

Classes cater for participants from beginner to advanced.

### Aqua Arthritic

Conducted in the Hydrotherapy Pool this class is specially designed for the fragile or people that suffer any arthritic symptoms. A gentle workout in the warm soothing surrounds.

### Aqua Hi-Low and Deep Water Aerobics

Aqua aerobic classes are designed to cater for all fitness levels and ages. It's a great cardiovascular and muscle toning class without the impact on our joints. You will improve core strength whilst strengthening all major muscle groups.

### BodyCombat

This class offers a variety of options which allow you to work at your own level. BodyCombat combines elements of traditional martial arts including Tai Chi, Karate and Kick Boxing to give you a great, total body workout.

### BodyBalance

A Yoga influenced, pre-choreographed exercise program set to uplifting music. Combination of free flowing moves. Focus is placed on improving strength, flexibility and relaxation.

### BodyPump

A total body sculpting, high repetition, muscular endurance, fat burning, weight workout accompanied by highly motivating music.

### BodyStep

This class will challenge the fittest member and is easy to follow for the beginner. Using a platform to step up and down, the combination of upper body and floor exercises will leave you feeling trimmed, toned and terrific!

### BodyVive

Full body workout that leaves you feeling invigorated, rejuvenated and energised. Using the Vive ball and Vive tube this aerobics class includes cardio exercise, resistance work, core training, mobility and balance. Great music from the 70s, 80s, 90s and today. Perfect for beginners, new to exercise or older people.

### BodyVive 3.1

If you want the optimal mix of strength, cardio and core training this is it. BodyVive 3.1 will burn calories and help you build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.

### Core Strength

Core Strength is an intensive 30 minute low impact class that aims to tone, improve balance and stability and promote good posture.

### GRIT Strength

GRIT Strength is a 30 minute high intensity interval training workout that takes you in to overdrive to go hard, push harder and get you fitter, super fast.

### Outdoor Functional Training (OFT)

OFT creates a healthy, well-conditioned body and is effective for individuals who need to improve balance, stability and neuromuscular coordination. Functional training also helps build inner strength, whilst improving endurance, range of motion and posture.

### Over 50s Circuit

Over 50s Circuit is a class combining both resistance and high-intensity aerobic training. Easy to follow, Circuit targets strength building and muscular endurance. You can work at your own level.

### Over 50s Group Fitness Classes

Enjoy a variety of fitness classes that target the over 50 age group and enable all participants to have a great workout in a friendly and comfortable environment.

### Pilates

Improve your posture and strengthen the core muscles that help to stabilise your body. The class will also help you to improve your circulation, flexibility and muscle tone.

### RPM

An awesome and powerful indoor cycling class which is fantastic for shaping and toning the lower body and will dramatically increase your fitness levels. The ride is totally controlled by you, via a resistance gauge.

### SH'BAM

Featuring simple but seriously hot dance moves, it is the perfect way to shape up and let out your inner star— even if dance isn't your natural thing. You'll have so much fun you will forget that you are exercising.

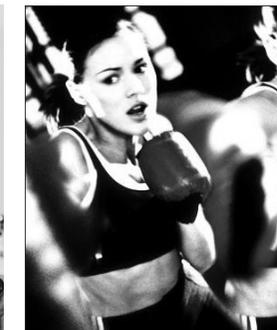
### Cardio Boxing - Boxing for Fitness

Boxing for fitness is a non-choreographed program that is easy to follow and suited to a variety of participants. The moves are low impact on joints but with high intensity. Great for overall fitness improvement, weight loss and sports specific training.

### Yoga

Hatha Yoga, a medium paced, holistic yoga class with emphasis on awareness, alignment and balance. Simple breathing techniques are included in the practice and the class finishes with a guided deep relaxation.

effective Monday 1 June 2015



## Studio Two

| Time    | Monday                | Tuesday            | Wednesday          | Thursday      | Friday             | Saturday           | Sunday    |
|---------|-----------------------|--------------------|--------------------|---------------|--------------------|--------------------|-----------|
| 6.15am  | Body Pump             | Cardio Boxing      | Body Pump          | Cardio Boxing | Body Pump          |                    |           |
| 9.15am  | Body Pump             | Body Step          | Body Combat        | Body Pump     | GRIT Strength      | 9.00am Body Combat |           |
| 9.30am  |                       |                    |                    |               |                    |                    | Body Step |
| 10.15am | Over 50s Circuit      | Over 50s Body Vive | Over 50s Body Pump | Body Balance  | Over 50s Body Vive | 10.00am Body Pump  |           |
| 11.15am | Over 50s Body Balance |                    |                    |               |                    |                    |           |
| 12.15pm |                       | Body Pump          |                    | GRIT Strength |                    |                    |           |
| 4.00pm  |                       |                    |                    |               |                    | Body Pump          |           |
| 5.30pm  | Body Step             | Body Combat        | Body Pump          | Body Pump     | Cardio Boxing      |                    |           |
| 6.30pm  | Body Pump             | Body Pump          | SH'BAM             | Body Combat   |                    |                    |           |

## Studio One

| Time    | Monday        | Tuesday                  | Wednesday                             | Thursday  | Friday  | Saturday      | Sunday       |
|---------|---------------|--------------------------|---------------------------------------|-----------|---------|---------------|--------------|
| 6.15am  |               | GRIT Strength            |                                       |           |         |               |              |
| 10.30am |               |                          |                                       |           |         |               | Body Balance |
| 11.15am |               |                          | Pilates                               |           | Pilates | 11.00 am Yoga |              |
| 5.30pm  | GRIT Strength |                          |                                       | Body Step |         |               |              |
| 6.00pm  | Body Vive     |                          | <b>NEW format 5.45pm BodyVive 3.1</b> |           |         |               |              |
| 6.30pm  |               | Cardio Boxing            | GRIT Strength                         | Pilates   |         |               |              |
| 7.30pm  | Body Balance  | <b>NEW Core Strength</b> | Body Balance                          | Yoga      |         |               |              |

## Cycling Studio

| Time    | Monday                       | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|------------------------------|---------|-----------|----------|--------|----------|
| 6.15am  | RPM                          | RPM     | RPM       | RPM      | RPM    |          |
| 9.00am  |                              |         |           |          |        | RPM      |
| 9.15am  |                              |         | RPM       |          | RPM    |          |
| 10.15am | RPM                          |         |           |          |        |          |
| 12.15pm | RPM                          |         | RPM       |          | RPM    |          |
| 5.30pm  |                              | RPM     |           | RPM      | RPM    |          |
| 6.00pm  | Endurance RPM (1 hour class) |         | RPM       |          |        |          |
| 6.30pm  |                              | RPM     |           |          |        |          |

## Aqua Classes

| Time    | Monday         | Tuesday                   | Wednesday      | Thursday                  | Friday                    | Sunday     |
|---------|----------------|---------------------------|----------------|---------------------------|---------------------------|------------|
| 6.15am  |                | <b>Deep Water Running</b> |                | <b>Deep Water Running</b> |                           |            |
| 9.00am  |                | <b>Deep Water Running</b> | Aqua Hi-Lo     | Aqua Hi-Lo                | <b>Deep Water Running</b> |            |
| 9.30am  |                |                           | Aqua Arthritic |                           |                           | Aqua Hi-Lo |
| 10.30am | Aqua Arthritic |                           | Aqua Arthritic |                           | Yoga -Aqua Arthritic      |            |

## Outdoor Classes

| Time   | Tuesday                     | Thursday                    |
|--------|-----------------------------|-----------------------------|
| 6.00pm | Outdoor Functional Training | Outdoor Functional Training |

Circle indicates class is at risk of falling below the target attendances.

Flag indicates that the attendance for the class is well below the target attendance. This class may be at risk of change if the attendances do not increase.

For the safety of our participants and to ensure classes are not disrupted, entry is not permitted after the warm up has been completed.