry (S)	<b>Spinning</b> 10.05–10.35am Stevie (SS)	<b>Dance Jam</b> 10.00–10.55am Cat (S)	<b>Beginners Circuits</b> 10.00–10.55am Paula (S)	<b>Total Body</b> 10.00–10.55am Jo B (S)
<b>BodyBalance</b> 10.30–11.25am Cat (S)	<b>Spinning</b> 10.05–10.35am Kerry (SS)	<b>Deep Water Aqua</b> 10.05–11.00am Naomi (P)	<b>BodyBalance</b> 10.30–11.25am Jo L (S)	<b>Deep Water Aqua</b> 10.05–11.00am Naomi (P)	<b>Spinning</b> 10.05–10.35am Stevie (SS)	<b>Spinning</b> 10.05–10.35am Helen (SS)
	<b>Fitness Pilates</b> 10.30–11.25am Cat (S)	<b>Spinning</b> 10.05–10.35am Will (SS)		<b>Spinning</b> 10.05–10.35am Tony (SS)	<b>Legs, Bums &amp; Tums</b> 11.00–11.55am Jo B (S)	<b>Circuits</b> 11.00–11.55am Ahmed (S)
	<b>Aqua Fit</b> 11.05–12.00pm Clive (P)	<b>Hatha Yoga</b> 10.30–11.25am Pippa (S)		<b>Hatha Yoga</b> 11.00–11.55am Pippa (S)		
<b>Spinning</b> 5.25–5.55pm Jo B (SS)	<b>Spinning</b> 5.25–5.55pm Helen (SS)	<b>Body Max</b> 5.30–6.25pm Tony (S)	<b>Spinning</b> 5.25–5.55pm Jo Y (SS)	<b>Aqua Fit</b> 11.05–12.00pm Naomi (P)		
<b>Total Body</b> 6.00–6.55pm Jo B (S)	<b>Aerobics</b> 6.00–6.55pm Helen (S)	<b>Spinning</b> 5.45–6.15pm Kerry (SS)	<b>BodyBalance</b> 6.00–6.55pm Jo Y (S)			
<b>Spinning</b> 6.00–6.30pm Kerry (SS)	<b>Spinning</b> 6.15–6.45pm Charlotte (SS)	<b>Spinning</b> 6.30–7.00pm Tony (SS)	<b>Spinning</b> 6.30–7.00pm Helen (SS)	<b>Circuits</b> 6.00–6.55pm Ahmed (S)		<b>Ashtanga Yoga</b> 7.00–7.55pm Scott (S)
<b>Spinning</b> 6.35–7.05pm Kerry (SS)	<b>Spinning</b> 6.50–7.20pm Charlotte (SS)	<b>Step</b> 6.30–7.25pm Kerry (S)	<b>Kettle Bell &amp; Abs</b> 7.00–7.55pm Joe (S)	<b>Spinning</b> 6.00–6.30pm Helen (S)		
<b>Legs, Bums &amp; Tums</b> 7.00–7.55pm Helen (S)	<b>Legs, Bums &amp; Tums</b> 7.00–7.55pm Jo B (S)	<b>Spinning</b> 7.05–7.35pm Tony (SS)	<b>Spinning</b> 7.05–7.35pm Helen (SS)	<b>Spinning</b> 6.35–7.05pm Helen (SS)		
<b>Spinning</b> 7.10–7.40pm Ellie (SS)	<b>Just Abs</b> 7.30–7.55pm Charlotte (SS)	<b>Legs, Bums &amp; Tums</b> 7.30–8.25pm Jo B (S)		<b>Aqua Fit</b> 7.00–7.55pm Paula (P)		
<b>Hatha Yoga</b> 8.00–8.55pm Ellie (SS)	<b>Circuits</b> 8.00–8.55pm Joe (S)	<b>Hatha Yoga</b> 8.30–9.25pm Pippa (S)				

