

All classes are for both men and women unless stated otherwise!

Aqua Aerobics (G) – Pool based body conditioning workout which minimises impact and stress to the body and where the water is used as resistance.

Abs (G) – After the spin class - 15 minutes of abdominal training for all to join in during or after their workout.

Body Conditioning (G) – Aerobic workout with weights to tone, condition and change your entire body shape. An overall workout which is low impact but high intensity.

Boot Camp (G) – These motivational sessions take only 30mins using the latest in static machines and Functional step boxes, a combination which helps you trim and tone. 3 times a week will really help you lose some calories!!

Body Sculpt – A weight based class to sculpt and tone your body.

Total Knockout (G) – A great workout suitable for all which tightens and tones the whole body.

Funk Party (G) – A good cardio workout incorporating the latest dance moves.

Functional Training (I) – A challenging class to bring you up to date with the latest training techniques, using TRX, Medicine balls, Swiss balls etc.

Boxercise (G) - A class with a mixture of exercises combining boxing movements with aerobic activities.

LBT (G) – An Aerobic workout designed to condition and strengthen the legs, bum and tums!
Ladies only swimming times – The swimming pool will be available for ladies only during these times.

Ladies only Aqua (G) – The same as the usual Aqua class but for ladies only!

Mega Mix (I) – A fun, lively and highly energetic class to improve fitness and concentration levels.

Mega Tone (I) – Again a lively way to tone your whole body, increasing your metabolism so you can burn more calories at rest.

Meta Fit (I) – The new high intensity training session to keep your metabolism burning for hours afterwards.

Pilates (G) – A non-impact class guaranteed to flatten, tone and strengthen the torso area. A good idea if you suffer from minor back problems.

Pilates on the Ball (G) – A core based class, guaranteed to engage all those underlying muscles and strengthen the whole core. Beneficial for all.

Spinning (G) – Stationary bike based workout to improve cardiovascular fitness, offering a different interval based workout every time you train, a great workout for all.

Step (I) – A class that needs coordination and concentration. It will give you a great workout involving routines on the step box to raise your heart rate.

Street Dance (G) – A fun dance class influenced by the rhythms and techniques of funk and hip-hop music.

Vibe spin (I) – A Slightly different approach to the 'Schwinn spin'. This is a music orientated workout which is hardcore but a lot of fun and will keep you burning for hours.

Wake up Aerobics (G) – A fun and effective class for all levels to keep you fit and toned. Combining low impact aerobics to improve cardiovascular fitness and floor exercises to tone the whole body.

Weekend Wake Up (G) – An excellent workout designed to condition, tone and sculpt.

Yoga (G) – Releases everyday tension, improves posture, tone and flexibility, it will calm your mind and relieves stress.

Zumba (I) – A dance party full of fun Which primarily uses Latin dance moves. A great cardio workout.

Key: (G) - General / (I) - Intermediate



Class Time Table

DAY	TIME	INSTRUCTOR	CLASS
Monday	9.30 – 10.00	STAFF	BOOT CAMP
	10.00 – 11.00	PENNY	WAKE UP AEROBICS
	11.00 – 12.00	VERONIQUE	MEGA TONE
	6.15 – 7.15	MIMI	SPIN & ABS
	6.15 - 7.15	CONNOR	MEGA MIX
	6.30– 7.00	STAFF	BOOT CAMP
	7.15 - 8.15	COLLEEN	STREET DANCE
	8.30 - 9.30	DAIGA	YOGA

DAY	TIME	INSTRUCTOR	CLASS
Thursday	9.15 - 10.00	PENNY	LADIES ONLY AQUA
	9.30 - 10.00	STAFF	BOOT CAMP
	10.15 - 11.00	PENNY	LADIES ONLY AQUA
	10.15 - 11.15	DAIGA	YOGA
	6.00 - 6.45	VERONIQUE	AQUA (MIXED)
	6.30 - 7.30	PAULINE	LATIN AEROBICS
	6.30 - 7.00	STAFF	BOOT CAMP
	7.30 - 8.30	SARA	BODY CONDITIONING

DAY	TIME	INSTRUCTOR	CLASS
Tuesday	9.15 - 10.00	VERONIQUE	LADIES ONLY AQUA
	9.30 - 10.00	STAFF	BOOT CAMP
	10.15 - 11.00	VERONIQUE	LADIES ONLY AQUA
	10.10 - 11.00	PENNY	PILATES
	11.00 - 12.00	SARA	BODY SCULPT
	6.30 - 7.15	VERONIQUE	AQUA (MIXED)
	6.15 - 7.15	LIZ	STEP
	6.30 - 7.00	STAFF	BOOT CAMP
	7.15 - 8.00	LIZ	SPIN
7.15 - 8.15	DAIGA	ZUMBA	

DAY	TIME	INSTRUCTOR	CLASS
Friday	9.15 - 10.00	VERONIQUE	AM SPIN
	10.00 - 10.45	PENNY	AQUA (MIXED)
	10.00 - 11.00	TIFFANY	ZUMBA
	11.00 - 11.30	STAFF	BOOT CAMP
	11.00 - 12.00	PENNY	LBT
	6.00 - 7.00	VERONIQUE	SPIN & ABS
	6.30 - 7.00	STAFF	BOOT CAMP

DAY	TIME	INSTRUCTOR	CLASS
Wednesday	9.15 - 10.00	VERONIQUE	AM SPIN
	10.00 - 10.30	STAFF	BOOT CAMP
	10.00 - 11.00	PENNY	TOTAL KNOCKOUT
	6.15 - 7.15	WENDY	VIBE SPIN
	6.30 - 7.00	STAFF	BOOT CAMP
	6.30 - 7.30	KHURRAM	BOXFIT
	7.30 - 8.30	WENDY	META FIT
	8.30 - 9.30	PENNY	PILATES

DAY	TIME	INSTRUCTOR	CLASS
Saturday	9.15 - 10.00	MIMI	PAULINE
	10.00 - 11.00	PAULINE	WEEKEND WAKE UP
	10.30 - 11.00	STAFF	BOOT CAMP
	11.00 - 12.00	PAULINE	PILATES ON THE BALL

DAY	TIME	INSTRUCTOR	CLASS
Sunday	9.15 - 10.15	WENDY	BODY CONDITIONING
	10.15 - 11.00	WENDY	VIBE SPIN
	10.30 - 11.15	PENNY	AQUA (MIXED)
	11.00 - 12.00	SARA	LBT'S
	12.00 - 12.30	STAFF	BOOT CAMP
	12.00 - 1.00	BINAL	BOLLYWOOD

Please Note: classes with low attendance may be cut, so attend the ones you like! Please remember to sign in.