

Fitness Suite - Term Time

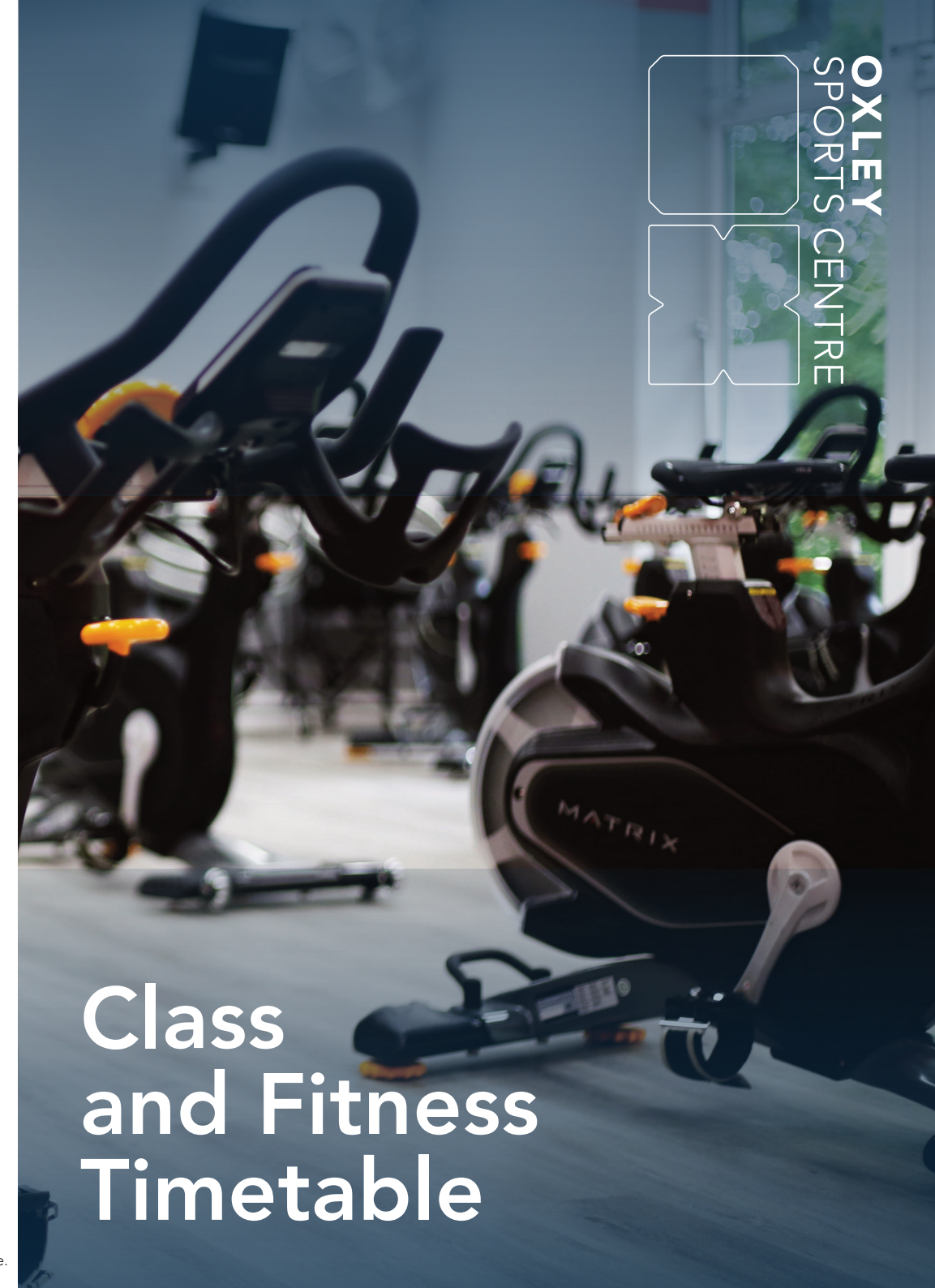
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17:00	SHERBORNE GIRLS	JUNIOR GYM		JUNIOR GYM			
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21:15	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
21:30							
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*These sessions have shared use of the 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							
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17:00		JUNIOR GYM		JUNIOR GYM			
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18:30						CLOSED	CLOSED
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20:15							
20:30							
20:45							
21:00							
21:15	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
21:30							
21:45							

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



OXLEY
SPORTS CENTRE

Class and Fitness Timetable

Class Timetable



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

Price List

	Adult	Senior
Standard class	£7.00	£6.50
Premium Class	£7.75	£7.25
90 min Yoga	£9.50	£9.00
Standard class card 12 for 10	£70.00	£65.00
Premium class card 12 for 10	£77.50	£72.50 (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.

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.

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 your major muscle groups (as we squat, lift, press and curl). Suitable for all levels.

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 fitball 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. Non slip 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.

Weekend Workouts - Something different every weekend, a chance to try something new or get in on a class you already enjoy. Each weekend workout will be advertised at the start of each week.

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 privileges.

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