

group exercise timetable

Roko Gillingham

From January 2012



**your health,
your club**

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roko
HEALTH CLUBS

MONDAY

09.30 - 10.30	Yoga	All 2	Simon
09.30 - 10.30	Body Attack	All 1	Lou
09.30 - 10.15	LIVESTRONG Fitness I.C.E.	All 3	Tom
10.30 - 11.30	Body Pump	All 1	Lou
10.30 - 11.30	LBT	All 2	Sarah M
10.45 - 11.30	Aqua	All Pool	Sarah T
18.30 - 19.30	ZUMBA	All 1	Jo
18:30 - 19:30	Body Combat	All 2	Michelle
18.30 - 19.15	LIVESTRONG Fitness I.C.E.	All 3	Sarah T
19.30 - 20.30	Body Pump	All 1	Ali
19.30 - 20.30	LBT	All 2	Sarah T
20.30 - 21.30	Body Balance	All 1	Sarah T
20.30 - 21.30	Yoga	All 2	Simon
20.30 - 21.15	LIVESTRONG Fitness I.C.E.	All 3	Tom

TUESDAY

06.45 - 07.30	LIVESTRONG Fitness I.C.E.	All 3	Diane
09.30 - 10.30	Body Pump	All 1	Rachel
09.30 - 10.30	Body Combat	All 2	Rebecca
09.30 - 10.15	Aqua	All Pool	Sarah T
10.30 - 11.15	LIVESTRONG Fitness I.C.E.	All 3	Sarah T
10.45 - 11.45	Pilates	Int 2	Rebecca
10.45 - 11.45	ZUMBA	Adv	1 Mark
11.45 - 12.45	Chi Ball	All 2	Mark
18.00 - 19.00	ZUMBA	All 1	Mark
19.00 - 20.00	Body Pump	All 1	Lou
19.15 - 20.15	Body Balance	All 2	Nicola K
19.00 - 19.45	LIVESTRONG Fitness I.C.E.	All 3	Chris
20.15 - 21.15	Pilates	All 2	Nicola K

WEDNESDAY

09.30 - 10.15	Aqua	All Pool	Eve
09.30 - 10.30	Body Attack	All 1	Lou
10.30 - 11.15	LIVESTRONG Fitness I.C.E.	All 3	Diane
10.45 - 11.45	ZUMBA	All 1	Tina
10.35 - 11.35	Functional Core	All 1	Lou
18.00 - 19.00	Step + Tone	Adv 1	Mark
18.00 - 19.00	Yoga	Adv 2	Paul
18.00 - 18.45	LIVESTRONG Fitness I.C.E.	All 3	Diane
19.00 - 20.00	LBT	Beg/Int 1	Lou
20.00 - 21.00	Belly Dancing (£4)	All 1	Ann
20.00 - 21.00	Body Attack	All 2	Lou

THURSDAY

09.30 - 10.30	Body Combat	All 1	Rebecca
09.30 - 10.30	Yoga	All 2	Sarah M
09.30 - 10.15	LIVESTRONG Fitness I.C.E.	All 3	Diane
10.30 - 11.30	Body Pump	All 1	Rebecca
10.35 - 11.20	Aqua	All Pool	Sarah
11.35 - 12.35	Pilates	All 2	Nicola K
18.30 - 19.30	LBT	All 1	Sarah M
18.00 - 19.00	Yoga	Beg 2	Paul
19.15 - 20.00	LIVESTRONG Fitness I.C.E.	All 3	Bex
19.30 - 20.30	Circuit Training	All 2	Matt
19.30 - 20.30	Body Pump	All 1	Rachel
20.30 - 21.15	LIVESTRONG Fitness I.C.E.	All 3	Rachel
20.30 - 21.30	Body Combat	All 2	Diane

FRIDAY

09.30 - 10.30	Young at Heart	All 2	Sarah M
09.30 - 10.30	LBT	Int 1	Kelly
09.30 - 10.30	LIVESTRONG Fitness I.C.E.	All 3	Diane
10.30 - 11.30	Body Pump	All 1	Sue
10.45 - 11.30	Aqua	Beg Pool	Sarah M
10.30 - 11.30	Yoga	All 2	Sarah S
11.30 - 12.30	Body Balance	All 2	Sue
18.00 - 18.45	LIVESTRONG Fitness I.C.E.	All 3	Diane
18.00 - 19.00	ZUMBA	All 1	Kayleigh

SATURDAY

09.30 - 10.30	Body Attack	All 1	Sarah T
09.30 - 10.30	Body Combat	All 2	Diane
10.35 - 11.35	Body Pump	All 1	Sarah T
10.45 - 11.45	Body Balance	All 2	Diane
10.30 - 11.15	LIVESTRONG Fitness I.C.E.	All 3	Salima

SUNDAY

09.30 - 10.30	Body Pump	All 1	Nicola K
10.30 - 11.30	Body Combat	All 1	Keli S
10.30 - 11.30	Pilates	Int/Adv 2	Nicola K

All classes should be booked through reception (01634 233348) up to 1 week in advance. Members who arrive to the class without a booking, unfortunately, cannot be guaranteed a place. Classes marked with a (£) charge a small fee made payable to the instructor at the start of the class. Please check the studio notice board for up to date information on your classes.

AQUA - an impact free session, providing strength & cardiovascular training using water as resistance. Suitable for all levels & non swimmers.

BELLY DANCEING - fancy trying something different!? Then this is the class for you. Improve posture, breathing and abdominal toning whilst having great fun too! Come along with a Scarf or Sarong

BODY ATTACK - Fast-paced, sport-based, high energy workouts. Burn calories FAST and give your fitness a boost!

BODY BALANCE - combines the fundamental principles & practises of Yoga, Pilates and Tai Chi that will leave you feeling relaxed and renewed.

BODY COMBAT - Fighting fit! Combines kicks, punches & stances developed from a range of self-defense disciplines including Karate, Kickboxing, Tai Chi & Tae Kwon-do.

BODY PUMP - low on complexity-high on results, this class will seriously change your body shape! Focusing on high repetitions to speed up metabolism for rapid fat burning & to increase strength in all muscle groups.

CIRCUITS - This is a good way to tone up and keep fit. Circuit training provides an efficient means of improving cardiovascular condition and

muscle tone all in one. Stations include skipping, boxing, free weights and core work.

FUNCTIONAL CORE - The best way to train your abdominal muscles and integrate them into a whole-body workout.

LBT - Legs, Bums & Tums – a wide range of conditioning exercise aiming specifically at those stubborn areas from the waist down. Pure toning!

LIVESTRONG FITNESS INDOOR CYCLING EXPERIENCE (I.C.E.) - 'Be your own Hero' in the indoor cycling experience inspired by Lance Armstrong and enjoy riding the most technically advanced indoor cycling bike available.

PILATES - will leave you feeling taller, stronger and invigorated! The focus is on good posture, developing abs, lower back & all over body strength.

STEP + TONE - Cardio and toning workout using a step together with body conditioning exercises to burn calories and strengthen and tone muscles in the entire body.

YOGA- This ancient art form focuses on flexibility, balance & inner poise. Gently move from one pose to another as you feel your body lengthen from within.

ZUMBA - This dance based aerobic class fuses latin rhythms and easy to follow moves, making it a one of a kind fun class of calorie burning and body energising routines. It's an absolute blast!

YOUNG AT HEART - This class is designed for those who are active and young at heart. The goal of the class is to add zero to light impact cardiovascular workout as well as strength training using light weights.

CHI BALL - Chi Ball helps develop coordination and flexibility. It helps tone the body and develop core strength. Chi Ball release and meditation helps relax the body. Suitable for all age groups and fitness levels

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, change class times and remove classes 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

classes are available at 4 main levels:

Beg: Suitable for beginners or those preferring a more gentle approach

Int: A base level of fitness and some experience of specific activities required

Adv: Classes designed for the experienced person

All: All abilities are welcome to attend

The Group Fitness programme is regularly reviewed based on class occupancy, seasonal club usage, industry trends, instructor availability and member feedback.

Please continue to support us in creating the best Group Exercise offering in the area by booking for all classes and also cancelling bookings if you are unable to attend. This will raise occupancy levels and allow others to attend classes who are on the bookings waiting list.

The primary way that the group fitness timetable is managed as a company policy is through occupancy levels.