

Monday

09:30-10:30	Cycle	Kevin	G
09:30-10:30	Zumba	Steve	G
10:30-11:30	Pilates Tone	Erica	G
13:00-13:45	Circuits	Steve	G
17:45-18:30	Power Step	Diane	G
18:30-19:30	Power Hour	Jess	G
18:45-20:00	Cycle (All Terrain)	Jo	G

Wednesday

07:00-07:45	Circuits	Steve	G
09:15-10:00	Cycle	Russ	G
10:05-11:05	Abs/Body Sculpt	Russ	G
11:15-12:30	Yoga	Jane	G
17:45-18:30	Body Conditioning	Sandra	G
18:30-19:15	Cycle	Jo	G
18:30-19:15	Step	Sandra	I
19:25-20:40	Yoga Flow	Joelle	G

Friday

07:00-07:45	Cycle	Jess	G
09:30-10:30	Step & Abs	Sandra	I
10:30-11:30	Zumba	Rachel	G

Sunday

10:00-11:00	Cycle	Hayley	G
10:00-11:00	Box Fit	Libby	G

All classes bookable 7-days in advance after 10:30am

Amended January 2012

Tuesday

09:30-10:30	Body Conditioning	Tricia	G
09:30-10:30	Cycle	Arooj	G
10:35-11:50	Yoga	Jane	G
12:30-13:30	Prestige Pilates	Suzy	G
18:30-19:30	Zumba	Diane	G
19:00-19:40	Cycle (Flat road)	Jess	G
19:40-20:30	Pilates	Erica	I
20:30-21:15	Beginners Pilates	Erica	G

Thursday

09:15-10:10	Swiss Ball Conditioning	Arooj	G
10:20-11:20	Pilates	Arooj	G
11:30-12:30	Ashtanga Yoga	Jane	I
18:15-19:15	Bootcamp Sculpt	Kevin	G
18:00-18:45	Cycle (Speed work)	Rob	G
18:45-19:30	Cycle (Endurance)	Rob	G
19:30-20:30	Pilates	Erica	G

Saturday

09:00-09:55	Power Step	Diane	G
09:30-10:20	Cycle	Jess	G
10:00-10:55	Body Conditioning	Tricia	G
11:00-12:30	Yoga	Jane/Mark	G

G = General Suitable for all fitness levels

I = Intermediate Some experience required

Abs / Body Sculpt / Body Conditioning

All classes designed to help you to use your abdominal muscles and strengthen your core, tone up and shape muscles to improve posture and strength as well as all of the benefits of Body Sculpt... Weights, bands and body bars may be used, as may the Swiss-ball.

Ashtanga Yoga

A physically demanding style of practising yoga. Postures flow with breathe creating a dynamic energy. This type of yoga will help strengthen the whole body.

Body Pump

A pre-choreographed non-impact class designed to give you an effective and challenging workout with the use of barbells and weights.

Body Sculpt

This class is similar to Body Pump; however this version is not pre-choreographed

Bootcamp Sculpt

A complete body workout incorporating cardio and conditioning exercises. Using weights, kettle bells, medicine balls etc...

Box Fit

A circuit based class that will include pad work and interval training. High in intensity... guaranteed full body workout. Learn how to punch correctly.

Cycle

A cardiovascular and muscle toning class on a bike. The quickest way to burn calories in the shortest possible time! Suitable for everyone!

Circuits

A high energy class that uses a combination of exercise stations. This class combines cardio training with strength and endurance training.

Hatha Yoga

This class focuses on posture and body alignment while combining relaxation and body awareness. Designed to boost energy levels, increase flexibility and reduce stress.

Pilates

Strengthen core muscles; improve muscle control, flexibility, co-ordination and strength.

Pilates Tone

This class incorporates the principles of traditional Pilates exercises whilst incorporating other discipline to create a complete toning effect.

Prestige Pilates

Our Prestige Pilates class is specifically designed for people who are over 55 years of age.

Power Hour

This class is a complete all over body workout, incorporating a combination of training styles including: conditioning, cardio, plyometrics and power yoga stretches.

Power Step

A high energy step workout including power options. This class is suitable for beginners to step as the power option can be taken down to low impact.

Step

A hi/lo impact workout stepping on and off the step platform. Great for those legs! These classes are suitable for participants with step experience.

ZUMBA

Are you ready to party yourself into shape? That's exactly what the ZUMBA programme is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party.