

## Perfect Start

Time	Class	Studio	Duration	Instructor
<b>Monday</b>				
12.00pm	Perfect Start	Gym	60 min	Gym Team
1.00pm	Fat Loss	Gym	30 min	Gym Team
7.00pm	Perfect Start	Gym	60 min	Gym Team
<b>Tuesday</b>				
12.00pm	Perfect Start	Gym	60 min	Gym Team
7.00pm	Perfect Start	Gym	60 min	Gym Team
<b>Wednesday</b>				
12.00pm	Perfect Start	Gym	60 min	Gym Team
7.00pm	Perfect Start	Gym	60 min	Gym Team
<b>Thursday</b>				
12.00pm	Perfect Start	Gym	60 min	Gym Team
7.00pm	Perfect Start	Gym	60 min	Gym Team
<b>Friday</b>				
12.00pm	Perfect Start	Gym	60 min	Gym Team
1.00pm	Fat Loss	Gym	30 min	Gym Team
7.00pm	Perfect Start	Gym	60 min	Gym Team
<b>Saturday</b>				
10.00am	Perfect Start	Gym	60 min	Gym Team
5.00pm	Perfect Start	Gym	60 min	Gym Team
<b>Sunday</b>				
10.00am	Perfect Start	Gym	60 min	Gym Team
4.00pm	Fat Loss	Gym	30 min	Gym Team
7.00pm	Perfect Start	Gym	60 min	Gym Team

## Workshops

Time	Class	Studio	Duration	Instructor
<b>Monday</b>				
11.00am	Kettle Bell	Gym	30 min	Gym Team
<b>Tuesday</b>				
11.00am	Power Plate	Gym	30 min	Gym Team
<b>Wednesday</b>				
9.00am	Ab Blast	Gym	30 min	Gym Team
<b>Thursday</b>				
8.00pm	TRX	Gym	30 min	Gym Team
<b>Friday</b>				
9.00am	Bosu	Gym	30 min	Gym Team
<b>Saturday</b>				
1.00pm	Nutrition	Gym	30 min	Rob/ Liam
<b>Sunday</b>				
12.00pm	Rowing	Gym	30 min	Gym Team

## Class Descriptions

**Body Pump** is a barbell based class that strengthens and tones your entire body. The workout challenges all your major muscle groups and is for all levels of fitness.

**RPM** is an indoor cycling workout where you ride to the rhythm of powerful music. This class will improve your stamina, cardio fitness and burn an immense amount of calories.

**Body Balance** is a mixture of Yoga, Tai Chi and Pilates that builds flexibility and strength and leaves you feeling centered and calm. This holistic workout brings the body into a state of harmony and balance.

**Body Combat** is an empowering martial arts based cardio workout. You work to powerful music and strike, punch and kick your way through calories. A great way to release some stress!

**Body Attack** is a sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and fun.

**Body Step** is an energizing step workout that makes you feel liberated and alive. With party steps, speed steps and conditioning tracks enjoy your burning calories and improving your co-ordination and fitness levels.

**Body Jam** is made up of all different types of dance from salsa to street, so bring a friend and dance your way fit.

**20/20/20** is a 60 minute class split into 3 intervals. The hour helps tone and condition your entire body. The first 20 minutes is made up of an aerobic/step warm up, the second interval is the conditioning part of the hour where you use dumbbells and bars and then you finish with floor work.

**Nice n Easy** is a great class if you are just starting or returning to exercise. The moves are low impact and easy to follow.

**Pilates** targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing the body. To be able to attend this class, you would first need to complete a six week foundation course. Please ask at reception for details.

**Tai Chi** is a form of exercises or specific movements that are controlled and calm. Everyone in the class would be doing precisely the same movements at the same time.

**LBT** is an aerobic and conditioning class that mainly targets the legs, bum and waist.

**Boxercise** is a workout where you would use punch bags and boxing based cardio work to improve your fitness.

**Young at Heart** is a very low intensity class, mainly performed as a circuit. It consists of exercises to help improve everyday living.

**Ab Blast** – a 20 minute short but intense set of exercises to target the waist.

**Iyengar Yoga** is a form of yoga known for its use of props, such as belts and blocks. This type of yoga helps with the development of strength, stamina, flexibility and balance, as well as concentration and meditation.

**Hatha Yoga** describes any form of physical yoga. When you do Iyengar yoga, this is Hatha yoga. Hatha yoga is a slow-paced stretching class with some simple breathing exercises and meditation. This is a good class to learn basic poses, relaxation techniques, and become comfortable with yoga.

**Revitalising Yoga** will still offer you the strength and flexibility that Hatha yoga does but instead of leaving the class feeling calm and collected, Revitalising yoga will make you feel more alive and refreshed.

**Aqua** is an aerobic class based in the swimming pool. In this class you would get fit while toning and shaping your body using the resistance of water.

**Circuits** is a high intensity workout made up of a whole range of exercises to test your cardio fitness and strength. You would spend a certain amount of time on each station before moving onto the next one and starting a different exercise.

**Beginners spin** is for those who wish to try RPM but aren't sure if they could complete a full hour. In this half hour session the instructor would explain to you how to set the bike up properly and the different position you would work through during an RPM class.

# Group Fitness Timetable



3rd January - 31st March 2011



## GROUP FITNESS TIMETABLE

The timetable has a mix of simple and choreographed classes aimed at different levels and abilities, something to suit everyone. If you would like any further information about our classes, please speak to an instructor who will be happy to help.

### Monday

Time	Class	Studio	Duration	Instructor
7.00am	RPM	S1	60min	Gym Team
9.00am	20/20/20	S1	60min	Roxy
9.45am	Pilates (Intermediate)	WS	60min	Claudia
10.00am	Aqua	Pool	60min	Sherri
10.00am	Nice & Easy	S1	60min	Lenka
10.30am	Walking Club	N/A	90min+	Fay
10.45am	Tai Chi	WS	60min	Helen
11.00am	Body Jam	S1	60min	Claudie
11.00am	Aqua	Pool	60min	Sherri
11.45am	Pilates (Essential)	S1	60min	Claudia
12.00pm	Tai Chi	S1	60min	Helen
1.00pm	Yoga (Hatha)	WS	60min	Gaia
5.00pm	RPM	S1	60min	Gym Team
5.30pm	Body Balance Express	WS	45min	Hannah
6.00pm	Body Combat	S1	60min	Jill
6.00pm	Aqua	Pool	60min	Sherri
6.15pm	Body Balance	WS	60min	Hannah
7.00pm	Body Pump	S1	60min	Zoe
7.15pm	Core Stability	WS	60min	Irena
8.00pm	Zumba	S1	60min	Tanya

### Tuesday

Time	Class	Studio	Duration	Instructor
7.00am	Body Combat/Attack	S1	45min	Roxy
7.00am	Body Balance	WS	60min	Leila
9.30am	LBT	S1	60min	Jill Harper
9.30am	Yoga (Hatha)	WS	90min	Becca
10.30am	Body Pump	S1	60min	Jill Harper
10.30am	Aqua	Pool	60min	Tina
11.30am	Body Balance	WS	60min	Zoe
1.00pm	Yoga (Iyengar)	WS	90min	Chrissie
1.30pm	NHS Class (Private)	S1	60min	Leila
5.30pm	Body Pump	S1	60min	Claire Crowley
5.30pm	Yoga (Ashtanga)	WS	60min	Zoe
6.30pm	Running Club	N/A	60min+	Matt
6.30pm	Boxercise	S1	60min	Malcolm
6.30pm	Yoga (Hatha)	WS	90min	Mary
7.30pm	Body Jam	S1	60min	Claire Crowley
8.00pm	Ballroom Dancing (£)	WS	60min	Martyn
8.30pm	Zumba-in-Circuit	S1	60min	Tanya

### Wednesday

Time	Class	Studio	Duration	Instructor
7.00am	RPM	S1	60min	Gym Team
8.30am	20/20/20	S1	60min	Claire Crowley
9.30am	Body Attack	S1	60min	Roxy
9.45am	Aqua	Pool	60min	Lynn
10.00am	Body Balance	WS	60min	Leila
10.45am	Nice N Easy	S1	60min	Irena
11.00am	Body Balance Express	WS	45min	Roxy
12.00pm	Yoga	WS	60min	Becca
12.15pm	Total Body Training	S1	60min	James
1.30pm	NHS Class (Private)	S1	60min	Leila
5.15pm	Body Combat Express	S1	45min	Kelly
6.00pm	Body Pump	S1	60min	Kelly
6.15pm	Aqua	Pool	60min	Sherri
6.30pm	Pilates	WS	60min	Yolanda
7.00pm	Body Combat	S1	60min	Kelly
7.30pm	Babyfit (£)	WS	60min	Debbie
8.00pm	RPM	S1	60min	Gym Team

### Thursday

Time	Class	Studio	Duration	Instructor
7.00am	Body Pump Express	S1	45min	Claire Crowley
7.00am	Body Balance	WS	60min	Leila
9.30am	20/20/20	S1	60min	Roxy
9.30am	NHS Class (Private)	WS	60min	Leila
10.30am	Pilates (Advanced)	WS	60min	Claudia
10.30am	RPM	S1	60min	Gym Team
11.30am	Tai Chi	S1	60min	Helen
11.30am	Young @ Heart	WS	60min	Claire Crowley
12.30pm	Tai Chi Advanced	S1	60min	Helen
12.30pm	Aqua	Pool	60min	Kelly
1.00pm	Babyfit (£)	S1	60min	Debbie
5.15pm	Body Pump Express	S1	60min	Roxy
6.00pm	Yoga (Hatha)	WS	90min	Kim
6.00pm	Body Step	S1	60min	Roxy
7.00pm	LBT	S1	60min	Roxy
7.30pm	Body Balance	WS	60min	Diane
8.15pm	Zumba	S1	60min	Tanya
8.30pm	Ballroom Dancing	WS	90min	Martyn

### Friday

Time	Class	Studio	Duration	Instructor
6.45am	RPM	S1	60min	James
7.45am	Ab Blast	S1	20min	James
9.30am	Body Pump	S1	60min	Roxy
9.30am	Aqua	Pool	60min	Claire Crowley
10.00am	Pilates (Intermediate)	WS	60min	Claudia
10.30am	Body Step	S1	60min	Roxy
11.00am	Yoga (Hatha)	WS	90min	Gaia
1.00pm	Yoga (Hatha)	WS	90min	Elaine
5.30pm	Body Attack	S1	60min	Roxy
6.00pm	Body Balance	WS	60min	Hannah
6.30pm	Boxercise	S1	60min	Malcolm
7.30pm	Spin	S1	60min	Bob

### Saturday

Time	Class	Studio	Duration	Instructor
9.00am	Body Balance	WS	60min	Diane
9.00am	Body Combat	S1	60min	Kelly
10.00am	Body Pump	S1	60min	Kelly
11.00am	Pilates (Foundation)	WS	60min	Claudia
11.15am	RPM	S1	60min	Liam
12.15pm	Revitalising Yoga	WS	75min	Elvira

### Sunday

Time	Class	Studio	Duration	Instructor
9.30am	Body Step	S1	60min	Roxy
10.00am	Cycling Club	N/A	90min+	Horst
10.30am	Yoga (Hatha)	WS	90min	Mary
10.30am	Body Balance	S1	60min	Roxy
5.00pm	RPM	S1	60min	Gym Team
6.00pm	Ab Blast	S1	20min	Gym Team

Key: £ = Extra Charge (Non-Members welcome)

= These are a range of classes designed exclusively for new, inexperienced members and focus on introducing the type of class whilst educating the member about technique and safety. This provides the perfect platform for you to progress and take full advantage of our fabulous range of classes'

### Village Value

- 20% off in **the victory** pub & Kitchen
- 20% off in the **verve** grill
- 20% off **Starbucks**
- 10% off **healthworks**
- 10% off **VILLAGE** accommodation

### How to Book

Call our Studio Bookings hotline on **(01202) 416111** or book at the Leisure Reception desk

State the day, date, time & name of the class you wish to book along with your surname and first name

Please note: You may only book 7 days in advance. You may also only book for one person over the phone and/or in person.