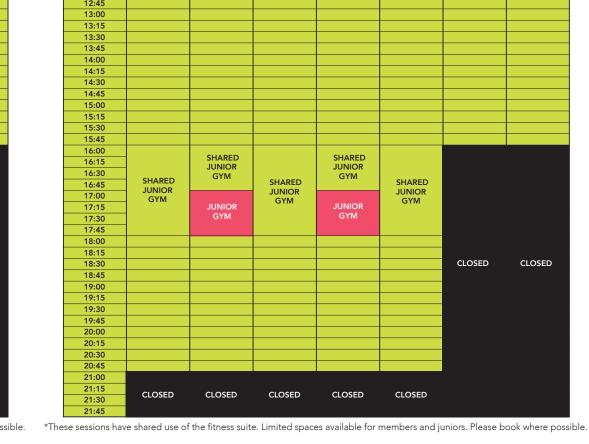
Fitness Suite - Term Time

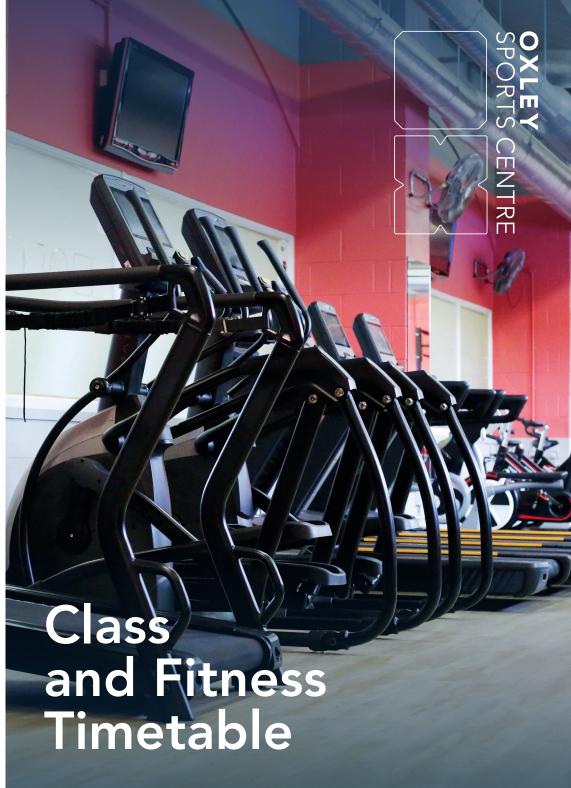
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Fitness Suite - School Holidays

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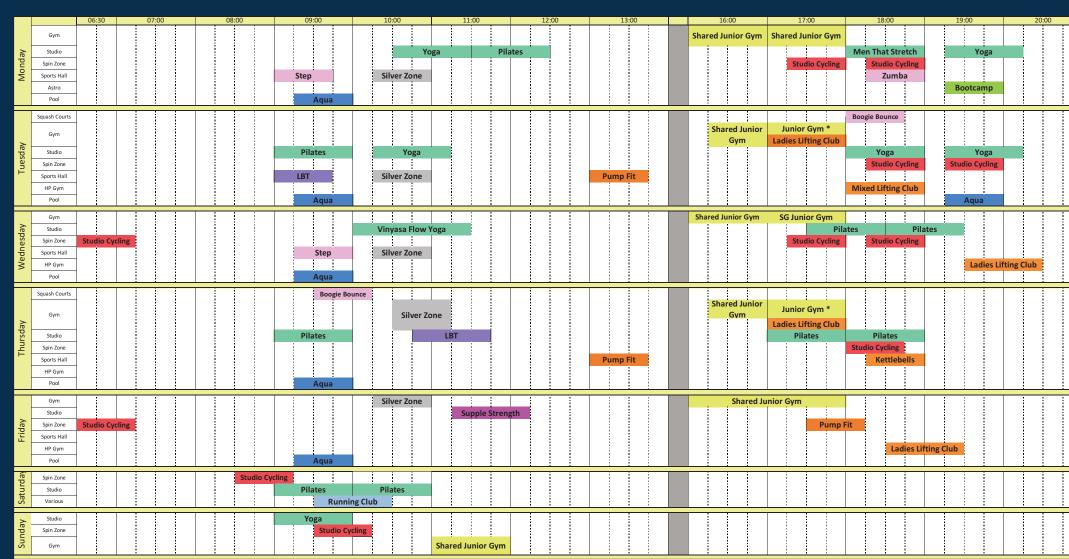


^{*}These sessions have shared use of the fitness suite. Limited spaces available for members and juniors. Please book where possible.

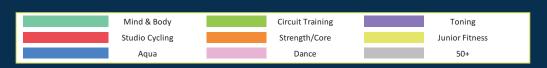


Class Timetable





Price List Senior Standard class £7.75 £7.25 £8.50 **Premium Class** £9.00 £10.50 90 min Yoqa £11.00 Standard class card 12 for 10 £72.50 £77.50 Premium class card 12 for 10 £90.00 £85.00 (does not include 90 min yoga)



Studio Cycling - A high-intensity exercise class on a stationary bike. Sessions are structured and incorporate various training modalities including power training, heart rate training and rhythm riding to the music. The studio cycling experience provides a fun and exciting atmosphere.

Box Fit - A high-intensity cardio workout based on boxing techniques using gloves and pad work. Suitable for all levels, this non-contact workout will you improve your agility, strength and overall fitness.

Circuits - A circuits-based class focusing on strength and conditioning. A mixture of body weight work, resistance exercises, core and cardiovascular exercise to suit all abilities.

Ladies Circuits - A circuits based class focusing on strength and conditioning for ladies only. A mixture of body weight work, resistance exercises, core and cardiovascular exercise to suit all abilities.

Bootcamp - A high intensity class aimed at building both strength and muscular endurance. Sessions can include a mixture of cardiovascular, bodyweight and resistance exercises. Individually or through teamwork you will be encouraged by the instructor to reach new limits in personal performance. Kept outside all year round.

Yoga - Yoga is an ancient practice that involves physical poses. concentration, and deep breathing. develop your lifting technique and A regular yoga practice can promote endurance, strength calmness, flexibility, and well-being.

Pilates - Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

Men That Stretch - A focus on flexibility, mobility and strength in this power yoga inspired session. A great way to future proof your body and expand your physical capability.

Agua - Water based aerobic exercise class. A great low impact class using the water to create resistance. Improves cardiovascular fitness as well as strengthening muscles and conditioning the body. A combination of shallow and deep-water exercise using only body weight and with the aid of sponge noodles and dumbbells.

Kettlebells - This class utilises the kettlebell for a variety of exercises that will help you to build muscle, increase strength and improve your flexibility and balance.

Pump fit - Pump Fit is a barbell based, resistance workout that's specifically designed to help you get toned, lean and fit. During this class you'll target all of you major muscle groups (as we squat, lift, press and curl). Suitable for all

session designed to help ladies learn more about strength training and gain confidence using free weights, each week you will gain some insight into the benefits of weightlifting, all in a social atmosphere.

Ladies Lifting Club - A new

Supple Strength - Tai Chi, yoga and Pilates all in one whole body workout. Guaranteed to improve cardiovascular and muscular endurance as well as flexibility.

LBT - Legs, bums and tums; Low impact, high volume workout designed to target the lower body and core using a variety of body weight, resistance band and fit ball

Step - Step aerobics is a form of aerobic exercise that involves stepping on and off a small platform/bench while doing upper body movements. The choreographed moves are done as moderate to high intensity cardiovascular workout and will get your heart pumping and challenge your stamina and coordination.

Boogie Bounce - A high energy, dance inspired workout performed on trampolines with a T-bar handle. Choreographed, fun, low impact routines that are suitable for all. Nonslip socks must be worn.

Zumba - Danced based group fitness classes that are fun and make you feel amazing. Zumba mixes low-intensity and high intensity moves for an interval-style, calorie burning dance fitness party

Silver Zone - A low impact class especially designed for our over 50 members. The variety of exercises makes the workout fun and keeps you motivated through the session. This class is a great way to become fitter, healthier and to meet people.

Junior Gym - Gym sessions for ages 11-15 years that provide them with a fun and safe environment to kickstart their love of fitness. Instructors are always on hand to educate participants to ensure they are able to get the most out of their workouts.

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