

A group of young girls are laughing and playing outdoors. One girl in the foreground is lying on her back, laughing heartily. Other girls are leaning over her, also laughing. The background is a bright, sunny outdoor setting with green grass.

**roko**  
HEALTH CLUBS

# **Roko Nottingham junior activity timetable**

From 7<sup>th</sup> January 2019

## MONDAY

09.00-18.30	Teen Gym access time	
17.45-18.45	Body Combat*(12+)	Studio 2

## TUESDAY

09.00 -18.30	Teen Gym access time	
17.00-17.45	Actif Kidz(5-11)	Studio 2

## WEDNESDAY

09.00 -18.30	Teen Gym access time	
17.00-17.45	Little Ruggers(5-11)	Studio 1

## THURSDAY

09.00 -18.30	Teen Gym access time	
16.30 - 17.15	Actif Kidz(5-11yrs)	Studio 2
18.00 - 18.45	Body Balance*(12+)	Studio 2

## FRIDAY

09.00 -18.30	Teen Gym access time	
10.45-11.30	Little Wickets(£/B)(2 ½ -5)	Studio 2
18.00-18.45	CYCLonE*(12+)	Spin
18.15-19.30	Freestyle Disco(£/B)(3+)	Studio 2

## SATURDAY

09.00-18.30	Teen Gym access time	
09.00-09.50	Actif Kidz(5-11)**	Studio 2
09.35-10.30	Body Attack*(12+)	Studio 1
10.00-10.45	BTT*(12+)	Studio 2
10.45-11.30	CYCLonE*(12+)	Spin
10.45-11.30	Zumba*(12+)	Studio 2
11.00-11.30	Circ-X*(12+)	Gym
13.00-13.30	Beginners Gymnastics(£/B)(3+)	Studio2
13.30-14.00	Freestyle Disco (£/B)(3+)	Studio 2

## SUNDAY

09.00 -18.30	Teen Gym access time	
09.00-09.30	strength-x	Gym Floor
10.45-11.30	BTT*(12+)	Studio 2
11.00-11.30	Core-X*(12+)	Gym
11.30-12.15	Fitbody Families(5+)	Studio 2
17.00-17.45	Aqua*(12+)	Pool
18.00-18.45	Spin* (12+)	Spin

**(£/B) - :** Please book and arrange payment through course providers only. Email addresses can be found in Class descriptions.

Where classes are marked with an \*, parental supervision is required at all times.

**\*\*** Please check in club as timetable is subject to change.

Please note that all Children's and Teen's Activities should be booked through club Reception (unless otherwise stated).

Please see in club for details of classes that will take place in school holidays.

For health & safety reasons, only children and teen's who have booked may participate in the class.

## CLASS DESCRIPTIONS

**ACTIF KIDZ/ACTIF CIRCUIT** - Suitable for all fitness levels. A mixture of games and sports, designed as a great way to keep fit and have fun with your mates.

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

**BEGINNERS GYMNASTICS/FREESTYLE DISCO** An energetic style of dance seen all over the world on stage and in competitions. This type of dancing usually includes runs, spins, kicks and leaps. It encompasses speed, agility, suppleness and strength. Students are encouraged to develop their own individualism as well as working together as a team. All ages & abilities welcome. For further details and to book please contact Chelsea Newell of Dance Affinity email: [chelseanewell1993@hotmail.co.uk](mailto:chelseanewell1993@hotmail.co.uk)

**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 Martial Arts disciplines including Karate, Kickboxing, Capoeira & Tae Kwon do.

**BUMS, TUMS & THIGHS: (BTT)** - Muscle toning and shaping of the lower body. Simple routines to target those stubborn areas!

**CIRC-X** Circuit based interval training combining strength and endurance exercises. Giving the benefits of both strength and cardiovascular workout. Based on the gym floor.

**CORE-X** Body weight and weighted exercises are included to work the core and to strengthen stabilising muscle groups. Based on the gym floor.

**CYCLONe** 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 class.

**FITBODY FAMILIES** A fitness session the whole family can join in! Team work and fun fitness games the whole family can join in..

**LITTLE RUGGERS** Fun fitness and rugby related games to develop basic sporting skills and hand/eye coordination. The session will be led by qualified rugby coaches & players from Nottingham Rugby's Squad.

**LITTLE WICKETS** - Sessions are more than just learning to bat, bowl, and field! Sow the seeds for a lifelong passion for participation in sport. The 'spirit of cricket' will be delivered by an enthusiastic qualified coach with a wealth of experience encouraging younger kids to join in and have fun. This "First Innings" session is designed specifically for pre-school children to encourage the FUNdamentals of movement by encouraging hand eye coordination, individual skills and team cooperation. Most of all, it's about having fun and joining in - all with a crickety twist! For more information please contact Chloe and Little Wickets directly

**TEEN GYM** Access Time-Teens aged 12 to 15 years can use the gym CV equipment and core area from 09.00 – 18.30 every day after they have had a junior fitness consultation with the gym team. Parents must accompany their child for the junior fitness consultation. A yellow wrist band must be worn by all junior gym users which confirms that they have had a junior fitness consultation. Wrist bands will be provided once the consultation has taken place.

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