

group exercise timetable

Roko York

from 27th February 2012



**your health,
your club**

Roko York

Stirling Road

Clifton Moor

York

YO30 4TU

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w: www.roko.co.uk

roko
HEALTH CLUBS

MONDAY

06.30 – 07.15	Spin	All	Spin	Kelly
09.30 – 10.15	Spin	All	Spin	Chris J
09.30 – 10.30	Body Combat	All	NRG	Toni
09.30 – 10.30	Legs, Bums & Tums	All	M&B	Jo A
10.30 – 11.30	Zumba Fitness	All	NRG	Ann-Marie
10.30 – 11.30	Pure Pilates	All	M&B	Jan
11.15 – 12.00	Aqua	All	Pool	Adelle
13.45 – 14.45	Fitness Pilates	All	M&B	Caroline
16.30 – 17.15	Yoga Bugs	5-11	M&B	Angela
18.00 – 19.00	Body Pump	All	NRG	Jo D
18.00 – 19.00	Zumba Fitness	All	M&B	Norelle
18.00 – 18.45	Spin	Beg	Spin	Tom
18.30 – 20.00	Contender conditioning	Int-adv	Gym	Keir & Ian £
19.00 – 19.45	Spin	Int-Adv	Spin	Tom
19.00 – 20.00	Bokwa	All	NRG	Sarah V
19.00 – 20.00	Body Balance	All	M&B	Kate
20.00 – 21.00	Body Combat	All	NRG	Toni
20.15 – 21.15	Yoga	All	M&B	Sarah V

TUESDAY

09.30 – 10.15	Spin	All	Spin	Ian
09.30 – 10.30	Step	All	NRG	Ann-Marie
09.30 – 10.30	Total Tone	All	M&B	Jo D
10.30 – 11.30	Body Pump	All	NRG	Ann-Marie
10.30 – 11.30	Body Balance	All	M&B	Ann-Marie
13.45 – 14.30	Aqua	All	Pool	Angela
16.30 – 17.15	Kids Fitness Fun	5-11	M & B	Sophie
18.00 – 19.00	Body Attack	All	NRG	Adelle
18.00 – 18.45	Spin	All	Spin	Deena
19.00 – 19.45	Spin	All	Spin	Deena
19.00 – 20.00	Body Pump	All	NRG	Adelle
19.00 – 20.00	Pace Yourself	All	Gym	Emma
19.00 – 20.00	Circuits	Int-Adv	Gym	Tom
19.00 – 19.45	Aqua	All	Pool	Gabrielle
19.30 – 20.30	Yoga	All	M&B	Gilly
20.00 – 20.45	Studio Cycle	All	Spin	Claire

WEDNESDAY

06.45 – 07.30	Spin	All	Spin	Kelly
09.20 – 10.00	Mini Movers Baby Ballet 3-4yrs	Spin	£	
10.10 – 10.50	Tiny Toes Baby Ballet 18-36mths	Spin	£	
09.30 – 10.30	Cardio Kickbox	All	NRG	Laura
09.30 – 10.30	Fitness Pilates	All	M&B	Caroline
10.30 – 11.30	Fitness Yoga	All	M&B	Laura
11.00 – 11.45	Spin	All	Spin	Ginny
18.00 – 19.00	Legs Bums & Tums	All	M&B	Kate
18.00 – 18.45	Spin	All	Spin	Emma
19.00 – 19.45	Spin	Beg-All	Spin	Emma
19.00 – 20.00	Body Combat	All	NRG	Sarah R
19.00 – 20.00	Body Balance	All	M&B	Kate
20.00 – 21.00	Body Pump	All	NRG	Sarah R

THURSDAY

09.30 – 10.15	Spin	All	Spin	Dawn
09.30 – 10.30	Body Combat	All	NRG	Ann-Marie
09.30 – 10.30	Legs Bums & Tums	All	M&B	Jan
10.30 – 11.30	Body Pump	All	NRG	Ann-Marie
10.30 – 11.30	Pure Pilates	All	M&B	Jan
12.00 – 12.45	Aqua Zumba	All	Pool	Angela
13.30 – 14.15	Tennis Tykes	2-4y	NRG	Ben (£)
16.30 – 17.15	Family Cheerleading	5-11y	M & B	Angela
18.00 – 19.00	Zumba	All	NRG	Ann-Marie
18.00 – 19.00	Fitness Pilates	All	M&B	Caroline
18.00 – 18.45	Spin	All	Spin	Deena
19.00 – 19.45	Spin	All	Spin	Deena
19.00 – 20.00	Body Pump	All	NRG	Angela
20.00 – 21.00	Yoga	All	M&B	Angela

FRIDAY

09.30 – 10.15	Spin	All	Spin	Chris J
09.30 – 10.15	Body Attack	All	NRG	Adelle
10.15 – 11.00	Body Pump	All	NRG	Adelle
10.30 – 11.30	Body Balance	All	M&B	Norelle
10.30 – 11.15	Aqua	All	Pool	Liz F
13.45 – 14.45	Pure Pilates		M&B	Deena
16.15 – 17.00	Kids Fitness Fun	5-11y	M & B	Sophie
18.00 – 19.00	50/50 Pump/Attack	All	NRG	Sarah V
18.00 – 19.00	Circuits	All	Gym	Ian
19.00 – 19.45	Studio Cycle	All	Spin	Claire

SATURDAY

09.30 – 10.15	Spin	Int/Adv	Spin	Tom
09.45 – 10.45	Fitness 4 mum pre & post	pre & post	NRG (£)	Tim
10.30 – 11.30	Circuits	All	Gym	Tom
10.30 – 11.30	Fitness Pilates	All	M&B	Caroline
11.00 – 11.45	Body Combat	All	NRG	Adelle
11.45 – 12.30	Body Pump	All	NRG	Adelle

SUNDAY

09.30 – 10.15	Spin	All	Spin	Emma
10.30 – 11.30	Body Pump	All	NRG	Susanne

>Classes marked with a (£) incur an additional charge.

>Please note: All classes should be booked through reception (01904 699740) up to 1 week in advance. Members who arrive at the class without a booking, unfortunately, cannot be guaranteed a place

>Classes for under 16's have limited spaces so all attendees must be booked. Children who are non-Members will be charged £4 per class at reception

AERTONE – A combination of aerobics and toning. Aerobics, the tried and tested way to get fit followed by a range of conditioning exercises both with and without additional equipment to provide a complete workout.

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 workout. 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 CONDITIONING – A wide range of conditioning exercises to target those stubborn areas using your own bodyweight and also additional equipment.

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

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 - Interval training in which strength exercises are combined with endurance/aerobic exercises, combining the benefits of both a cardiovascular and strength training workout.
CONTENDER CONDITIONING - Get fighting fit! All the thrills of a pre-fight camp; pads, circuits and much more without actually stepping in the ring. See the Roko Facebook page for more details.

DANCE AEROBICS – A great way to get fit and burn a few calories with its dance based aerobics workout. The class is designed for all abilities so com along and join in the fun.

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

LEGS, BUMS & TUMS – Muscle toning and shaping of the lower body.

PACE YOURSELF – Challenge yourself to the maximum. Take a Group Fitness Treadmill Class; it is not like anything you have ever done! Hurry, treadmill availability is limited!

PURE PILATES – Using the Pilates fundamentals moves this class will help you to establish torso stability, pelvic stability, abdominal engagement, good alignment and a greater range of motion for your limbs. In turn this will translate into better posture and graceful, efficient movement in every day life. Suitable for all.

SPIN - Watch your fitness levels soar as we take you through varying, challenging terrains in this instructor-led, non impact cardiovascular cycle class. Aimed at all levels.

STEP - A fun class incorporating choreography on and around a step. Fantastic way to get the heart pumping and workout the lower body that's also fun.

TOTAL TONE – A simple warm up, followed by exercises to tone the whole body. This class is suitable for all abilities.

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.

FITNESS 4 MUM - Pre & post Natal exercise. For more information, please visit the fitness 4 mum website www.fitness4mum.com paid for class

BABY BALLET www.babyballet.co.uk

Tiny toes 18 – 36mths Toddlers and children are encouraged to develop and explore their ability to move, sing and dance further as they progress through the Tiny Toes syllabus.

Mini Movers 3 – 4yrs The Mini Movers Programme allows the children to enhance their movement, singing and imaginative ability further. Classes focus on developing gross motor skills, basic ballet, rhythm and confidence.

TENNIS TYKES A fun and educational tennis play and coaching programme for children from 2 years old. www.tennistykes.co.uk

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

Activ: Classes designed Specifically for the over 60's