

Roko York

Group Exercise Timetable

From Monday 4th Sept – Friday 22nd Dec 2023

BODYPUMP™

MONDAY

06.30 – 07.00	CIRC – X	Gym	Gym Team
08.00 – 09.00	Gentle Yoga *	M&B	Rachael H
09.30 – 10.15	rokoRIDE	Spin	Darren
09.30 – 10.25	Body Combat	NRG	Hannah I
10.30 – 11.25	Body Balance	M&B	Jo A
10.30 – 11.30	Body Pump	NRG	Hannah I
11.45 – 12.30	Low.I Aerobics*	NRG	Hannah I
11.30 – 12.45	Gentle Yoga	M&B	Linda
11.45 – 12.30	Aqua	Pool	Jo A
12.00 – 12.30	W4W – X	Gym	Gym Team
13.00 – 13.55	Pure Stretch	M&B	Jo A
17.30 – 18.00	BOX-X*	Gym	Gym Team
18.30 – 19.30	Body Attack*	NRG	Fiona
18.30- 19.15	rokoRIDE	Spin	Hannah Kay
19.00- 19.30	CIRC-X*	Gym	Gym Team
19.00 – 19.45	Aqua Party*	Pool	Rachel R
19.30 – 20.30	Body Balance	M&B	Fiona

TUESDAY

06.45 – 07.30	rokoRIDE	Spin	Simon
07.30 – 08.00	STRENGTH-X	Gym	Gym Team
09.30 – 10.15	rokoRIDE	Spin	Rachel D
09.30 – 10.30	Yoga	M&B	Laura
10.30 – 11.30	LBT	NRG	Lauren
10.40 – 11.40	Yoga	M&B	Laura
11.45 – 12.45	Fitness Pilates	M&B	Lauren
11.45 – 12.30	AQUA	Pool	Rachel D
12.00 – 12.30	CORE – X	Gym	Gym Team
13.00 – 14.00	Zumba*	NRG	Lida
17.30 – 18.00	CIRC – X	Gym	Gym Team
18.00 – 19.00	BodyPump*	NRG	Jack
18.15 – 19.00	rokoRIDE	Spin	Hannah Kay
19.00 – 20.00	Pure Stretch	M&B	Hannah Kay
19.15 – 19.45	W4W – X	Gym	Gym Team
19.00 – 20.00	BodyCombat	NRG	Jay

WEDNESDAY

07.00 – 07.30	CORE-X	Gym	Gym Team
09.00 – 09.30	BOX - X	Gym	Gym Team
09.30 – 10.15	rokoRide PHIT*	Spin	Emma
09.30 – 10.30	Body Combat	NRG	Jo A
09.30 – 10.30	Gentle Yoga	M&B	Linda
10.30 – 11.15	Body Pump	NRG	Emma
11.45 – 12.30	Aqua	Pool	Rach R
12.00 – 12.30	W4W – X	Gym	Gym Team
12.00 – 13.00	Zumba GOLD	NRG	Angela
13.00 – 14.00	Pump GOLD	NRG	Angela
12.30 – 13.30	Run Coaching*	OUT	Emma
17.30 – 18.00	CIRC – X	Gym	Gym Team
18.00 – 18.55	Body Pump	NRG	Emma
19.00 – 19.45	rokoRIDE	Spin	Emma
19.50 – 20.50	Body Balance	M&B	Emma

THURSDAY

06.45 - 07.30	rokoRIDE	Spin	Jonny
07.30 – 08.00	CIRC – X	Gym	Gym Team
09.15 – 10.15	Yoga*	M&B	Laura
09.30 – 10.25	Body Pump	NRG	Hannah I
10.20 – 11.20	Yoga* 21.09.23	M&B	Laura
10.30 – 11.30	LBT	NRG	Hannah I
11.30 – 12.30	Pilates	M&B	Sarah
11.45 – 12.30	Aqua	Pool	Hannah I
12.00 – 12.30	CORE – X	Gym	Gym Team
18.00 – 18.45	rokoRIDE*	Spin	Simon
18.00 – 19.00	Yoga*	M&B	Paulene
18.15 – 19.15	Body Combat*	Spin	Fran
18.30 – 19.00	STRENGTH - X	Gym	Gym Team
19.15 – 20.15	Yoga*	M&B	Paulene
19.15 - 20.15	Body Pump	NRG	Jack

FRIDAY

06.45 – 07.30	rokoRide*	Spin	Hannah King
07.30 – 08.30	Rise and Stretch*	M&B	Hannah King
07.30 – 08.00	STRENGTH – X*	Gym	Gym Team
09.30 – 10.15	rokoRIDE	Spin	Rachel D
09.30 – 10.25	Body Combat	NRG	Harry
10.30 – 11.25	Body Balance	M&B	Jo A
11.30 – 12.25	Dance Fitness	NRG	Anna
11.30 – 12.25	Pure Stretch	M&B	Jo A
11.45 – 12.30	Aqua	Pool	Rach R
12.00 – 12.30	rokoRide X-Press*	Spin	Rachel D
12.00 – 12.30	W4W – X	Gym	Gym Team
12.30 – 13.30	Fitness Pilates	M&B	Anna
18.00 – 19.00	Body Attack*	NRG	Jack
18.00 – 18.45	CIRC – X	Gym	Gym Team
19.00 – 20.00	Body Balance	M&B	Jo A

SATURDAY

09.00 – 10.00	BodyCombat	NRG	Nikki
09.00 – 09.45	rokoRIDE	Spin	Emma
10.00 – 10.30	CIRC – X	NRG	Gym Team
10.00 – 10.55	Body Pump	NRG	Emma
11.05 – 12.00	Body Balance	M&B	Emma
14.00 – 14.30	Family CIRC-X	Gym	Gym Team

SUNDAY

09.30 - 10.30	Yoga	M&B	Rachael H
09.30 – 10.15	rokoRIDE	Spin	Jonny
09.30 – 10.00	CIRC-X	Gym	Gym Team
10.30 – 11.30	Pure Stretch	M&B	Tony
13.30 – 14.00	Family CIRC-X	Gym	Gym Team
17.0 – 17.30	Family CIRC-X	Gym	Gym Team

*NEW / RETURNING CLASS OR CLASS CHANGE

General Information

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

BODY ATTACK – A high energy fitness class that caters for total beginners to total addicts! A combination of athletic moves and strength-based exercises to music.

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-defence disciplines including Karate, Kickboxing, Tai Chi & Tae Kwondo.

BODY PUMP – a barbell workout for anyone looking to get fit fast! Get lean, toned and fit using light to moderate weights and high repetitions to music.

CORE – X – Gym based 30 min interval-based core conditioning session. Suitable for all levels.

CIRC – X – A fun Gym based class combining HIIT and functional training. Raise your heart rate, improve your CV fitness and become a f’HIIT’er you. Family classes also available at weekend! Suitable for all levels

DANCE FITNESS - Energetic upbeat class featuring all your favourite dance moves. Suitable for all ages and abilities

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 (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.

PURE STRETCH - This class is designed to lengthen and strengthen the entire body.

rokoRIDE - Classic indoor group cycling class that uses metrics such as Distance, RPM and Calories. Burn calories the colourful way! Aimed at all fitness levels.

STRENGTH – X – a gym based 30-minute strength-based session using intervals, intensity and variety. Build strength and improve your fitness with this perfect weight-based class.

WW - X (Weight for Women) - This class is a great way to introduce your body to using weights as part of your workout. You will learn the basics and the importance of resistance training. Perfect class if you want to learn more but just a little unsure where to start.

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 - Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

ZUMBA GOLD - This class is aimed at 50+. The same party as Zumba but the moves are broken down more.

Class Etiquette

- › 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.
- › If you cannot attend, cancel your place on the class. Preferably within 24 hr though we understand this isn't always possible.
- › 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 provide.
- › 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.