

# CLASSES at the



Valid from the 2nd June - 2nd September 2008

Day	Time	Class	Location	Level/Staff
<b>MONDAY</b>	7.00 – 7.45am	<b>GROUP CYCLING</b>	H Pod	* LC Staff
	10.00 – 11.00am	<b>PEAK PHYSIQUE</b>	Studio A	* Mandy
	9.30 – 10.30am	<b>PILATES</b>	Studio B	* Hannah
	5.30 – 6.30pm	<b>CARDIO KICK</b>	Studio A	** Simon
	5.30 – 6.30pm	<b>TAI CHI</b>	Studio B	Anne
	6.30 – 7.30pm	<b>CIRCUITS</b>	Sports Hall	LC Staff
	6.30 – 7.30pm	<b>HIP HOP</b>	Studio A	Candice
	6.30 – 7.30pm	<b>LEGS, BUMS &amp; TUMS</b>	Studio B	Andrea
	7.30 – 8.15pm	<b>GROUP CYCLING</b>	H Pod	* LC Staff
7.30 – 8.30pm	<b>BODY SCULPT</b>	Studio A	Candice	
<b>TUESDAY</b>	9.30 – 10.30am	<b>STEP</b>	Studio A	* Bev
	9.45 – 10.30pm	<b>EASY TONING</b>	Easy line studio	LC Staff
	10.30 – 11.30am	<b>PRE &amp; POST NATAL</b>	Studio A & Easy line studio	Sara
	10.45 – 11.30am	<b>AQUAROBICS</b>	Water park	Diane
	12.30 – 1.00pm	<b>PILATES</b>	Studio B	Hannah
	1.00 – 1.30pm	<b>PILATES</b>	Studio B	Hannah
	5.30 – 6.15pm	<b>GROUP CYCLING</b>	H Pod	** LC Staff
	5.30 – 6.30pm	<b>BODY BEATS</b>	Studio B	Andrea
	6.15 – 7.15pm	<b>SALSA AEROBICS</b>	Studio A	Sam
	6.30 – 7.30pm	<b>PEAK PHYSIQUE</b>	Studio B	Sarah
	7.30 – 8.15pm	<b>GROUP CYCLING</b>	H Pod	** LC Staff
	7.30 – 8.30pm	<b>YOGA</b>	Studio B	Roanna
<b>WEDNESDAY</b>	6.45 – 7.30am	<b>GROUP CYCLING</b>	H Pod	* LC Staff
	9.00 – 10.00am	<b>YOGA</b>	Studio B	Roanna
	9.30 – 10.15am	<b>LEGS, BUMS &amp; TUMS</b>	Studio A	Bev
	4.15 – 5.15pm	<b>KIDS CIRCUITS</b>	Easyline room	LC Staff
	5.30 – 6.30pm	<b>PEAK PHYSIQUE</b>	Studio A	Simon
	5.45 – 6.30pm	<b>FIT BALL</b>	Studio B	Julie
	6.00 – 6.45pm	<b>GROUP CYCLING</b>	H Pod	** Pete
	6.30 – 7.30pm	<b>CARDIO KICK</b>	Studio B	Simon
	7.00 – 8.00pm	<b>BOXERCISE</b>	Studio A	Pete
	7.30 – 8.30pm	<b>PILATES</b>	Studio B	Hannah
<b>THURSDAY</b>	9.30 – 10.30am	<b>AQUAROBICS</b>	Water park	Bev
	10.00 – 11am	<b>PEAK PHYSIQUE</b>	Studio A	Mandy
	12.30 – 1.00pm	<b>GROUP CYCLING</b>	H Pod	LC Staff
	5.30 – 6.00pm	<b>AB BLASTER</b>	Studio A	Anthony
	5.30 – 6.30pm	<b>KIDS HIP HOP</b>	Studio B	LC Staff
	6.00 – 7.00pm	<b>STEP</b>	Studio A	* Anthony
	6.00 – 6.45pm	<b>GROUP CYCLING</b>	H Pod	* LC Staff
	6.30 – 7.30pm	<b>PILATES</b>	Studio B	* Lindi
	7.00 – 8.00pm	<b>BOXERCISE</b>	Studio A	Pete
	7.30 – 8.30pm	<b>YOGA</b>	Studio B	Janet
<b>FRIDAY</b>	7.00 – 7.45am	<b>GROUP CYCLING</b>	H Pod	* LC Staff
	9.30 – 10.30am	<b>AEROBICS</b>	Studio A	Louise
	10.30 – 11.30am	<b>BODY CONDITIONING</b>	Studio A	Louise
	5.00 – 5.45pm	<b>GROUP CYCLING</b>	H Pod	LC Staff
	6.00 – 7.00pm	<b>CARDIO MAX</b>	Studio A	** LC Staff
<b>SATURDAY</b>	10.00 – 10.45am	<b>DANCE AEROBICS</b>	Studio A	** Ruth
	10.00 – 10.45am	<b>GROUP CYCLING</b>	H Pod	** LC Staff
	10.45 – 11.30am	<b>BODY CONDITIONING</b>	Studio A	* Ruth
	12.30 – 1.30pm	<b>KIDS CIRCUITS</b>	Easyline room	* LC Staff
<b>SUNDAY</b>	10.00 – 11.00am	<b>PEAK PHYSIQUE</b>	Studio A	Lindi
	5.30 – 6.30pm	<b>CIRCUITS</b>	Sports Hall	LC Staff
	5.00 – 6.00pm	<b>PILATES</b>	Studio B	** Julie
	6.00 – 7.00pm	<b>PILATES</b>	Studio B	* Julie

Level: [no star] Suitable for all abilities / \*Beginner / \*\*Intermediate. Please call 01792 466500 and choose option 6 to book.

A choreographed workout on a step platform. Great for cardiovascular training but also one of the best workouts for thighs and bums. Steps can be adjusted to your preferred height.

A high energy boxing cardio class where you work as a group and with a training partner for the ultimate boxing workout.

Using the Easyline equipment this class is suitable for children between the ages of 14-16. It is also suitable for the older adult.

A high energy class that has a combination of dance, boxing, aerobic & toning all below the belt. This class is great for cardiovascular training and will leave you feeling energised.

Working from a mat to exercise muscles such as the lower back and abdominals. This class also improves your posture and tone by using lengthening, strengthening and stretching exercises.

Cardio Kick is an aerobic exercise program that will help you to lose weight, tone up your muscles and have fun. The class combines cardio kick, weight training along with Power Abs and stretching.

Following a set routine between stations at quick intervals with some serious motivation from your coach. A whole body workout especially good for muscular strength and endurance. It's a great class to do with your partner.

A gentle form of exercise which relaxes the body and relieves stress, encourages a good posture, body balance and breathing techniques.

Yoga consists of exercises that stimulate, relax and revitalise the mind and body. There are various types of yoga classes: Astanga yoga is dynamic and suitable for those looking for a more vigorous workout and Hatha is a more gentle form of yoga that consists of stretches and meditation.

A high intensity, fun, aerobic workout, combining simple choreography with strength and toning exercises to the latest dance beats.

A core strengthening class which is designed to improve range of motion, strength, stability co-ordination and balance.