



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LEARN TO LIFT 07.00 - 08.00	FUNCTIONAL GYM 07.15 - 07.45	FUNCTIONAL GYM 07.15 - 07.45	FUNCTIONAL GYM 07.15 - 07.45	LEARN TO LIFT 07.00 - 08.00
KETTLES 09.15 - 10.00	BAR PUMP 09.15 - 09.45	SEATED MOBILITY 09.15 - 09.45	STRETCH & CORE 09.15 - 09.45	FUNC FITNESS 09.15 - 10.00
LEGS, BUMS & TUMS 10.05 - 10.35	STRETCH & TONE 09.55 - 10.25	YOGA 10.00 - 11.00	AQUA AEROBICS 10.00 - 10.30	YOGA 10.30 - 11.30
SPIN 17.45 - 18.15	FUNC FITNESS 17.30 - 18.15	BAR PUMP 17.30 - 18.15	ZUMBA 11.00 - 11.45	
AQUA AEROBICS 18.30 - 19.00	LEGS, BUMS & TUMS 18.25 - 18.55	SPIN 18.20 - 18.50	SPIN 17.30 - 18.00	SATURDAY FUNC FITNESS 08.15 - 08.45
YOGA 18.30 - 19.30		PILATES 19.00 - 20.00	KETTLES 18.05 - 18.50	SUNDAY PILATES 10.00 - 11.00
			ZUMBA 18.00 - 18.45	
CLASSES FREE TO MEMBERS DURING THEIR MEMBERSHIP ENTRY TIMES £1 FOR MEMBERS OUTWITH THEIR MEMBERSHIP ENTRY TIMES Limited spaces available, book in for classes up to 3 days in advance online using the QR code.				NON-MEMBER: £4 FOR 30MIN CLASS £5.00 FOR 45MIN CLASS £7.00 FOR 60MIN CLASS

**Spin:** This low impact, high intensity cardiovascular workout is a highly popular indoor cycling class, which involves a mixture of endurance and high intensity interval training to music.

**Functional Gym:** This class is held within the gym area. This class refers to exercises that mimic everyday movements and activities, helping improve strength, balance, flexibility, and coordination. The goal is to enhance overall body functionality for daily tasks, making it particularly beneficial for people of all ages. Common activities include- squats, lunges, push-ups, and core exercises that engage multiple muscle groups.

**Functional Fitness:** This class is held in our studio area. This class refers to exercises that mimic everyday movements and activities, helping improve strength, balance, flexibility, and coordination. The goal is to enhance overall body functionality for daily tasks, making it particularly beneficial for people of all ages. Common activities include- squats, lunges, push-ups, and core exercises that engage multiple muscle groups.

**Pilates:** A form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

**Bar Pump:** A workout designed to improve your aerobic fitness, muscular strength, and muscular endurance using a weighted bar. It is a form of resistance training that exhausts muscles using light weights, while performing high repetitions.

**Stretch & Tone:** A low impact, low intensity class that will help tone your muscles, increase your range of motion, and improve flexibility.

**Legs, Bums & Tums:** A full body workout that aims to tone up those common problem areas of your thighs, glutes, and stomach, great for those who want to lose weight and/or simply want to improve their overall fitness levels. Ideal for all fitness levels.

**Zumba:** An incredibly popular and exciting fitness class that combines Latin and international music with some great dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – to help improve cardiovascular fitness with some added fun.

**Aqua Aerobics:** Also known as water aerobics, is a form of exercise performed in water, typically in a swimming pool. It combines aerobic exercise with resistance training using the natural buoyancy of water, which reduces impact on joints and muscles. Classes often include various movements such as jogging, jumping, and strength exercises, often accompanied by music.

**Kettles:** Feel great after a full body workout with just one piece of equipment! This class incorporates both resistance and cardiovascular training simultaneously through a variety of weighted swings and lifts that will enhance your strength, core stability and cardio endurance.

**Yoga:** Yoga is a discipline, a part of which, includes breath control, simple meditation, the adoption of specific bodily postures, and is widely practised for health and relaxation.

**Seated Aerobics:** This form of exercise performed while sitting, making it accessible for individuals with limited mobility, balance issues, or those who prefer low-impact workouts. This exercise format typically involves rhythmic movements, stretching, and strength-building exercises that can be done using body weight, resistance bands, or light weights.

**Learn To Lift:** An introduction to compound lifts using a barbell, suitable for beginners who want to learn how to lift weights and feel confident to carry out these exercises in a gym environment themselves. This class cannot be booked online, please see leisure staff for further information.