



Fitness Timetable 2025

Monday

18:30-19:30
Cardio Tone
Julie

19:30-20:30
Circuits
Julie

19:30-20:30
Pilates
Jan

20:00-21:00*
Yoga
Wendy

Tuesday

18:30-19:15
Spin
Sally

19:30-20:45
**Total body &
Stretch**
Julie

19:30-20:30
Yoga
Lin

19:40-20:25
**Aqua Aerobics
(Deep)**
Sally

Wednesday

18:30-19:30
**Tone &
Strength**
Nicole

19:30-20:30
Bootcamp
Nicole

19:30-20:30
Pilates
Jan



Thursday

17:45-18:15
Express Spin
Nicole

18:30-19:30
**Legs, Bums &
Tums**
Nicole

19:40-20:40
Yoga
Lin

19:40-20:40
**Aqua Aerobics
(Shallow)**
Jan

Sunday

9:00-10:00
FitStart
Rishi

10:00-10:45
Spin
Sally



Class description

Aqua Aerobics

A high-energy, fun pool-based fitness class that combines a variety of aerobic exercises to boost your overall fitness level.

Deep Water: A challenging workout held in deep water, focusing on strength and endurance.

Shallow Water: A lower-impact option performed in shallow water, perfect for improving cardiovascular fitness and toning muscles.

Bootcamp/ Circuits/ FitStart

A circuit-style class combining traditional calisthenics and bodyweight exercises with interval and strength training for a dynamic workout. Bootcamp being high intensity, Circuits Mid intensity suitable for anyone, Fitstart focusing on technique, people new to gym or returning ideal for this class.

Cardio Tone

If you're after a full-body workout that burns fat and tones muscles, this class is perfect for you.

Legs Bums Tums

A toning workout targeting the abs and lower body, designed to sculpt, burn fat, and enhance flexibility.

Stretch 15 mins

This class is designed to enhance flexibility and is suitable for all fitness levels and abilities.

Strength and Tone

This class focuses on building physical strength through a combination of weighted and bodyweight exercises, suitable for all fitness levels and abilities.

Spinning

An intense cycling class set to music and led by a certified instructor.

Spin: A 45-minute class that brings the benefits of outdoor cycling indoors, focusing on speed, endurance, and power to challenge and improve your fitness.

Express Spin: A high-intensity, short-duration cycling workout.

Sunday Spin: A welcoming class for all fitness levels and spinning experience, designed to be inclusive and enjoyable for everyone, 80s spin class first Sunday of every Month

Pilates

A widely-loved, low-impact workout that enhances flexibility, builds strength, and improves control and endurance for the entire body.

Yoga

Feel the tensions of the day fall away as you breathe deeply and unwind in this soothing class that's designed to stretch your body and calm your mind.

**Starting at 8pm from Monday 20th January, first 2 Mondays 7:30pm start*

Other Classes Run Externally

Wado-Ryu Karate

Free for members. Please present your membership card at each class. For more information, call 01277 899336.