

# group exercise timetable

Roko Portsmouth

Updated May 2012



your health,  
your club

**Roko Portsmouth**

442 Copnor Road  
Portsmouth  
PO3 5EW

**t:** 02392 651400

**w:** [www.roko.co.uk](http://www.roko.co.uk)

**roko**  
HEALTH CLUBS

## MONDAY

0915-1030	BODYPUMP (inc set-up)	All	2	Liam
0935-1035 V	BODYCOMBAT	All	1	Ali M
0930-1030	AQUA WORKOUT	All	Pool	Darin
1035-1135	BODYBALANCE	All	1	Ali M
1715-1815	BODYPUMP (inc set-up)	All	2	Andy
1800-1830 V	LIVESTRONG FITNESS ICE	All	3	Darin
1840-1920 V	LIVESTRONG FITNESS ICE	All	3	Darin
1830-1930	CIRCUITS	All	2	Liam
1820-1920 V	BODYBALANCE	All	1	Jackie
1930-2030 V	BODYCOMBAT	All	1	Nicola
1930-2030	ZUMBA (€)	All	2	Ali M

## TUESDAY

0645-0745	BODYPUMP	All	2	Liam
0930-1015	WATER WORKS	All	Pool	Lou S
0915-1030	BODYPUMP (inc set-up)	All	2	Ali C
0930-1015 V	LIVESTRONG FITNESS ICE	All	3	Antony
1030-1130	Tai Chi	All	2	Andrew
1035-1135	BODYATTACK	All	2	Kerry
1700-1800	BODYCOMBAT	All	2	Charlotte
1745-1830	FITBALL	All	1	Nadia
1830-1930	PILATES	All	1	Jacqui
1800-1900 V	BODYCOMBAT	All	2	Bev
1840-1910 V	LIVESTRONG FITNESS ICE	All	3	Nadia
1915-2000 V	LIVESTRONG FITNESS ICE	All	3	Charlotte
1905-2005	BODYJAM	All	2	Bev
1935-2035 V	BODYSTEP	All	2	Kerry
2045-2145	POLE DANCING (€)	All	1	Hannah

## WEDNESDAY

0645-0715 V	LIVESTRONG FITNESS ICE	All	3	Rob
0715-0730	ABS BLAST	All	Gym	Rob

## WEDNESDAY Cont...

0915-1030	BODYPUMP (inc set-up)	All	2	Andy
0930-1030	BODYJAM	All	1	Bev
1035-1135	BODYBALANCE	All	1	Jackie
1030-1115 V	LIVESTRONG FITNESS ICE	All	3	Ali C
1145-1230	SILVER SERVICE	All	1	Ali M
1630-1730	BODYCOMBAT	All	2	Karen
1800-1830 V	LIVESTRONG FITNESS ICE	All	3	Darin
1830-1930	BODYATTACK	Adv	1	Lou H
1840-1910 V	LIVESTRONG FITNESS ICE	All	3	Darin
1845-2000	BODYPUMP (inc set-up)	All	2	Jane A
1930-2030	BODYJAM	All	1	Lee P
2000-2100	HATHA YOGA	All	2	Hillary

## THURSDAY

0645-0745	BODYPUMP (inc set-up)	All	2	Jasmine
0930-1000 V	LIVESTRONG FITNESS ICE	All	3	Darin
0930-1030	TAI CHI	Beg	2	Andrew
1000-1045	Aqua Natal (€)	POOL		Julie
1000-1100	BODYCOMBAT	All	1	Bev
1030-1130	TAI CHI	Int/Adv	2	Andrew
1330-1430	BODYPUMP	All	2	Rob
1730-1830	BODYATTACK	Adv	1	Ali C
1745-1900	BODYPUMP (inc set-up)	All	2	Andy
1830-1930 V	BODYCOMBAT	All	1	Michelle
1910-2010 V	LIVESTRONG FITNESS ICE	Adv	3	Andy
1915-2015	AQUA WORKOUT	All	Pool	Nadia
1935-2035	BODYBALANCE	All	1	Pat
1940-2100	UK SHOALIN TEMPLE (€)		2	
2045-2145	POLE DANCING (€)	All	1	Hannah

## FRIDAY

0645-0715 V	LIVESTRONG FITNESS ICE	All	3	Charlotte
0715-0730	ABS BLAST	All	Gym	Charlotte

## FRIDAY Cont...

0930-1030 V	LIVESTRONG FITNESS ICE	All	3	Ali C
0930-1030	AQUA WORKOUT	All	Pool	Ali M
0915-1030	BODYPUMP (inc set-up)	All	2	Karen
0930-1030 V	BODYSTEP	All	1	Kerry
1035-1135	BODYBALANCE	All	2	Karen
1730-1830 V	ZUMBA	All	1	Lou S
1730-1930 V	BODYCOMBAT	All	2	Bev
1835-1935	BODYPUMP	All	2	Andy

## SATURDAY

0815-0915	BODYCOMBAT	All	1	Lou H
0830-0915 V	LIVESTRONG FITNESS ICE	All	3	Darin
0900-1000 V	BOOTCAMP (€)	All	N/A	Antoy
0915-1015 V	LIVESTRONG FITNESS ICE	Adv	3	Andy
0930-1030 V	BODYCOMBAT	All	1	Bev
1030-1200	HATHA YOGA	All	2	Hillary
1030-1135	BODYJAM	All	1	Bev
1145-1245	BODYBALANCE	All	1	Jackie
1400-1500	ISLAND KARATE SCHOOL (€)	All	2	
1515-1600 V	LIVESTRONG FITNESS ICE	All	3	Charlotte
1600-1700	BODYPUMP	All	2	Lee T

## SUNDAY

0900-1100	SOCATOTS (€)	All	1	
0930-1030	CIRCUITS	All	2	Liam
1000-1045	AQUA WORKOUT	All	Pool	Nadia
1045-1145	BODYJAM	Beg	2	Lou S
1100-1130 V	LIVESTRONG FITNESS ICE	All	3	Nadia
1700-1800	BODYATTACK	Adv	1	Kerry
1800-1900	BODYPUMP	All	2	Alison

Classes marked with a (€) incur an additional charge.  
Classes marked with a V indicate booking is required

**AQUA** - A fun water based workout to music within the pool. Non-swimmers welcome and ideal for those in the early stages of pregnancy or with joint problems.

**BODYATTACK** - A simple high-intensity group exercise-to-music class suitable for all fitness levels. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises.

**BODYBALANCE** - This is the yoga, t'ai chi, and pilates workout that builds flexibility and strength and leaves you feeling centred and calm. It's your personal time out from stress and strains of daily life, this is a workout to bring your body and mind back into balance.

**BODYCOMBAT** - A non-combat, martial arts-based fitness programme with moves drawn from karate, tae kwon do, kung fu, kickboxing, Muay Thai and t'ai Chi. An exhilarating exercise experience that delivers ultra-fast results.

**BODYPUMP** - This toning and conditioning class with weights is for anyone who wants to add strength training to their workout. Using a step platform, a bar and a set of weights, the class's simplicity makes BODYPUMP a great starting point to develop strength and confidence.

**BODYJAM** - A workout with a funky soundtrack and hot dance moves. It's cardio fun at its best for those with a passion for movement. You'll burn calories, sweat it out, increase your fitness levels and learn to dance better

**BOXERCISE** - The workout uses the entire body. Cardiovascularly you burn more calories in an hour than using a stairclimber. You use your whole body your arms, your legs and the time flies as you work on body movement, agility and momentum.

**CIRCUITS** - A stationed workout designed to increase muscular strength and endurance, aerobic fitness & co-ordination.

**FITBALL** - An exclusive conditioning workout with the use of fitballs and hand weights for added challenge. Utilising core stability training to control the position of the lumbar spine during dynamic movements.

**HATHA YOGA** - A complete science of life originating in India many thousands of years ago. It's practice will give you increased flexibility, relief from stress and tension along with improved concentration and a healthier fulfilled life.

**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** - A mind & body approach to stretching and aligning the body, also focuses greatly on strengthening abdominal and back stabilising muscles creating a stronger back and better posture.

**SILVER SERVICE** - A class designed with the over 50's in mind. An easy to follow, low impact class complete with functional exercises to improve range of motion and flexibility. A time to let your hair down and have fun whilst exercising.

**TAI CHI** - Based on the Chinese principle of ying & yang in which opposing but complimentary forces combine to create harmony and well-being. Tai chi helps to focus out mental powers, increase muscular flexibility, co-ordination and body awareness.

**ZUMBA** - The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. movements meant to engage and captivate for life!

## general information

→All **Livestrong** Fitness ICE classes should be booked through reception from 8am the day before the class. Except for Saturday mornings' class. Bookings will be available from 7am Friday morning. Members who arrive to an ICE class without a booking, unfortunately, cannot be guaranteed a place.

→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