

CLASS ETIQUETTE & CANCELLATION POLICY

- Classes can be booked up to 7 days in advance online or via reception.
- Please arrive promptly for all classes, and make sure you check in at reception. If you are late you will not be able to participate. The warm up and pre-exercise questions are an essential part of the class.
- Please arrive 5 minutes early for Body Pump, Body Pump Express & all Group Cycle classes, to allow for set-up.
- A free induction must be completed prior to booking & attending any Suspension or Functional Training classes. You can book inductions at reception or with a member of the Gym Team.
- **Cancellations require a minimum of 2 hours' cancellation notice. This allows us to offer your place to someone else. Cancellation charges or booking suspensions may apply for repeat late cancellations or 'no shows'.**
- Please ensure you complete the cool down & stretch at the end of each class.
- Please also wipe down & put away any equipment you have used.

Thank you for your understanding & co-operation.

Caroline Taylor
Fitness & Wellbeing Manager

CLASS DESCRIPTIONS

Aqua A pool-based class to improve your fitness, burn fat and tone. Some classes will be **deep water** based.

Aqua Mix - With added variety to make you work harder with a range of equipment and more challenging exercises.

HIIT Aqua - Incorporates intensive exercises to challenge your heartbeat and improve fitness.

Back Care Strengthen your back and prevent injuries with a set of slow and controlled exercises. Please see Rodney in the gym prior to booking to ensure this class is suitable for you.

Barre Concept Incorporates precision moves with ballet technique. This low-impact, total body workout lifts the bum, tones thighs, flattens abs and sculpts arms whilst protecting joints, giving a longer, leaner look.

Body Pump The ultimate workout that challenges your major muscle groups using squats, presses, lifts and curls. Great music, fast results! Express classes are for 45 minutes

Boxing Circuits Boxing drills and circuit exercises to improve overall stamina, fitness and strength. Please purchase your cotton glove inners from Reception before attending a Boxing Circuits class for hygiene reasons.

Club Active This session offering a variety of classes and activities is aimed at those new to exercise or looking for a more gentle class.

Group Cycle The ultimate low-impact workout to burn fat fast & improve your fitness level. Please turn up 5 minutes before the start of the class to allow time to set up your bike. Group cycling in a variety of styles:

Endurance: Long tracks to improve your stamina, strength & endurance.

Groove: Great music, fun atmosphere - you'll forget you're working hard!

HIIT: High Intensity Interval Training - a short but tough class!

Insanity LIVE!™ A cardio class based on max interval training which will push you past your limits. Athletic/plyometric drills are mixed with intervals of strength, power, resistance and core training. You don't have to be in extreme shape as levels for each exercise are provided. Time to dig deep!

Functional Training A high intensity strength & conditioning class which will improve joint mobility & stability.

Gym Core Short, intense classes held in the gym, to strengthen and flatten abdominal and back muscles.

Konga A wild mash-up of boxing, rock & disco music. Fun & funky!

Intro to Pilates Includes breathing techniques, posture, alignment and the basic Pilates conditioning moves. If you are not sure which form of Pilates is right for you try an intro class and we will advise you.

Fitness Pilates Utilises all of the principles and includes many of the mat work exercises in traditional Pilates but offers modifications to provide a controlled body conditioning class. NOT suitable for those with injuries

Pilates Courses Corrects posture whilst focusing on core stability. Gentle, effective & suitable for all. Benefits include longer leaner muscles, core strength, injury prevention and relief from stress and back pain. (Payable course)

Ski Circuits Tailored to improve fitness, strength & flexibility. Suitable for all levels & even non-skiers!

Suspension Flow /Circuit As well as working on your cardio fitness, you will use a system of straps, buckles and grips to work against your own body weight to build strength, balance, flexibility, endurance and core stability. Suspension Flow classes are run in smaller groups and focus on strap work only.

Swim Fit Improve your swimming technique & stamina using swimming drills to work all muscle groups and increase your fitness levels.

Total Body Workout A tough workout strengthening and conditioning the whole body. A low impact class focusing on those stubborn areas.

Yoga These classes have a unifying effect on mind, body and spirit, fostering health and harmony. We offer several types of yoga.

Gentle Flow Vinyasa Yoga: A perfect class for beginners with traditional poses and relaxation.

Flow Vinyasa Yoga: Emphasis on breathing and relaxation.

Iyengar Yoga: Emphasis on alignment and posture.

Power Yoga: Strong precision moves starting in a warm room. Not suitable for beginners.

Iyengar Flow Yoga: Classical poses, with a focus on correct alignment.

Hatha Yoga: Achieve balance between body & mind through poses and breathing.

Zumba A dance-style class with Latin rhythms and easy-to-follow moves to create a fun, dynamic workout.

LEVELS

Level 1 Suitable for members looking for fun & enjoyable starter activities. Great classes if you are new, returning to exercise, have injuries or a GP referral.

Level 2 Suitable for those who have been attending group exercise classes regularly and want to maintain their fitness levels.

Level 3 High intensity, challenging classes for maximum results! A good level of fitness & mobility is required. Not suitable for those with any injuries.

£ Pilates is a payable activity (courses)

STUDIO TIMETABLE

February Half-Term




COLETS
HEALTH & FITNESS

St Nicholas Road • Thames Ditton • Surrey • KT7 0PW
020 8398 7108 • info@coletshealthclub.co.uk
www.coletshealthclub.co.uk

Studio Timetable

February Half Term

Mon 12th to Sun 18th February

MONDAY 12th

06:35-07:20	Suspension Circuit*	3	Rodney
09:20-10:00	Insanity LIVE!™	2-3	Hannah
09:30-10:15	Group Cycle - Groove*	1-2	Kathy
09:45-10:30	Aqua Mix*	1-2	Tracey
10:05-11:00	Total Body Workout	2-3	Caroline
10:30-11:30	Barre Concept	1-2	Vanessa
11:30-12:00	Functional Training	2-3	Brandon
11:35-12:15	Back Care	1-2	Rodney
11:40-12:30	Group Cycle - Endurance	2-3	Stefan
12:30-13:00	Gym Core*	1-2	James
12:35-13:20	Suspension Flow*	2-3	Caroline
13:00-13:30	Functional Training	2-3	James
17:30-18:15	Group Cycle - Groove*	1-2	Caroline
18:15-19:10	Barre Concept	1-2	Vanessa
18:30-19:00	Gym Core	1-2	Lynne
18:30-19:15	Suspension Circuit	2-3	James
18:30-19:15	Aqua	1-2	Mara
19:15-20:00	Group Cycle Endurance	2-3	Dan M
19:15-20:10	Konga	1-2	Georgia
20:00-20:45	Swim Fit	1-3	Chris
20:15-21:30	Gentle Flow Vinyasa Yoga	1-2	Julia

TUESDAY 13th

06:45-07:15	Functional Training	2-3	Brandon
09:00-09:55	Zumba*	1-2	Hannah
09:20-09:50	Group Cycle - HIIT*	3	Brandon
09:45-10:30	Deep Water Aqua*	1-2	Dorota
09:45-11:00	Flow Vinyasa Yoga*	1-2	Rebecca
10:00-10:30	Gym Core*	1-2	Emma
10:00-11:00	Body Pump	2-3	Katie
11:30-12:00	Functional Training	2-3	Brandon
11:45-12:30	Group Cycle - Groove*	1-2	Caroline
12:35-13:20	Fitness Pilates*	2-3	Caroline
14:00-14:45	Club Active	1-2	Poppy
18:30-19:30	Body Pump	2-3	Nikki
18:45-19:30	Aqua Mix	1-3	Tracey

See next page for more classes...

18:50-19:20	Group Cycle HIIT	3	Rob
19:00-19:30	Gym Core	1-2	Katie
19:30-20:00	Functional Training	2-3	Katie
19:30-20:30	Fitness Pilates	2-3	Stefan
19:40-20:30	SkiFit Circuit	1-3	Nikki
20:00-20:30	Functional Training	2-3	Rob

WEDNESDAY 14th

06:35-07:20	SkiFit Circuit*	1-3	Harriet
08:15-08:45	Functional Training	2-3	Chris
09:00-09:30	Functional Training	2-3	Chris
09:30-10:20	Group Cycle - Endurance*	2-3	Harriet
09:30-10:20	Suspension Circuit	2-3	Caroline
09:30-10:30	Barre Concept*	2-3	Rebecca H
09:45-10:30	Aqua Mix*	1-2	Tracey
10:30-11:30	Fitness Pilates*	2-3	Caroline
10:45-12:00	Iyengar Yoga*	2-3	Sharon
12:30-13:15	Body Pump Express	1-2	Brandon
12:30-13:15	Intro to Pilates*	1-2	Chris
18:30-19:25	Fitness Pilates	2-3	Caroline
18:30-19:20	Konga	1-3	Georgia
18:45-19:15	Functional Training	2-3	James
19:30-20:20	Insanity LIVE!™	2-3	James
19:30-20:45	Power Yoga	2-3	Delia
20:00-20:30	Functional Training	2-3	Dan

THURSDAY 15th

06:35-07:20	Swim Fit*	1-2	Chris
06:45-07:15	Functional Training	2-3	Katie
09:10-09:55	Barre Concept*	1-2	Vanessa
09:15-10:00	Suspension Circuit	2-3	Caroline
09:15-10:00	Group Cycle - Groove	1-2	Kathy
09:45-10:30	Deep Water Aqua*	1-3	Dorota
10:00-10:30	Gym Core*	1-3	Brandon
10:05-11:00	Total Body Workout	2-3	Caroline
10:10-11:25	Iyengar Yoga*	2-3	Sharon
11:30-12:00	Functional Training	2-3	Brandon
11:30-12:10	Aqua - HIIT	1-2	Caroline
12:30-13:15	Back Care	1-2	Rodney
12:30-13:15	Suspension Circuit	2-3	James

See next page for more classes...

18:20-19:00	Aqua - HIIT	1-3	Caroline
18:30-19:15	Back Care	1-2	Rodney
18:45-19:15	Group Cycle - HIIT	3	Scott
19:25-20:25	Body Pump	2-3	Harriet
19:30-20:45	Iyengar Flow Yoga	1-2	Yolanda

FRIDAY 16th

06:40-07:10	Group Cycle - HIIT*	3	Rodney
09:00-09:30	Functional Training	2-3	Harriet
09:30-10:20	Group Cycle - Endurance	2-3	Stefan
09:30-10:25	Barre Concept	1-2	Vanessa
09:30-10:30	Body Pump	2-3	TBC
10:35-11:30	Zumba	1-3	Paula
11:30-12:00	Functional Training	2-3	Scott
11:30-12:40	Gentle Flow Vinyasa Yoga*	1-2	Yolanda
11:35-12:20	Fitness Pilates*	1-3	TBC
12.30-13.15	Insanity LIVE!™	2-3	Stefan
18:30-19:00	Gym Core	1-3	Ross

SATURDAY 17th

09:00-09:30	Gym Core*	1-3	Emma
09:00-09:30	Functional Training	2-3	Dan/Katie
09:00-10:00	Fitness Pilates*	2-3	Caroline
09:10-09:55	Konga*	1-2	Georgia
09:30-10:00	Functional Training	2-3	Dan/Katie
09:30-10:15	Group Cycle - Groove*	1-2	Hayley
10:05-10:55	Insanity LIVE!™	2-3	Emma
10:15-11:30	Power Yoga	2-3	Delia
11:00-11:45	Total Body Workout*	2-3	Caroline
17:00-17:30	Gym Core*	1-3	Cameron

SUNDAY 18th

09:00-09:30	Gym Core*	1-2	Cameron/Rory
09:00-10:15	Hatha Yoga*	1-2	Rebecca
09:30-10:20	Group Cycle - Endurance*	2-3	Harriet/Steph
09:30-10:25	Zumba*	1-2	Mariya
10:30-11:00	Gym Core*	1-2	Cameron/Rory
10:30-11:30	Body Pump	2-3	Harriet/Steph
17:00-17:45	Boxing Circuits*	1-3	Dan/Rob
18.00-18.55	Monthly Workshops	<i>See studio notice board for details</i>	

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