

# group exercise timetable

**Roko Nottingham**

From April 2012



**your health,  
your club**

**Roko Nottingham**

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**roko**  
HEALTH CLUBS

### MONDAY

07.00-07.45	BodyPUMP	All	1	Katherine
09.35-10.20	Zumba	All	1	Gemma
09.30-10.30	Pilates	All	2	Jeanette
09.40-10.25	LIVESTRONG I.C.E	All	Spin	Katherine
10.30-11.15	Swiss Ball	All	2	Sally
10.30-11.15	BodyPUMP	All	1	Katherine
14.00-14.45	Aqua Zumba	All	Pool	Kathy G
17.45-18.45	BodyCOMBAT	All	2	Helen C
18.00-19.00	BodyATTACK	All	1	Jackie C
18.15-19.00	LIVESTRONG I.C.E	All	Spin	James
18.30-19.15	Tri Club	All	Pool	Chris
18.45-19.30	BTT	All	2	Sara
19.00-19.30	Suspension Training	All	Gym	Phil
19.15-20.00	LIVESTRONG I.C.E	All	Spin	Becky
19.15-20.15	BodyPUMP	All	1	Jackie C

### TUESDAY

07.00-07.45	LIVESTRONG I.C.E	All	Spin	Jessica
09.35-10.30	Pilates	All	2	Karen
09.35-10.30	Body JAM	All	1	Helen C
09.45-10.30	LIVESTRONG I.C.E	All	Spin	James
10.30-11.00	Core Conditioning	All	1	Gemma
11.00-11.45	Salsacise	All	1	Gemma
17.30-17.45	Body JAM Dance School	All	2	Helen C
17.40-18.40	Circuit Training	All	1	Sara
17.45-18.45	Body JAM	All	2	Helen C
18.15-19.00	LIVESTRONG I.C.E	Int	Spin	Katherine
18.45-19.30	Step	All	1	Sheila
18.45-19.30	BodyBALANCE	All	2	Jess
19.00-19.45	Crew	All	Row	James
19.00-19.45	Aqua	All	Pool	Julie

### TUESDAY continued

19.30-20.45	Hatha Yoga	All	2	Mary
19.35-20.30	BodyPUMP	All	1	Sheila

### WEDNESDAY

07.00-07.45	BodyCOMBAT	All	1	Ria
09.35-10.30	BodyATTACK	All	1	Katherine
09.35-10.35	BodyBALANCE	All	2	Jackie C
09.45-10.30	LIVESTRONG I.C.E	All	Spin	Gill
10.35-11.20	Body Pump	All	1	Katherine
14.00-14.45	Aqua	All	Pool	Jakki
18.00-19.00	BodyPUMP	All	1	Rachel
18.00-19.00	Punch and Crunch	All	2	Phil
18.15-19.00	LIVESTRONG I.C.E	All	Spin	Helen E
19.00-20.00	BodyATTACK	All	1	Rachel
19.15-20.15	Pole Dancing	All	2	Kat
19.30-20.00	Kettlebell Training	All	Gym	Paul

### THURSDAY

07.00-07.45	LIVESTRONG I.C.E	All	Spin	Ria
09.35-10.30	Yoga	All	2	Julie
09.45-10.30	Zumba	All	1	Gemma
09.45-10.30	LIVESTRONG I.C.E	All	Spin	Shelley
10.30-11.00	Core Conditioning	All	1	Gemma
17.45-18.45	BodyCOMBAT	All	1	Helen C
18.00-18.30	CycleWell	Beg	Spin	Helen E
18.00-19.00	Running Club	All		Liam
18.00-18.45	Zumba	All	2	Jackie C
18.15-19.00	Crew	All	Row	James
18.30-19.15	Aqua	All	Pool	Cat
18.45-19.30	BodyPUMP	All	1	Helen C

### THURSDAY continued

18.45-19.45	BodyBALANCE	All	2	Jackie C
18.45-19.30	LIVESTRONG I.C.E	Int	Spin	Becky
19.45-20.45	Pilates	All	2	Fiona

### FRIDAY

07.00-07.45	BodyPUMP	All	1	Katherine
09.35-10.30	BodyATTACK	All	1	Jackie C
09.35-10.35	Pilates	All	2	Jeanette
09.45-10.30	LIVESTRONG I.C.E	All	Spin	Katherine
10.45-11.30	Aqua	All	Pool	Jackie C
17.45-18.30	Body JAM	All	1	Helen C
18.00-18.45	LIVESTRONG I.C.E	All	Spin	Jessica
19.30-20.30	Kickboxing (£)	All	2	Elite

### SATURDAY

09.00-09.30	Powerbag Training	All	Gym	Clarke
09.35-10.30	BodyATTACK	All	1	Katherine
09.45-10.30	LIVESTRONG I.C.E	All	Spin	Becky
10.15-11.00	Zumba	All	2	Jackie C
10.35-11.30	BodyPUMP	All	1	Helen C
11.00-11.45	BTT	All	2	AnneMarie
10.45-11.30	LIVESTRONG I.C.E	All	Spin	Gil

### SUNDAY

09.35-10.35	LIVESTRONG I.C.E	Int	Spin	Helen E
09.45-10.45	BodyBALANCE	All	2	Jess
10.00-10.45	Step	All	1	Sara
10.45-11.30	BTT	All	2	Sara
11.00-12.00	BodyPUMP	All	1	Jess
17.00-17.45	Aqua	All	Pool	Cat
18.00-18.45	LIVESTRONG I.C.E	All	Spin	Gil

**AEROBICS (freestyle)** - A classic tried and tested way to get fit and tone up. Develop your coordination with innovative choreography and funky music in this fun, effective class.

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

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

**BODY BALANCE** - combines the fundamental principles & practices 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 JAM** - Lose yourself in the sensation of dance! Learn funky moves from different dance styles set to awesome music. A great way to have fun and increase your fitness levels!

**BODY JAM DANCE SCHOOL** - A 15 minute "clinic" where moves used in the main Body JAM class will be broken down and explained so they can be performed perfectly in the class!

**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.

**BTT** - Bums Tums & Thighs A wide range of conditioning exercises both with and without additional equipment. Targeting those stubborn areas from the waist down. No high impact or choreography to consider, just pure toning.

**CIRCUIT TRAINING** - A station based class incorporating both cardio and strength exercises. NO FANCY FOOTWORK! JUST PURE SWEAT!

**CREW** - A rowing class to music without getting wet! Listen to the flowing music as you row in this group exercise class to enhance your fitness levels. Limited spaces available, so booking will apply.

**CORE CONDITIONING** Pilates based exercises to work core and strengthen stabilising muscle groups.

**LIVESTRONG I.C.E** Watch your fitness levels soar in the **Indoor Cycling Experience**. You will be taken through varying and challenging terrains in this instructor-led, non impact cardiovascular cycle class. Aimed at all fitness levels

**PILATES** - This Mind/Body approach will leave you feeling taller, stronger and invigorated! The focus is on good posture, developing core-stabilisation and all over body strength. Suitable for all levels!

**PUNCH AND CRUNCH** - Fight yourself fit in this boxing style workout. Session includes a variety of drills such as pad work, med ball work and resistance training.

**SALSACISE** - A fun way to get fit and burn a few calories, a great way to exercise without realizing your working! This class is designed for all abilities from total beginner to professional dancer.

**STEP** - A fun class incorporating choreography on & around a Step. Fantastic workout for the lower body that's also lots of fun!!

**SWISS BALL** - A safe, effective class focusing on "inner core Strength" as you condition the rest of the body. Use the Swiss Ball in different ways to achieve the ultimate results in strength & body shaping.

**TOTAL BODY CONDITIONING** - Does exactly what it says on the tin! Tone and strengthen your whole body using a range of different techniques and equipment.

**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** - The class where Latin rhythms combine with easy to follow moves. Routines feature interval and resistance training to tone and sculpt your body whilst burning fat.

## 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

## 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

## notes from timetable

- >45 minute Body Balance classes have no relaxation section
- >Regular running courses for beginners are held throughout the year; please see notice boards for details.
- >Roko operates a revised timetable on Bank Holidays; please see the notices for further information.
- >If you are unable to attend a class which you have previously booked please ensure that you contact the club to cancel.
- >Classes marked with a (£) incur an additional charge.