



Group Exercise Timetable - TGLC

(From 4th Jan 2010)

| MONDAY | CLASS | LEVEL | VENUE |
|------------------|---|----------------------|---------------|
| 10.00-11.00am | 50+ AEROBICS | ALL ABILITIES | ACTIVE STUDIO |
| 10.00-10.45am | SPINNING | ALL ABILITIES | SPIN STUDIO |
| 11.05-11.50am | LEGS BUMS & TUMS | ALL ABILITIES | ACTIVE STUDIO |
| 12.00-1.00pm | YOGA (Iyenga) | ALL ABILITIES | ACTIVE STUDIO |
| 5.00-6.00pm | NEW TO CLASSES new- start 18thJan | BEGINNERS | ACTIVE STUDIO |
| 6.00-7.00pm | LEGS BUMS AND TUMS | ALL ABILITIES | ACTIVE STUDIO |
| 6.00-7.00pm | YOGA (Hatha) | BEGINNERS | SILVER ROOM |
| 6.15-7.00pm | SPINNING | ALL ABILITIES | SPIN STUDIO |
| 7.05-7.50pm | AQUA FITNESS | ALL ABILITIES | TEACHING POOL |
| 7.05-8.05pm | STEP AND SCULPT | ALL +5 kids allowed | ACTIVE STUDIO |
| 7.10-8.10pm | YOGA (Hatha) | BEG/INTERM | SILVER ROOM |
| 7.30-8.15pm | SPINNING | ALL ABILITIES | SPIN STUDIO |
| 7.55-8.40pm | DEEP AQUA FITNESS | ALL ABILITIES | TEACHING POOL |
| 8.15-9.15pm | MIXED CIRCUITS | ALL ABILITIES | Main Hall |
| TUESDAY | | | |
| 10.00-11.00am | AEROBICS | WOMEN ONLY +5 kids | ACTIVE STUDIO |
| 11.00-11.45pm | LEGS BUMS & TUMS | ALL ABILITIES | ACTIVE STUDIO |
| 11.45-12.30pm | SPINNING | ALL ABILITIES | SPIN STUDIO |
| 12.00-12.45pm | CHAIR BASED EXERCISE | Specialised Class | ACTIVE STUDIO |
| 12.50-1.50pm | PILATES | ALL ABILITIES | ACTIVE STUDIO |
| 4.45-5.45pm | STREET JAM | 4-11 yrs | ACTIVE STUDIO |
| 6.00-7.30pm | YOGA (Hatha) | ALL ABILITIES | ACTIVE STUDIO |
| 6.30-7.30pm | SPINNING | INTERMEDIATE | SPIN STUDIO |
| 7.00-8.00pm | PILATES- new time/day | IMPROVERS | SILVER ROOM |
| 7.30-8.15pm | DANCE AEROBICS | ALL ABILITIES | ACTIVE STUDIO |
| 7.35-8.20pm | SPINNING new instructor | ALL ABILITIES | SPIN STUDIO |
| 8.15-9.15pm | BOXERCISE | ALL ABILITIES | ACTIVE STUDIO |
| WEDNESDAY | | | |
| 10.00-11.00am | 50+ ACTIVE GENERATION | ALL ABILITIES | ACTIVE STUDIO |
| 11.10-12.10pm | YOGA (General) | 50+ | ACTIVE STUDIO |
| 12.15-1.00pm | AQUA FITNESS | WOMEN ONLY | TEACHING POOL |
| 12.30-1.30pm | PILATES | BEG/ INTERM | ACTIVE STUDIO |
| 6.15-7.00pm | BODY SCULPT | ALL + 5 kids allowed | ACTIVE STUDIO |
| 6.15-7.00pm | SPINNING | ALL ABILITIES | SPIN STUDIO |
| 6.30-8.00pm | YOGA (Iyenga) new time | IMPROVERS | SILVER ROOM |
| 7.00-8.00pm | MIXED CIRCUITS | INTERM/ADV | Main Hall |
| 7.10-8.10pm | BRAZILIAN RHYTHMS | ALL ABILITIES | ACTIVE STUDIO |
| 7.15-8.00pm | SPINNING | ALL ABILITIES | SPIN STUDIO |
| 8.15-9.15pm | BELLY DANCING | ALL ABILITIES | ACTIVE STUDIO |
| THURSDAY | | | |
| 9.15-10.00am | BACK TO EXERCISE new time | BEGINNERS | ACTIVE STUDIO |
| 10.15.-11.00am | PILATES ON THE BALL | ALL + 5 kids allowed | ACTIVE STUDIO |
| 11.00-12.00pm | SPINNING | ALL ABILITIES | SPIN STUDIO |
| 12.30-1.15pm | AQUA FITNESS | WOMEN ONLY | TEACHING POOL |
| 12.30-1.30pm | PILATES | ALL ABILITIES | SILVER ROOM |
| 6.00-7.00pm | YOGA (Iyenga) new class&instructor | ALL ABILITIES | SILVER ROOM |
| 6.15-7.00pm | ZUMBA Fitness | ALL + 5 kids allowed | ACTIVE STUDIO |
| 6.30-7.15pm | SPINNING | ALL ABILITIES | SPIN STUDIO |
| 6.45-7.30pm | DEEP AQUA FITNESS | ALL ABILITIES | TEACHING POOL |
| 7.00-8.00pm | STEP AND SCULPT | ALL ABILITIES | ACTIVE STUDIO |
| 7.05-8.05pm | PILATES new time | ALL ABILITIES | SILVER ROOM |
| 7.35-8.20pm | AQUA FITNESS | ALL ABILITIES | TEACHING POOL |
| 8.00-9.00pm | LEGS BUMS & TUMS | ALL ABILITIES | ACTIVE STUDIO |
| 8.00-9.00pm | MIXED CIRCUITS | ALL ABILITIES | Main Hall |
| FRIDAY | | | |
| 10.00-11.00am | BODY SCULPT | ALL ABILITIES | ACTIVE STUDIO |
| 11.00-11.45am | SPINNING | ALL ABILITIES | SPIN STUDIO |
| 12.00-1.00pm | TAI-CHI | ALL ABILITIES | ACTIVE STUDIO |
| 6.15-7.00pm | SPINNING | ALL ABILITIES | SPIN STUDIO |
| 7.00-8.00pm | BOXING CIRCUIT | ALL ABILITIES | Main Hall |
| SATURDAY | | | |
| 9.00-9.45am | SPINNING | ALL ABILITIES | SPIN STUDIO |
| 9.30-10.30am | BODY MAX | ALL ABILITIES | ACTIVE STUDIO |
| 10.45-11.30am | STEPS | INTERM/ADVANCED | ACTIVE STUDIO |
| 11.30-12.30pm | TOTAL BODY WORKOUT | ALL ABILITIES | ACTIVE STUDIO |
| 1.00-2.00pm | CARIBBEAN RHYTHMS- new class | ALL ABILITIES | ACTIVE STUDIO |
| SUNDAY | | | |
| 10.00-10.45am | SPINNING | ALL ABILITIES | SPIN STUDIO |
| 10.45-11.30am | LEGS BUMS & TUMS | ALL ABILITIES | ACTIVE STUDIO |
| 12.00-1.00pm | BHANGRA AEROBICS | ALL ABILITIES | ACTIVE STUDIO |
| 1.15-2.00pm | AQUA FITNESS | ALL ABILITIES | TEACHING POOL |

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. Fun and an escape from everyday routine.

Bhangra Aerobics- A fast, funky workout using bhangra/ragga/bollywood sounds. Requires the use of every part of your body, a quick, fun way to get fit and in great shape. This class keeps you smiling from start to end.

Body Awareness Class (Feldenkraise 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.

Body Sculpt/ Active Pump

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

Boxercise- includes boxing style stations and techniques. You will learn different punches and movement using focus pads. It's a full body workout, you will work on body movement, agility and momentum.

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.

Chair Based Exercise

A specialised class aimed at individuals who would like to improve their strength, flexibility and posture. Suitable for those who are not prepared to sustain longer periods of standing/ walking and /or may have troubles with balance. The entire class can be performed in a seated position if required.

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.

Dance Aerobics

An aerobic workout using salsa dance choreography steps and combinations.

Bodymax / Body Tone/ Legs Bums and Tums/ Body 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 that target specific muscle groups to improve muscle tone.

Hardcore Abs and back/ Abs Blast

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

Circuit 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 Circuits

Whole body workout combining aerobic and muscle work without music

Pilates

Helps 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

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

Aerobic work out in the shallow pool, using the water resistance and buoyancy. Suitable for non swimmers, post injury, weight management.

Deep Aqua Fitness

A non-impact water aerobics using floatation belts.

Brazilian Rhythms

This class features the amazing rhythms from Brazil, specially axé music, samba and forró. If you want to work out in a pleasant and enjoyable way, improve your fitness, and relax this is the class for you. Open to everybody.

Back to Exercise

Low intensity general conditioning class; suitable for beginners, people returning to exercise after long period of bed rest/ injuries/ pregnancy/ exercise referral scheme 'graduates' etc.

Tai Chi

Improves your balance and flexibility through gentle movements and can help relieve stress.

* All participants are required to obtain a valid ticket for their class.

* Late arrivals will **NOT** be allowed entry (10 mins+).

* No children are permitted to attend adult classes – unless stated

* Please note that all class durations advertised include 5 min. change over, set up and administration time.