

# GROUP EXERCISE TIMETABLE

## All classes included within our gym memberships

### MONDAY

Time	Class	Room	Price	Level
9.30-10.30am	Legs, Bums & Tums	Sports Hall	£4.60	Moderate
11.00-12.00noon	Yoga	Dance Studio	£5.20	Low
6.30-7.30pm	Circuits	Sports Hall	£5.20	Moderate/High
6.30-7.30pm	Yoga	Dance Studio	£5.20	Low
7.30-8.15pm	Cycle Revolution	Studio	£5.20	Moderate/High

### TUESDAY

Time	Class	Room	Price	Level
10.00-11.00am	Tai Chi	Sports Hall	£4.60	Low
11.00-11.30am	Over 50's Circuits	Gym	£3.20	Low/Moderate
6.30-7.30pm	Pilates	Sports Hall	£4.60	Low
6.30-7.30pm	Boxercise	Dance Studio	£5.20	Moderate/High
7.30-8.30pm	Kettlebells	Dance Studio	£5.20	Moderate/High

### WEDNESDAY

Time	Class	Room	Price	Level
9.30-10.30am	Pilates	Sports Hall	£4.60	Low
5.30-6.15pm	Cycle Revolution	Studio	£5.20	Moderate/High
6.30-7.30pm	Zumba	Sports Hall	£4.60	Moderate
6.30-7.30pm	Circuits	Dance Studio	£5.20	Moderate/High

### THURSDAY

Time	Class	Room	Price	Level
9:30-10:15am	Cycle Revolution	Studio	£5.20	Low/Moderate
10:30-11:30am	Yoga	Dance Studio	£5.20	Low
6:45-7:30pm	Cycle Revolution	Studio	£5.20	Moderate/High
7.30-8.30pm	Legs, Bums & Tums	Dance Studio	£4.60	Moderate

### FRIDAY

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9.30-10.30am	Zumba	Dance Studio	£4.60	Moderate
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### SATURDAY

Time	Class	Room	Price	Level
9.15-10.00am	Cycle Revolution	Studio	£5.20	Moderate/High
11.00-12.00noon	Zumba	Sports Hall	£4.60	Moderate

### SUNDAY

Time	Class	Room	Price	Level
9:00-10:00am	Circuits	Gym	£5.20	Moderate/High

**LOW INTENSITY:** Exercise that brings about no noticeable change in breathing patterns, 5 to 6 out of 10 effort level

**MODERATE INTENSITY:** Breathing becomes deeper and more frequent, exercise raises your heart rate, 6 to 8 out of 10 effort level

**HIGH INTENSITY:** Breathing deeply and rapidly and can only talk in short bursts. Heart rate increases significantly. 7 to 9 out of 10 effort level.

**Booking Recommended up to 7 days beforehand**  
 Attendance subject to Par-Q

*If more than 5 minutes late your space may be given to someone on the waiting list.*

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## YOGA (AKHANDA)

An integrated system of yoga conveying the diverse aspects of the yoga tradition, harmonising breath and movement in a balanced sequencing of posture, breathing, relaxation, mantra, and meditation.

## CYCLE REVOLUTION

A high energy class with great music and motivating Instructors riding a varied mixture of flats, hills & sprints while burning calories all the way. Cycle Revolution is suitable for all ability levels.

## ZUMBA

Zumba is a fusion of Latin and International music / dance themes that create a dynamic environment based on the principle that a workout should be "**FUN AND EASY TO DO.**" The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

## OVER 50'S CIRCUITS

Small group training class providing a full body workout using a range of gym equipment. This class is structured in nature allowing participants to learn and focus on a variety of exercises.

## CIRCUITS

Circuits is a high intensity training class which delivers cardiovascular and strength training in different formats to give you an all over body workout. Classes are high in motivation and deliver fast improvement in general endurance and an increase in overall body strength.

## BOXERCISE

Boxercise is a circuit based class incorporating the use of focus pads and gloves providing participants with a full cardiovascular and toning workout.

## KETTLEBELLS

The use of kettlebells will be sure to give you a complete body workout. Using mainly explosive movements, it will help to tone every muscle using a variety of resistance, aerobic and core training.

## TAI CHI

Tai chi, also called tai chi chuan, combines deep breathing and relaxation with slow and gentle movements. Originally developed as a martial art in 13th-century China, tai chi is today practiced around the world as a health-promoting exercise.

## PILATES

Pilates is a holistic exercise system designed to elongate, strengthen and restore the body to balance. Pilates improves muscle tone, balances musculature, supports correct posture, and teaches participants to move with ease and grace. Exercises involve the whole body and are performed on a mat, sometimes utilising small equipment.

## LEGS, BUMS & TUMS

Exercises performed on specific muscle groups to tone the body. LBT is a full body aerobic workout that aims to tone up your thighs, bum and stomach. It's great for those who want to lose weight or who simply want to increase their fitness levels with a motivated group of people.