

group exercise timetable

Roko Chiswick Bridge

From 23rd April 2012



**your health,
your club**

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roko
HEALTH CLUBS

MONDAY

09:30-10:30	Pilates	All	M & B	Jo Lewis
09:45-10:45	Spin	All	Spin Studio	Tara Adams
10:45-11:45	Body Pump	All	Energise	Tara Adams
11:00-11:45	Aqua	All	Pool	Vanessa De Clercq
12:00-12:15	Total Abs	All	Energise	Fitness Team
18:00-18:15	Total Abs	All	Energise	Fitness Team
18:30-19:30	Aerobics	All	Energise	Vanessa De Clercq
18:45-19:30	Spin	All	Spin Studio	Togo Keynes
19:30-20:30	Body Pump	All	Energise	Vanessa De Clercq
19:30-20:45	Dynamic Yoga	All	M & B	Anil Jangi

TUESDAY

06:45-07:30	Express Circuits	All	Energise	Fitness Team
09:30-10:15	Spin	All	Spin Studio	Kate Rasell
09:30-10:30	Fight Klub	All	Energise	Dan-Carlos
10:30-11:30	Zumba	All	Energise	Antje
10:30-12:00	Sivanada Yoga	All	M & B	Christina Abbey
12:00-12:15	Lower Body Blast	All	Energise	Fitness Team
18:00-18:15	Lower Body Blast	All	Energise	Fitness Team
19:30-20:15	Spin	All	Spin	Steve Haddleton
19:30-20:30	Pilates	All	M & B	Bryony Ashford
19:45-20:45	Boxercise	All	Energise	Andres Roli

WEDNESDAY

09:45-10:30	Aerobics	All	Energise	Ayesha K.
10:30-11:00	Stretch & Relax	All	M & B	Ayesha K.
10:30-11:30	Fight Klub	All	Energise	Dan-Carlos
11:00-11:45	Aqua	All	Pool	Stuart Prince
11:45-12:45	Pilates	All	M & B	Charlotte Wise
12:00-12:15	Total Abs	All	Energise	Fitness Team
12:00-12:45	Spin	All	Spin	Tara Adams
18:00-18:15	Total Abs	All	Energise	Fitness Team
18:45-19:30	Body Attack	All	Energise	Shelley Hobson
19:15-20:00	Spin	All	Spin	Togo Keynes
19:30-20:30	Body Pump	All	Energise	Shelley
19:30-21:00	Hatha Yoga	All	M & B	Sarah Latham

THURSDAY

09:30-10:30	Body Combat	All	Energise	Claire Holman
10:00-11:15	Dynamic Yoga	All	M & B	Anil Jangi
10:30-11:30	Body Pump	All	Energise	Marlene Pestana
12:00-12:15	Lower Body Blast	All	Energise	Fitness Team
18:00-18:15	Lower Body Blast	All	Energise	Fitness Team
18:30-19:30	Boxercise	All	Energise	JP Mann
18:45-19:30	Spin	All	Spin	Tara Adams
19:00-20:00	Pilates	All	M & B	Bryony Ashford
19:30-20:30	Zumba	All	Energise	JP Mann

FRIDAY

09:30-10:30	L B T	All	Energise	Lesley Thomas
09:45-11:00	Flow Yoga	All	M & B	Natalie Gartshore
11:15-12:00	Aqua	All	Pool	Vanessa De Clercq
11:30-12:30	Pilates	All	M & B	Charlotte Wise
12:00-12:15	Total Abs	All	Energise	Fitness Team
14:00-15:00	Zumba	All	Energise	Antje

SATURDAY

09:00-10:00	Pilates	All	M & B	Vicky Kelly
09:45-10:45	Body Attack	All	Energise	Nicky
09:45-10:45	Spin	All	Spin	Tara Adams
10:00-11:30	Yoga	All	M & B	Sarah Latham
10:45-11:30	Spin	All	Spin	Tara Adams
10:45-11:45	Body Pump	All	Energise	Sphinx Patterson
11:15-12:00	Aqua	All	Pool	Stuart Prince

SUNDAY

09:00 - 10:00	Pilates	All	M&B	Vicky Kelly
10:00-11:00	Zumba	All	Energise	Greg Millar-Burns
10:00-11:00	Spin	All	Spin	Kate Rasell
10:15-11:45	Hatha Yoga	All	M & B	Rita Chohan
11:00-12:00	Zumba	All	Energise	Greg Miller Burns
15:00-16:00	Step	All	Energise	Sphinx Patterson
16:00-17:00	Body Pump	All	Energise	Sphinx Patterson

Aerobics High intensity aerobics workout guaranteed to Burn calories and improve fitness levels.

Aqua is an excellent method of exercise which improves the fitness of your heart and lungs, tones the body and reduces fat. Many people prefer to exercise in water as it keeps you cool, is kinder to joints such as knees and ankles and the water supports some of your body weight. The shallow water enables non-swimmers to exercise in swimming pools.

BODYATTACK® is a cardiovascular interval training programme that combines high intensity aerobics, strength and stabilization exercises. Classes are high in motivation, provided by dynamic instructors and exciting music. A rapid calorie burner that delivers fast improvement in general endurance and an increase in overall body strength. Every three months, Les Mills releases a new BODYATTACK®

BODYCOMBAT® is a simple aerobic class combining kicking & punching exercises to increase cardio vascular fitness, strength, stamina and muscle tone.

BODYPUMP® is a 60 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. All the major muscle groups are worked via a series of weight-bearing exercises including squats, presses and lifts. Proven to be "the world's fastest way to get in shape" by research which has confirmed higher than expected fat-burning effects alongside endurance, strength and 'wellness' benefits. Every three months, Les Mills releases a new BODYPUMP® class with fresh choreography and music

Boxercise - the best stress buster around - is one of the most effective forms of cross-training available today. It combines use of both aerobic and anaerobic energy systems with the systematic recruitment of both fast and slow twitch muscle fibres in a manner that not only ensures a diverse workout, but also enhances sports specific senses, including hand-eye co-ordination, balance and timing. Boxercise classes are always fun, energetic and addictive.

Legs, Bums & Tums is a wide range of conditioning exercise aiming specifically at those stubborn areas from the waist down. No high impact or choreography to consider, just pure toning.

Fight Klub Circuits A cross between body combat and boxercise. An absolutely brilliant workout with great music – try it!

Ab Attack and Lower Body Blast – fast classes for those that do not have a lot of time that target those problem areas

Pilates concentrates on body posture and awareness – the exercises are designed to strengthen and tone through movement and will improve mobility and flexibility. **Note if you have never done pilates before it is essential you complete a beginners course before being able to attend a general class**

Beginners Pilates Course £ - 6 week course which is the must for those who have never done Pilates before

Spinning is the original and most popular group cycling class. And it's not just because Spinning is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, top-notch instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun

Step is a simple, athletic and fun workout using a step platform to step up and down to music. The benefits you can expect to achieve in this class are toning for the lower body, increased cardio fitness and coordination and upper and lower body conditioning for functional strength.

Yoga - The ultimate aim of this philosophy is to strike a balance between mind and body and attain self-enlightenment. To achieve this, yoga uses movement, breath, posture, relaxation and meditation in order to establish a healthy, lively and balanced approach to life. In modern context also Yoga can play an important role in maintaining a fine balance between work and healthy mind.

general information

- › Always arrive on time for your class to ensure that a safe warm up is completed, avoiding injury and disruption to the class. The instructor may refuse you entry after the class has started
- › The club reserves the right to substitute instructors and change class times when and if the need arises
- › Take a towel and drink of water with you to classes. Drinks must be in a suitable plastic container - glass bottles or cans must not be taken into the studios at any time
- › Bags and coats etc. must be stored in the changing room lockers provided
- › Ensure that your footwear and clothing is appropriate for the activities being undertaken, allowing you to perform your chosen class safely and effectively
- › Classes shown on this timetable are available for members aged 16 and above, unless stated otherwise
- › Please inform the instructor of any injuries, medical problems, high blood pressure or pregnancy prior to the class commencing