



roko
HEALTH CLUBS

Roko Portsmouth Group exercise timetable

Festive Period December 2021

BODYATTACK

Monday 20th December

0630-0715	Spin
0920-1005	Spin
0945-1045	Aqua
1100-1145	Over 50's Aerobics
1730-1830	Body Pump
1830-1915	Spin
1930-2030	Zumba

Tuesday 21st December

0630-0730	Body Pump
0930-1015	Circuits
1045-1245	Tai Chi
1745-1830	Spin
1830-1930	Sh'Bam
1900-1945	Aqua

Wednesday 22nd December

0630-0715	Spin
0730-0800	HIIT
0930-1030	Body Pump
0930-1030	Aqua
1045-1145	Dance
1100-1200	Body Balance
1745-1830	Spin
1740-1825	Body Pump
1835-1920	Body Attack

Thursday 23rd December

0630-0715	Body Pump
0800-0845	Body Conditioning
0930-1030	Body Combat
1045-1145	Body Tone

Thursday 23rd December continued

1800-1845	Spin
1815-1915	LBT
1830-1850	Core Blast
1915-2000	Aqua
1915-2015	Zumba

Friday 24th December

0930-1015	Body Pump
0930-1030	Spin
0930-1030	Aqua
1030-1130	Body Balance
1045-1145	Aqua

Christmas Day*Closed***Boxing Day***Closed***Monday 27th December**

0920-1005	Spin
0945-1045	Aqua
1830-1915	Spin
1830-1930	Zumba

Tuesday 28th December

0845-0945	Body Conditioning
1000-1100	Aqua
1700-1800	Body Combat
1745-1830	Spin
1830-1930	Sh'Bam

Wednesday 29th December

0930-1030	Aqua
1740-1825	Body Pump
1835-1920	Body Attack

Thursday 30th December

0800-0845	Body Conditioning
0930-1030	Body Combat
1045-1145	Body Tone
1800-1845	Spin
1830-1850	Core Blast
1830-1930	Zumba

Friday 31st December

0930-1015	Body Pump
0930-1030	Spin
0930-1030	Aqua
1045-1145	Aqua
1030-1130	Body Balance

New Year's Day*Closed***Sunday 3rd January**

0815-0915	Body Balance
0930-1030	Body Pump
1000-1100	Body Attack

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

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 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 - Circuit based interval training combining strength and endurance exercises, giving the benefits of both a cardiovascular and strength training workout. Gym floor based class combining HiiT and functional training for all ages and abilities.

CORE – X - Target you core muscles in this express ab workout. Tone your tummy and improve your stability with a variety of innovative exercises using a range of different equipment in the gym as well as your own body weight!

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!

HIIT – Build a powerful more athletic body, increase fitness and strength in these 30 minute high intensity interval training classes based on plyometrics, strength or cardio.

LEGS, BUMS & TUMS (LBT) - Wide range of conditioning exercises aimed specifically at muscle toning and shaping of the lower body.

PILATES - Using the Pilates fundamental 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 a better posture to help your body in everyday life.

Sh'Bam - A fun-loving, insanelly addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

Spin - Classic indoor group cycling class that uses metrics such as Distance, RPM and Calories. Aimed at all fitness levels, focusing on endurance, strength, intervals, high intensity (race days) and recovery.

Tai Chi - Movements performed in a slow, focused manner and accompanied by deep breathing, it's a self-paced system of gentle exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

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 - Are you ready to party yourself into shape? This dance based workout is one of a kind that will get you burning calories whilst having a party!

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