

AERO TONE:

The class includes a mixture of aerobic and step followed by toning exercises concentration on both upper and lower body.

ASHTANGA YOGA:

This method of Yoga involves synchronising the breath with progressive series of postures a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs.

AQUA:

Suitable for all levels of fitness and non swimmers, a fun enjoyable workout in the pool.

BODY CONTIONING:

A workout designed to tone and conditions all muscle groups in the body. A fun group exercise class which uses barbells and adjustable weights.

CIRCUITS:

Combination of exercise stations, set to challenge all major muscle groups, timed intervals and mixture of aerobic, strength and endurance exercises.

CORE STABILTY:

Using a swiss ball, you will tone deep stomach muscles, improve posture, reduces low back pain, and works abdominals 100% more effective than normal sit ups.

FITWIZE 4 KIDZ:

A fun and enjoyable session for the children to learn about The muscles in their body and how they work. Circuit is involved using weights .

HIGH ENERGY:

A non-impact resistance training programme using barbells and adjustable weights. It is an intense fat burning class that is suitable for all fitness levels.

LINE DANCING:

A fun class for all to try. It is very easy to learn. You'll soon be dancing even if you have never danced before.

NRG WORKOUT:

Great start to Sunday Morning includes mixture of Aerobic, step and toning exercises.

OVER 50's:

Low impact class, light aerobic and stretching class ideal for keeping those joints mobile.

PILATES:

Improves flexibility, mobilise joints to keep them healthy also works muscles to improve strength.

STRETCH & TONE:

Low impact class, light aerobic and stretching class ideal to keep those joints mobile.

POWER EXPRESS:

A fun class of half aerobics and half step, the class will improve fitness, coordination and burn fat.

TAI BOXING:

Tai Training is an excellent way of keeping/getting fit, losing weight, toning up and increasing flexibility.

ZONE:

An intense workout toning all muscles in the body. For all level of fitness using hand weights, dyna bands, step which all adds resistance.

STEP:

Invigorating aerobic workout, suitable for all levels, effective workout for all muscles.

YOGA:

A popular class concentrating on posture and encouraging improved flexibility, breathing development and relaxation.



Class Timetable

*Where you're a name...
...not a number!*

CLASS TIMETABLE

MONDAY

09.30-10.15 STRETCH AND TONE Anne/Gill
18.00-18.45 TONE ZONE Gill
18.45-19.30 STEP Anne

TUESDAY

09.45-10.30 AQUA Gill
18.00-19.00 BODY CONDITIONING Alison
19.15-20.45 ASHTANGA YOGA Kat

WEDNESDAY

09.15-10.15 OVER 50'S Anne
17.00- RUNNING CLUB FitnessTeam
18.00-18.45 AQUA Gill
18.00-18.45 CIRCUITS Tony
19.00-19.45 TAI BOXING Ryan
19.45-20.45 PILATES Ryan

THURSDAY

09.15-10.00 AERO-TONE Vicky
16.15-17.15 YOGA Shelia
17.30-18.30 YOGA Sheila
18.30-19.15 HIGH ENERGY Lynne
19.15-20.15 CORE STABILITY Debbie

FRIDAY

09.45-10.30 AQUA Gill
18.00-19.00 LINE DANCING Mary

SATURDAY

09.00-10.00 PILATES Lesley
10.00-11.00 POWER EXPRESS Lisa
11.00-12.15 ASHTANGA YOGA Kat
12.00- RUNNING CLUB

SUNDAY

10.30 – 11.30 NRG WORKOUT Anne
13.15 – 14.00 FITWIZE 4 KIDZ (10-16) Lynne

CLASS BOOKING

Can all members please ensure that they book for the classes they wish to attend. In the event that less than 4 people are booked for any class it may have to be cancelled!!