

Fitness Suite - Term Time

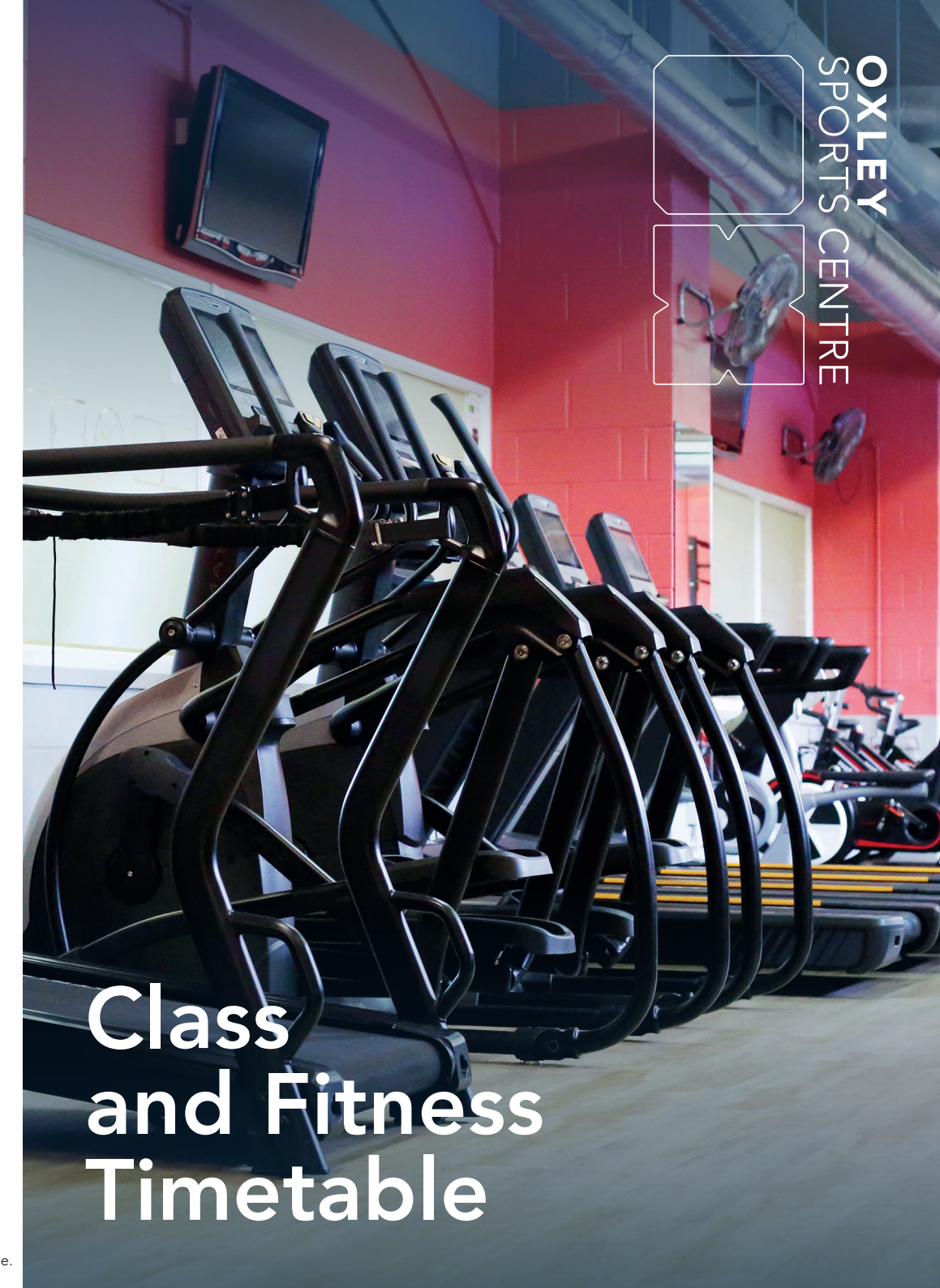
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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10:45				SILVER ZONE			
11:00							SHARED JUNIOR GYM
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11:30						SHERBORNE GIRLS	
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17:00		SHARED JUNIOR GYM	SHERBORNE GIRLS	JUNIOR GYM	SHARED JUNIOR GYM		
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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							
06:30							
06:45							
07:00						CLOSED	CLOSED
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16:30		SHARED JUNIOR GYM		SHARED JUNIOR GYM			
16:45	SHARED JUNIOR GYM	SHARED JUNIOR GYM	SHARED JUNIOR GYM	SHARED JUNIOR GYM	SHARED JUNIOR GYM		
17:00		SHARED JUNIOR GYM	SHARED JUNIOR GYM	JUNIOR GYM	SHARED JUNIOR GYM		
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17:45							
18:00							
18:15							
18:30						CLOSED	CLOSED
18:45							
19:00							
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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.



Class and Fitness Timetable

OXLEY
SPORTS CENTRE

Class Timetable



		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
Monday	Squash Courts					Silver Zone								
	Gym						Yoga	Pilates		Shared Junior Gym	Shared Junior Gym			
	Studio											Men That Stretch	Yoga	
	Spin Zone										Studio Cycling	Studio Cycling		
	Sports Hall				Step							Hybrid		Bootcamp
	Astro													
Pool				Aqua										
Tuesday	Squash Courts					Silver Zone								
	Gym						Yoga			Shared Junior Gym	Shared Junior Gym	Boogie Bounce		
	Studio				Pilates							Yoga	Yoga	
	Spin Zone											Studio Cycling	Studio Cycling	
	Sports Hall				LBT						Ladies Lifting Club	Hybrid		
	HP Gym								Pump Fit					
Pool				Aqua									Aqua	
Wednesday	Squash Courts													
	Gym									Shared Junior Gym	SG Junior Gym			
	Studio						Vinyasa Flow Yoga					Pilates	Pilates	
	Spin Zone	Studio Cycling									Studio Cycling			
	Sports Hall				Step		Silver Zone						Ladies Lifting Club	
	HP Gym													
Pool				Aqua										
Thursday	Squash Courts													
	Gym									Shared Junior Gym	Junior Gym *			
	Studio										Ladies Lifting Club			
	Spin Zone				Pilates						Pilates	Pilates		
	Sports Hall						LBT					Studio Cycling	Kettlebells	
	HP Gym						Silver Zone			Pump Fit				
Pool				Aqua										
Friday	Squash Courts													
	Gym									Shared Junior Gym				
	Studio													
	Spin Zone	Studio Cycling									Pump Fit			
	Sports Hall												Ladies Lifting Club	
	HP Gym													
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	£8.00	£7.45
Premium class	£9.25	£8.75
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)
Yoga class	£113.50	£108.00

	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.

Hybrid - 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 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.

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 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.

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 privileges.

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