

Adult Activity Timetable

ACTIVITY	MON	TUE	WED	THU	FRI	SAT	SUN
BODYPUMP	9.30 - 10.30am		5.15 - 6.15pm	10.45 - 11.45am			11.00 - 12.00pm
	7.00 - 8.00pm						
BODYBALANCE	8.10 - 9.10pm	10.30 - 11.30am	11.50 - 12.50pm	8.30 - 9.30am	10.45 - 11.45am	10.00 - 11.00am	8.45 - 9.45am
			7.20 - 8.20pm				
BODYCOMBAT	6.00 - 6.45pm	6.00 - 7.00pm	9.45 - 10.45am	9.45 - 10.45am	5.45 - 6.45pm	9.00 - 10.00am	10.00 - 11.00am
CORE	5.15 - 5.45pm		9.15 - 9.45am	5.40 - 6.10pm			
LEGS, BUMS & TUMS	10.45 - 11.30am		6.30 - 7.15pm		9.45 - 10.45am		
ZUMBA		9.45 - 10.30am					
FLEXIBILITY		9.00 - 9.30am			9.00 - 9.30am		
PILATES	8:30 - 9.15am	1.15 - 2.15pm	10.45 - 11.45am	11.50 - 12.50pm	1.15 - 2.15pm		
				6.15 - 7.15pm			
YOGA STRETCH	11.50 - 12.50pm						
NON-IMPACT AEROBICS & CONDITIONING		11.30 - 12.15pm					
KEISER CYCLING	7.00 - 7.45am				7.00 - 7.45am		
	9.45 - 10.30am	9.45 - 10.30am	9.45 - 10.30am	9.45 - 10.30am	9.45 - 10.30am	9.30 - 10.15am	
	6.15 - 7.00pm	6.15 - 7.00pm	6.30 - 7.15pm	6.15 - 7.00pm	6.15 - 7.00pm		
AQUA AEROBICS	11.00 - 11.45am	11.00 - 11.45am	10.30 - 11.15am	9.45 - 10.30am	9.45 - 10.30am		
CIRCUITS		6.10 - 6.50pm		6.10 - 6.50pm			
FIT4LIFE		9.30 - 11.30am					
GAME4LIFE					9.30 - 11.30am		
SQUASH CLUB		6.30 - 10.00pm					

BODYPUMP®

An effective choreographed muscle & toning resistance workout using weights.

BODYBALANCE®

A dynamic Yoga and Pilates based stretch and strength programme that leaves you feeling relaxed and renewed.

BODYCOMBAT®

A non-contact, martial arts-based fitness programme with moves drawn from Karate, Taekwondo, Boxing, Muay Thai and Tai Chi.

CORE®

This is an exciting and intensive 30 minute core workout, that will challenge you mentally and physically. Tightening and toning all core muscles.

LEGS, BUMS & TUMS

This class consists of a 5-10 minute warm up, followed by a high-energy aerobic phase. Moving into a lower body toning session, ending with a 10-15 minute abdominal workout.

ZUMBA

Movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

FLEXIBILITY

For the more mature member who would like increased flexibility and toning. No floor work, all seated and standing exercises.

PILATES

A complete exercise method which focuses on your body's core strength improving your posture, through a series of low repetition and low impact stretching exercises.

YOGA STRETCH

A yoga style class to challenge, invigorate and strengthen using a combination of moves that will improve flexibility and instil calm and enhance well being.

NON-IMPACT AEROBICS & CONDITIONING

Starting with a mobility warm up, followed by a non-impact aerobics section and conditioning exercises using bands & weights, finished with some gentle flexibility movements.

KEISER CYCLING

The keiser M3X combines the immensely popular M3 with uniquely pivoting x bars. Research shows that indoor cycles with x bars help burn more calories than traditional group exercise bikes, with the added benefit to combine "spinning" to this high energy group fitness class.

AQUA AEROBICS

A workout that offers tremendous results for everyone. It is essentially the same as a regular aerobics class. The water makes it much easier on your joints and muscles whilst strengthening the body and improving co-ordination .

CIRCUITS

An energetic interval workout with different stations, techniques and styles each week for an intense and varied workout.

FIT4LIFE

A multi-sports session incorporating badminton, table tennis, short mat bowls, tennis and more. Ideally suited to the over 50's, or those new to exercise.

GAME4LIFE

Designed for the over 50's with a competitive edge, all abilities are welcome to take part in a 'Match' format where the 'Winner Takes All' and the match is played out to the end.

This multi-sports activity includes tennis, badminton and Table tennis.

SQUASH CLUB NIGHT

Play other members of different abilities to give variation to your game, improve your skills and provide a great challenge.

ON-LINE BOOKINGS AND CANCELLATIONS

Please consider your fellow members and cancel your class at least 2 hours in advance if you are unable to attend

STUDIO

CYCLE ROOM

SWIMMING POOL

SPORTS HALL

SQUASH COURTS