

Class Timetable

From September 2010

To Book

Classes can be booked up to 7 days in advance at reception or by calling 020 8398 7108.

Monday

06:35-07:20	Bootcamp	1-3	Rods
09:30-10:30	Core Synergy	2-3	Caroline T
09:45-10:30	Aqua*	1-3	Tracey
09:45-10:45	Spinning	2-3	Michelle
11:45-12:45	Pilates £	1-2	Vanessa
12:45-13:30	Flexaball*	1-3	Haley
18:15-19:15	Bodyforce	1-3	Maggie
18:30-19:30	Pilates £	1-2	Rebecca
18:45-19:30	D/W Aqua	1-3	Caroline L
19:00-20:00	Pilates £	1-2	Sammi
20:00-21:00	Pilates £	2-3	Sammi
19:15-20:10	Zumba	1-3	Michelle
19:15-20:00	Spinning	1-2	Bryan
19:15-20:00	Group Ergo	2-3	Nick
20:00-20:45	Group Ergo	2-3	Nick
20:15-21:30	Yoga	1-3	Rebecca

Tuesday

06:45-07:45	Pilates £	1-2	Vanessa
09:45-10:30	D/W Aqua*	1-3	Caroline L
09:45-10:45	Zumba*	1-3	Holly/Manjett
09:45-11:00	Yoga*	1-3	Rebecca
11:45-12:30	Spinning	1-3	Caroline T
12:35-13:10	Core Conditioning*	1-3	Caroline T
13:45-14:45	Club Active	1-2	Alice
18:15-19:00	Core Conditioning*	1-3	Tracey
19:00-19:45	Aqua	1-3	Tracey
19:00-20:00	Pilates £	1-2	Zoe
19:15-20:00	Spinning	2-3	Rob
19:15-20:00	Sport Circuit	1-3	Nick
20:00-21:00	Pilates £	2-3	Zoe

Wednesday

06:35-07:20	Bootcamp	1-3	Chris
09:45-10:45	Iso Barre Workout	1-3	Lea
09:45-10:30	Aqua*	1-3	Becca
11:00-12:00	Back Care £	1-2	Rods
12:15-13:15	Core Synergy	2-3	Caroline T
13:30-14:30	Pilates £	1-2	Zoe
18:30-19:15	Spinning	1-3	Gym Team
19:15-20:00	Group Ergo	2-3	Nick
20:00-20:45	Group Ergo	2-3	Nick
19:30-20:30	LBT	1-2	Caroline L
19:30-20:45	Dynamic Yoga	1-3	Tracey

Thursday

06:35-07:20	Spinning*	1-3	Haley/Naomi
09:00-09:30	Boxing Fitness	1-3	Haley
09:35-10:30	LBT*	1-3	Haley
09:45-10:30	D/W Aqua*	1-3	Caroline L
11:40-12:55	Yoga*	1-3	Sharon
11:45-12:30	Spinning*	1-3	Rods
12:15-13:00	Swim Fit	1-3	Kathy
12:30-13:00	Core Conditioning*	1-3	Rods
13:45-14:45	Club Active	1-2	Alice
18:15-19:00	D/W Aqua	1-3	Caroline L
18:30-19:15	Spinning	1-3	Chris H
19:20-20:15	Bootcamp	1-3	Chris H

Friday

06:35-07:20	Bootcamp	1-3	Naomi
09:30-10:30	Bodyforce Blast	2-3	Michelle/Sean
09:35-10:30	Pilates £	2	Vanessa
09:45-10:30	Spinning*	1-3	Spin Team
10:35-11:30	Pilates £	2-3	Vanessa
11:35-12:30	Pilates £	1	Vanessa
11:35-12:35	LBT*	1-3	Caroline L
12:40-14:00	Yoga	1-3	Sharon/Reb
18:15-19:15	Gym Circuit	1-3	Ross

Saturday

09:15-10:15	Spinning	2-3	Kathy
09:30-10:30	Core Synergy	2-3	Caroline T
10:30-11:30	Boxing Fitness	1-3	Clarence
10:40-11:30	Spinning	1-3	Caroline T
11:45-12:45	LBT*	1-3	Caroline L

Sunday

09:15-10:30	Yoga*	1-3	Rebecca
09:45-10:30	Spinning*	1-3	Mark
10:35-11:00	Core Conditioning*	1-3	Mark

Levels

- 1 Beginner
- 2 Intermediate
- 3 Advanced

* Subject to availability, these classes may be booked by junior members aged 14+.

£ Pilates & Back Care run on a course basis & are payable activities.

Class Etiquette

Please be on time for all classes. If you are more than 5 minutes late, you will not be able to attend the class. Classes start with a warm-up, which if missed, could be dangerous and lead to injury. It is also very disruptive to the class and teacher.

If you have booked a class but cannot make it, please make sure you cancel your place at least 1 hour before so other members may attend. An arrears fee of £4.00 will be charged for late or non-cancellations.

Class Descriptions

Aqua A pool-based exercise class to improve your fitness, burn fat and tone. Some classes will be deep water based to challenge the body for greater results. Equipment is provided for extra resistance to work both upper and lower body.

Back Care Course £ Rodney will show you how to strengthen your back and prevent injuries with a set of slow and controlled exercises, progressing over the 6-week course. Please see Rodney in the gym prior to booking to ensure this course is suitable for you. This is a payable activity and runs as a course.

Bodyforce A barbell class that strengthens your entire body. The workout challenges all your muscle groups by using the best weight room exercises including squats, presses, lifts and curls. Your choice in weight - get the results you came for fast. **Bodyforce Blast** adds a cardio twist.

Bootcamp A tough cardio class to burn fat and improve stamina and fitness levels. This class will vary from being in the studio and outdoors so be prepared for all weather conditions. A degree of fitness will be needed but these classes are open to all levels.

Boxing Fitness A whole class based around boxing. Using the punch bags, pads, skipping ropes and gloves, you will work your whole body and increase your fitness levels in double-quick time. Some classes will also include combat exercises.

Club Active This new, longer session offers a variety of exercise classes for our more mature members. Suitable for both men and women. Take part in a class, a supervised gym session - or perhaps you'd prefer a game of squash, racket ball or table tennis - the choice is yours!

Core Conditioning Short, intense classes to strengthen and flatten abdominal and back muscles. Core classes will teach you new ways to work your muscles and give you a greater understanding of the importance of core stability using the Swissball, Bosu and medicine balls.

Core Synergy A fast-moving class that combines core moves with upper and lower body weights work for a total body workout with a strong cardiovascular twist.

Flexaball A class using Swissballs to improve posture, strengthen core muscles and attain a longer, leaner look.

Group Ergo A 45-minute class covering technique, high and low rate changes, intervals, rowing drills and much more. Great for improving fitness, posture, stamina and strength. Not suitable for complete beginners or those with lower back problems. Places are limited to 5 in each class so book early!

Gym Circuit A great way to end the working week. 60 minutes of cardio and weights in the gym with a fitness instructor pushing you all the way.

Iso Barre Workout A new celebrity favourite! This class will focus on burning fat, building stamina and strength training to sculpt muscles and create a longer, leaner look. No impact and open to all levels of fitness.

Legs, Bums & Tums (LBT) Work on all those stubborn areas with simple aerobic moves to burn fat, combined with some tough conditioning to tone the body.

Pilates £ A totally different way of toning muscles. Pilates moves are slow and controlled using the body's resistance to create a longer, leaner look. Runs on a course basis and is a payable activity.

Spinning The ultimate low-impact workout - group cycling to pumping music! The class will burn fat fast and improve your fitness levels.

Sport Circuit A class to work all muscle groups and improve stamina, strength, endurance power and flexibility.

Swim Fit A 45-minute class to improve your swimming technique and stamina. Kathy will push you through swim drills to work all muscle groups and increase your fitness levels.

Yoga These classes have a unifying effect on mind, body and spirit, fostering health and harmony at the deepest levels to improve posture, flexibility and well-being. Our classes are a mixture of Hatha, Iyengar and a more dynamic style. Suitable for beginners and experienced participants. **Dynamic Yoga** is a faster moving class that will increase blood flow and de-stress the body. The stretches will be more dynamic although the class will still be relaxing.

Zumba A dance-style class with Latin rhythms and easy-to-follow moves to create a dynamic workout that will blow you away!