

Fitness Suite - Term Time

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15						CLOSED	CLOSED
06:30							
06:45							
07:00							
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10:30				SILVER ZONE			
10:45						SHERBORNE GIRLS	SHARED JUNIOR GYM
11:00							
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12:00						SHERBORNE GIRLS	
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15:00		SHERBORNE GIRLS		SHERBORNE GIRLS			
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16:30	SHARED JUNIOR GYM	SHARED JUNIOR GYM	SHARED JUNIOR GYM	SHARED JUNIOR GYM	SHARED JUNIOR GYM		
16:45							
17:00		SHARED JUNIOR GYM	SHERBORNE GIRLS	JUNIOR GYM			
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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.

Fitness Suite - School Holidays

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15						CLOSED	CLOSED
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16:15							
16:30	SHARED JUNIOR GYM	SHARED JUNIOR GYM		SHARED JUNIOR GYM	SHARED JUNIOR GYM		
16:45			SHARED JUNIOR GYM				
17:00		SHARED JUNIOR GYM		JUNIOR GYM			
17:15							
17:30							
17:45							
18:00							
18:15							
18:30							
18:45						CLOSED	CLOSED
19:00							
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20:00							
20:15							
20:30							
20:45							
21:00							
21:15	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
21:30							
21:45							

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Class
and Fitness
Timetable

Class Timetable



		06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00		15:00	16:00	17:00	18:00	19:00	20:00
Monday	Gym															
	Studio						Yoga	Pilates							Yoga	
	Spin Zone												Studio Cycling			
	Sports Hall			Step			Silver Zone							Hybrid		
	Astro														Bootcamp	
	Pool				Aqua											
Tuesday	Strength Gym											Junior Strength		Ladies Lifting Club	Boogie Bounce	
	Gym												Shared Junior Gym	Shared Junior Gym		
	Studio				Pilates		Yoga							Yoga	Yoga	
	Spin Zone													Studio Cycling	Studio Cycling	
	Sports Hall				LBT		Silver Zone			Pump Fit				Hybrid		
	Pool				Aqua										Aqua	
Wednesday	Strength Gym															
	Gym															
	Studio						Vinyasa Flow Yoga									
	Spin Zone	Studio Cycling														
	Sports Hall				Step		Silver Zone									
	Pool				Aqua											
Thursday	Strength Gym						Boogie Bounce					Junior Strength		Ladies Lifting Club	Strength Club	
	Gym							Silver Zone					Shared Junior Gym	Shared Junior Gym		
	Studio				Pilates									Pilates	Pilates	
	Spin Zone															
	Sports Hall									Pump Fit				Studio Cycling	Kettlebells	
	Pool				Aqua										Hybrid	
Friday	Gym												Shared Junior Gym			
	Studio							Supple Strength						Yoga		
	Spin Zone	Studio Cycling												Pump Fit		
	Sports Hall						Silver Zone									
	Pool				Aqua											
Saturday	Spin Zone				Studio Cycling											
	Studio					Pilates	Pilates									
	Various					Running Club										
Sunday	Studio				Stretch Flow											
	Spin Zone				Studio Cycling											
	Gym							Shared Junior Gym								

Price List	Adult	Senior
Standard class	£8.75	£8.25
Premium class	£9.25	£8.75
90 min Yoga	£11.35	£10.80
Standard class card 12 for 10	£80.00	£74.50
Premium class card 12 for 10	£92.50	£87.50 (does not include 90 min yoga)

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

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.

M45 - A 45-minute metabolic conditioning (MetCon) workout designed to improve cardiovascular fitness, strength, and endurance. Using a combination of functional movements, resistance exercises, and high-intensity intervals, M45 provides a challenging, full-body workout in a motivating group environment.

Hybrid - A high-energy training class, combining running, functional strength exercises, and endurance challenges, this class is designed to improve overall fitness, strength, stamina, and performance in a motivating group environment. Suitable for all fitness levels, with exercises scalable to individual ability.

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.

Run Club - A welcoming group running session suitable for a range of abilities. Tuesdays focus on developing running technique through drills and coached sessions, while Saturdays offer a relaxed social run designed to build endurance and enjoy running with others in a supportive environment.

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 aswell 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.

Strength Club - A coach-led group strength training session held in our dedicated strength area. Using free weights, resistance equipment, and proven training methods, this class focuses on building strength, improving technique, and increasing confidence in the gym.

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.

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

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.

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.

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.

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.

Junior Strength - A supervised strength training class designed specifically for 14-16 year olds. Participants will learn safe lifting techniques, proper exercise form, and the fundamentals of strength training in a supportive and structured environment, helping to build confidence, fitness, and athletic performance.

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.

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*These Sessions are TERM TIME only