

Fitness Suite - Term Time

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15						CLOSED	CLOSED
06:30							
06:45							
07:00							
07:15							
07:30							
07:45							
08:00							
08:15							
08:30							
08:45							
09:00							
09:15							
09:30							
09:45							
10:00							
10:15							
10:30				SILVER ZONE	SILVER ZONE		
10:45				SILVER ZONE			
11:00						SHERBORNE GIRLS	SHARED JUNIOR GYM
11:15							
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
13:00							
13:15							
13:30							
13:45							
14:00							
14:15							
14:30				SHERBORNE GIRLS	SHERBORNE GIRLS		
14:45				SHERBORNE GIRLS			
15:00		SHERBORNE GIRLS		SHERBORNE GIRLS			
15:15		SHERBORNE GIRLS					
15:30							
15:45							
16:00							
16:15							
16:30							
16:45							
17:00							
17:15							
17:30							
17:45							
18:00							
18:15							
18:30							
18:45							
19:00							
19:15							
19:30							
19:45							
20:00							
20:15							
20:30							
20:45							
21:00							
21:15							
21:30							
21:45							

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

Fitness Suite - School Holidays

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15						CLOSED	CLOSED
06:30							
06:45							
07:00							
07:15							
07:30							
07:45							
08:00							
08:15							
08:30							
08:45							
09:00							
09:15							
09:30							
09:45							
10:00							
10:15							
10:30					SILVER ZONE		
10:45							
11:00				SILVER ZONE			
11:15							SHARED JUNIOR GYM
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
13:00							
13:15							
13:30							
13:45							
14:00							
14:15							
14:30							
14:45							
15:00							
15:15							
15:30							
15:45							
16:00							
16:15							
16:30							
16:45							
17:00							
17:15							
17:30							
17:45							
18:00							
18:15							
18:30							
18:45							
19:00							
19:15							
19:30							
19:45							
20:00							
20:15							
20:30							
20:45							
21:00							
21:15							
21:30							
21:45							

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



Class  
and Fitness  
Timetable

# Class Timetable



Monday	Gym	06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00		16:00	17:00	18:00	19:00	20:00
	Studio										Shared Junior Gym	Shared Junior Gym			
	Spin Zone												Men That Stretch		
	Sports Hall				Step							Studio Cycling	Studio Cycling		
	Astro					Silver Zone							Zumba		
	Pool				Aqua									Bootcamp	
Tuesday	Squash Courts											Shared Junior Gym			
	Gym											Junior Gym *	Boogie Bounce		
	Studio				Pilates							Ladies Lifting Club			
	Spin Zone												Yoga		
	Sports Hall				LBT								Studio Cycling	Studio Cycling	
	HP Gym					Silver Zone			Pump Fit				Mixed Lifting Club		
Wednesday	Pool				Aqua									Aqua	
	Gym										Shared Junior Gym	SG Junior Gym			
	Studio												Pilates	Pilates	
	Spin Zone	Studio Cycling										Studio Cycling	Studio Cycling		
	Sports Hall				Step										
	HP Gym					Silver Zone									Ladies Lifting Club
Thursday	Pool				Aqua										
	Squash Courts					Boogie Bounce						Shared Junior Gvm			
	Gym											Junior Gym *			
	Studio				Pilates							Ladies Lifting Club			
	Spin Zone											Pilates	Pilates		
	Sports Hall								Pump Fit				Studio Cycling	Kettlebells	
Friday	HP Gym														
	Pool														
	Gym										Shared Junior Gym				
	Studio														
	Spin Zone	Studio Cycling										Pump Fit			
	Sports Hall													Ladies Lifting Club	
Saturday	Pool				Aqua										
	HP Gym														
	Spin Zone														
Sunday	Studio														
	Spin Zone														
	Gym														

## Price List

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

## Adult

£7.75
£9.00
£11.00
£77.50
£90.00

## Senior

£7.25
£8.50
£10.50
£72.50
£85.00 (does not include 90 min yoga)

	Mind & Body		Circuit Training		Toning
	Studio Cycling		Strength/Core		Junior Fitness
	Aqua		Dance		50+

\*These Sessions are TERM TIME only

**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. 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.

**Aqua** - 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 levels.

**Ladies Lifting Club** - A new session designed to help ladies learn more about strength training and gain confidence using free weights. each week you will develop your lifting technique and gain some insight into the benefits of weightlifting, all in a social atmosphere.

**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 exercises.

**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.

If you are unable to attend a booked class, you must call the Centre or cancel online (no less than 2 hours before the start time). Failure to do so, will result in a loss of book priviledges.

Bradford Road, Sherborne, Dorset DT9 3DA  
T. 01935 818270 E. [osc\\_info@sherborne.com](mailto:osc_info@sherborne.com)  
[www.oxleysc.com](http://www.oxleysc.com)