



MONDAY	CLASS	INTENSITY	LEVEL
8.15-9.15am	PILATES	1-2	ALL ABILITIES
9.30-10.30am	PILATES	1-2	ALL ABILITIES
10.30-11.15am	ZUMBA Fitness	1-3	ALL ABILITIES
11.15-12.00pm	LEGS BUMS AND TUMS	2	ALL ABILITIES
12.15-1.15pm	SHALLOW AQUA FITNESS(term time only)	1-2	ALL ABILITIES
12.30-1.30pm	CHI-GONG	1	ALL ABILITIES
6.15-7.00pm	CARDIO KICK	2-3	ALL ABILITIES
7.00-8.00pm	ANTE-NATAL AQUA FITNESS	1-2	PREGNANT WOMEN
6.45-7.30pm	DEEP AQUA FITNESS	1-3	ALL ABILITIES
7.00-7.45pm	ZUMBA Fitness- new instructor	1-3	ALL ABILITIES
8.00-9.30pm	YOGA (Iyenga)	1-2	ALL ABILITIES
TUESDAY	CLASS		LEVEL
8.15-9.00am	DEEP AQUA FITNESS	1-3	ALL ABILITIES
9.15-10.00am	ZUMBA GOLD new time	1-2	50+ ACTIVE GENERATION
10.05-11.05am	PILATES new time	1-3	INTERMEDIATE
11.10-11.55am	AEROBICS – new class	2-3	ALL ABILITIES
12.00-1.00pm	YOGA (Iyenga)	1-2	BEG/INTERMEDIATE
1.15-2.15pm	BODY AWARENESS (Feldenkraise)	1	ALL ABILITIES
5.00-6.00pm	BELLY DANCING	1-2	ALL ABILITIES
6.00-6.45pm	BODYTONE	1-2	ALL ABILITIES
7.00-7.45pm	DEEP AQUA FITNESS	1-3	ALL ABILITIES
8.00-8.45pm	DEEP AQUA FITNESS	1-3	ALL ABILITIES
6.45-7.45pm	STEP AND SCULPT	2-3	ALL ABILITIES
7.45-8.45pm	ACTIVE PUMP	1-3	ALL ABILITIES
8.45-9.15pm	HARDCORE ABS + BACK	1-3	ALL ABILITIES
WEDNESDAY	CLASS		LEVEL
7.15-8.00am	CIRCUIT- new instructor	1-3	ALL ABILITIES
9.45-10.45am	BODY CONDITIONING	1-2	ALL ABILITIES
10.45-11.45am	PILATES	1-2	INTERMEDIATE
12.15-1.00pm	DEEP AQUA FITNESS(term time only)	1-2	ALL ABILITIES
1.15-2.15pm	TOTAL BODY WORKOUT	1-3	ALL ABILITIES
5.00-6.00pm	BODY AWARENESS (Feldenkrais)	1	ALL ABILITIES
6.00-6.45pm	LEGS BUMS & TUMS	2-3	ALL ABILITIES
6.45-7.45pm	PILATES	1-2	BEGINNERS
6.30-7.30pm	ANTE-NATAL AQUA FITNESS	1	PREGNANT WOMEN
7.30-8.30pm	ANTE-NATAL AQUA FITNESS	1	PREGNANT WOMEN
8.00-8.45pm	DEEP AQUA FITNESS new time&instructor	1-2	WOMEN ONLY
7.45-8.30pm	AEROBIC CONDITIONING	1-3	ALL ABILITIES
THURSDAY	CLASS		LEVEL
8.15-9.00am	DEEP AQUA FITNESS	1-2	ALL ABILITIES
9.15-10.15am	BODY AWARENESS (Feldenkraise)	1	ALL ABILITIES
10.15-11.00am	ZUMBA fitness	1-3	ALL ABILITIES
11.00-12.00pm	PILATES	1-3	INTERMEDIATE
12.15-1.45pm	YOGA (Iyenga)	1-2	ALL ABILITIES
2.00-3.00pm	LABAN Technique	1-2	ALL ABILITIES
6.00-6.45pm	AEROTONE	2-3	ALL ABILITIES
6.45-7.30pm	ACTIVE PUMP	1-3	ALL ABILITIES
7.30-8.00pm	HARDCORE ABS+BACK	1-3	ALL ABILITIES
7.00-7.45pm	DEEP AQUA FITNESS	1-3	ALL ABILITIES
8.00-8.45pm	DEEP AQUA FITNESS	1-3	ALL ABILITIES
8.00-9.00pm	BOXING CIRCUIT – new time	2-3	ALL ABILITIES
FRIDAY	CLASS		LEVEL
9.30-10.30am	AEROBICS	2	ALL ABILITIES
10.30-11.30am	FLEX & STRETCH	1	ALL ABILITIES
11.30-12.30pm	PILATES	1-2	ALL ABILITIES
12.45-2.15pm	YOGA (hatha)	1-2	ALL ABILITIES
1.00-2.00pm	SHALLOW AQUA FITNESS(term time only) new instructor	1-2	WOMEN ONLY
6.30-7.30pm	CARDIO COMBAT	2-3	ALL ABILITIES
7.30-8.30pm	PILATES	1-3	IMPROVERS
8.30-9.30pm	YOGA (Iyenga)	1-2	ALL ABILITIES
SATURDAY	CLASS		LEVEL
9.00-9.45am	SATURDAY STEP	2-3	ALL ABILITIES
9.45-10.30am	LEGS BUMS & TUMS	2	ALL ABILITIES
10.30-12.00pm	YOGA (Iyenga)	1-2	BEGINNERS
12.00-1.30pm	YOGA (Iyenga) new instructor	1-3	ADVANCED
5.00-6.00pm	SALSA	1-2	ALL ABILITIES
SUNDAY	CLASS		LEVEL
9.00-9.45am	ACTIVE PUMP	1-3	ALL ABILITIES
9.45-10.45am	AEROBICS	2	INTERMEDIATE
11.00-12.30pm	YOGA (Hatha)	1-2	BEGINNERS
1.00-2.30pm	CAPOEIRA - new time	2-3	ALL ABILITIES
5.30-6.30pm	PILATES	1-2	INTERMEDIATE
6.30-7.30pm	PILATES	2-3	ADVANCED
6.30-7.30pm	SHALLOW AQUA FITNESS	1-2	ALL ABILITIES

* All participants are required to obtain a valid ticket for their class. For enquiries please call: 020 8341 356 7* Late arrivals will NOT be allowed entry (10 mins+).

* No children are permitted to attend adult classes * Please note that all class durations advertised include 5 min. change over, set up and administration time.

* Changes to the timetable may be made at short notice.

CLASS DESCRIPTION

Belly Dancing-

Originates from the Middle East and besides being a beautiful dance it is also a great way to keep fit and exercise. You will improve your stamina, coordination and confidence. Lots of fun and an escape from everyday routine.

Cardio Kick /Cardio Combat

An intense but simple aerobics class based on martial arts style choreography. High energy, calorie burning class.

Movement Awareness Class (Feldenkrais Exercise)

Awareness through movement, focuses on posture, flexibility, breathing, can relieve stiffness and chronic pain also helpful in injury prevention. All exercises done on the floor and modifications and adaptations are offered for different abilities and needs.

Capoeira- is an Afro-Brazilian art form that combines elements of martial arts, games, music, and dance. It's a great way to gain fitness and learn new skills through a full body approach. All abilities welcome.

Body Sculpt/ Active Pump

An intensive free weight barbell class to music aiming to develop muscle tone in all body areas.

Zumba Fitness

Combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It's based on the principle that a workout should be fun and easy to do. It's a 'feel fee' workout that is great for both the body and the mind.

Zumba Gold- Zumba fitness class (read above) modified for the needs of the older generation - lots of fun while you move to the beat of inspirational music and meet other people with whom to share the joy.

Total body work out/ Body Conditioning

Full body workout combining step workout to target the lower body and toning exercises for arms and abs areas. High calorie burning class with floor exercises to target 'trouble' areas.

Chi- Gong

An internal Chinese meditative practice which uses slow graceful movements and controlled breathing techniques to promote the circulation of qi energy within the body, and enhance a practitioner's overall health. Good for balance and posture and suitable for all ages.

Bodymax / Body Tone/ Legs Bums and Tums/ Aerotone/ Aerobic Conditioning

These sessions could have different formats but they will always give you a full body workout including cardio and muscular fitness often using hand weights for specific muscles to improve tone.

Hi-Lo Aerobics/ Hi-Lo Cardio

Low and high impact aerobic class with some choreographed sequences.

Hardcore Abs and back

Focusing on the mid section and core muscles. Please note that participants with back problem may not be able to perform all the exercises.

Boxing Circuit

Martial arts class involving partner work using punching gloves, pads, shields. Develops endurance, power, agility, strong mind. No previous experience necessary.

Spinning

Stationary bike work out to music. Beginners need to arrive 5 min. early.

Steps

An aerobic work out to music using step platforms to achieve intensity.

Mixed Circuit

Whole body workout combining aerobic and muscle work without music

Pilates

Help develop strength, flexibility, endurance and posture without building bulk or stressing joints.

Yoga

A controlled movement class aiding relaxation and stress management with flexibility benefits.

Aerobics/ Hi-Lo Cardio

A high energy level aerobic work out to music designed to improve the efficiency of the Heart and lungs. The classes sometimes have a short floor work section for muscle toning.

Aqua Fitness

A low impact aerobic work out in the shallow part of the main pool using the water resistance and buoyancy. Suitable for non swimmers, post injury, weight management.

Deep Aqua Fitness

A non-impact aerobic workout in deep water using floatation belts.

Ante – Natal Aqua fitness

Gentle exercise class held in the shallow waters of the teaching pool for expectant mums.

Laban Technique

A whole body workout designed to lift your energy levels through simple creatively choreographed dance routines. Done in bare feet or jazz-skin shoes.