

MONDAY

0900-0945 Adult Swim Lessons (beginners)
(*term time only*)

0900-1000 Swimming Fitness (coach-led)
(*term time only*)

0900-1000 Yoga Foundation

0900-1000 Bootcamp

0900-1000 Revolution

0945-1030 Adult Swim Lessons (improvers)
(*term time only*)

1000-1100 Body Sculpt

1000-1045 Gentle Revolution

1000-1100 Aqua Mobility (*term time only*)

1000-1130 Pickleball (Mixed ability)

1015-1115 Yoga Foundation

1100-1200 Aqua Aerobics (*shallow water*)
(*term time only*)

1130-1230 Yoga Progression

1130-1300 Pickleball (Mixed ability)

1130-1230 Dance Fit

1200-1300 Aqua Aerobics (*shallow water*)

1315-1415 Advanced Stretch

1400-1500 Walking Basketball

1800-1845 Total Workout

1800-1900 Ballet

1900-1945 Adult Swim Lessons (improvers)

1900-2000 Total Step

2000-2100 Aqua Aerobics (Deep water)

TUESDAY

0900-1000 Dynamic Yoga

0900-1000 Total Step

0900-1000 Circuit Training

1000-1130 Veterans Football

1010-1105 Mature Movers

1115-1215 Easy Does It

1500-1600 Functional Strength

1600-1700 Intermediate Pilates

1700-1800 Fundamental Pilates

1800-1830 HIIT (*High Intensity Interval Training*)

1800-1900 Meditation

1930-2100 Pickleball (Mixed ability)

WEDNESDAY

0645-0745 Bootcamp

0800-0900 Fundamental Pilates

0900-1000 Fundamental Pilates

1000-1100 Aqua Mobility (*term time only*)

1000-1100 Intermediate Pilates

1030-1130 Tabata

1100-1200 Aqua Aerobics (*term time only*)

1115-1200 Seated Pilates

1230-1330 Gentle Circuits

1330-1430 Tone & Stretch

1515-1645 Yoga—Mixed Level
(also ONLINE)

1600-1700 Ballet

1700-1800 Dance Fit

WEDNESDAY

1730-1830	Yoga—Mixed Level
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1800-1900	Revolution
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1830-1915	Yoga Nidra
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1900-2000	Aqua Aerobics (Deep Water)
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THURSDAY

0915-1015	Total Abs
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0945-1045	Body Fit
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1030-1130	Really Useful Cafe
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1100-1200	Dance Fit
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1145-1245	Gentle Pilates
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1200-1300	Aqua Aerobics (<i>shallow water</i>)
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1200-1300	Dance Fit
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1345-1430	Seated Pilates
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1400-1500	Table Tennis (Seniors)
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1500-1600	Functional Strength
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1645-1745	Boxercise
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1800-1900	Circuit Training
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1800-1900	Restorative Yoga
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1900-2000	Advanced Stretch
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1900-2000	Revolution
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FRIDAY

0645-0745	Bootcamp
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0900-1000	Yoga Foundation
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0900-1000	Revolution
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0900-1015	Advanced Stretch
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1015-1100	Gentle Revolution
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1015-1115	Yoga Progression
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1015-1130	Advanced Stretch
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1200-1300	Aqua Aerobics (<i>shallow water</i>)
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1230-1330	Gentle Circuits
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1400-1530	Pickleball (Mixed ability)
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1530-1700	Pickleball (Mixed ability)
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1600-1700	Tap Dance
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1700-1830	Yoga Mixed Level & Meditation
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SATURDAY

0900-1000	Circuits
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0900-1000	Mixed Ability Pilates
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0900-1030	Yoga—Mixed Level (also ONLINE)
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1000-1100	Mixed Ability Pilates
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SUNDAY

1000-1100	Veterans Football
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Please book & pay for classes in advance online or by calling 752168.

Classes can be booked up to 9 days in advance, except online classes which can be booked up to 3 days in advance.

Cancellations made less than 24 hours prior to the class will still be charged.

Classes do not run on Bank Holidays.

Low Intensity

Advanced Stretch Designed to improve your range of movement & release tight muscles back to their natural length. Stretches are held for longer, working with your breathing for a deeper stretch.

Ballet Help improve your posture, balance, coordination and strength. Using a range of primarily lower body exercises paired with grace and elegance. No prior experience necessary.

Body Sculpt A range of exercises focusing on balance & core strength, to strengthen muscles surrounding ankles, knees & hips.

Body Fit Whole body workout focusing on improving core strength, posture & flexibility using a combination of Barre workout, stretching & relaxation.

Easy Does It A chair-based exercise class suitable for anyone of restricted mobility or fitness.

Functional Strength Focuses on developing strength in multi-joint movement patterns that are used in everyday life. Involves body weight and free weight exercises.

Gentle Circuits Created for those who find regular circuits too much, yet not ready for seated classes. No floor work, just functional exercises to improve daily living.

Gentle Revolution Indoor cycling, ideal for arthritic & rehabilitation clients. Gentle pace & gentle music.

Hatha Yoga Foundation Classic British Wheel of Yoga, safe if you are new to Yoga.

Hatha Yoga Progression British Wheel of Yoga practice that requires some level of fitness.

Mature Movers Based on low intensity Circuit Training incorporating repetitions and a low (weight) resistance. This is a light-hearted fun class!

Pilates:

Gentle Pilates A lower intensity class aimed at beginners, older adults and individuals recovering from injuries or with specific health conditions.

Fundamental Pilates A mat-based class focusing on improving core strength, posture, balance, and flexibility. Suitable for beginners.

Intermediate Pilates Building on knowledge and experience of the fundamentals, intermediate Pilates aims to maintain pace and flow.

Seated Pilates Maintaining the core principles of Pilates, seated classes are suitable for people who have difficulty getting down to the floor and/or prefer the support of a chair.

Mixed Ability Pilates Aimed at individuals with some Pilates experience, exercises can be progressed, adapted, and/or modified to suit different abilities.

Really Useful Café Get active with some gentle chair based exercises and a chance to meet other people from the local community.

Restorative Yoga A deeply relaxing, muscle tension releasing class aimed at improving mobility and flexibility. Bring a blanket.

Tone & Stretch Designed to increase flexibility & improve posture & balance.

Yoga & Meditation A one hour Vinyasa Flow class, Hatha based; followed by 30 minutes of guided mindfulness meditation. Some Yoga experience necessary, but all levels encouraged as modifications are supplied. Bring a mat, some blocks and a blanket.

Yoga Mixed Level Hatha based Yoga class that requires some level of fitness, but all levels encouraged as modifications are supplied.

Yoga Nidra ('Yogic Sleep') Guided form of meditation and practiced lying down, making it an accessible form of meditation for those who may struggle with traditional seated practices.

Water-Based

Adult Swim Lessons Our swimming lessons for adults teach this vital life skill to people of varying abilities.

Beginners—non-swimmers or those that are nervous.

Improvers—comfortable in the water and able to swim 10m unaided.

Aqua Mobility A gentle water-based session for relaxation, fitness, physical rehabilitation & mobilisation. Specifically designed for those with limited mobility, arthritis, stroke rehabilitation, joint replacement, etc.

Aqua Aerobics Water exercise class to meet the needs of all ages & fitness levels. Some sessions are run in shallow water & others in the deep end of the pool.

Swimming Fitness Fitness swimming under the guidance of a qualified coach. Must be comfortable swimming 100m without stopping.

Circuits

Bootcamp A high intensity whole body workout. Military style endurance training that burns calories for 24 hours post workout.

Circuit Training Suitable for all ages & abilities, work at your own pace. Includes a variety of CV & resistance work.

Total Workout A HIIT (High Intensity Interval Training) based circuit, using a variety of exercises to guarantee a full body workout.

High Intensity

Boxercise High-intensity workout combining boxing, cardio and circuits.

Dance Fit A feel good exercise class which incorporates many forms of dance, with a variety of tracks that provide a range of intensities.

Dynamic Yoga A dynamic fast-paced Vinyasa flow. Progression level suitable for those with some experience.

HIIT High Intensity Interval Training; can burn body fat for up to 48 hours!

Revolution A low impact exercise, indoor cycling has been shown to build muscle tone & increase your cardio-endurance.

Tabata A HIIT (High Intensity Interval Training) based session, targeting a range of muscle groups.

Total Abs Focusing on the core muscles of the back, side & abdominals.

Total Step This moderate to high impact session will help strengthen & tone your muscles, burn fat & improve your cardio fitness.

Sports-Specific

Pickleball (Mixed ability) A paddle sport that combines elements of badminton, tennis & table tennis.

Pickleball (Beginners) For those new to Pickleball who want to gain confidence before joining a mixed ability session.

Table Tennis (Seniors) Whether you're a veteran player or never picked up a bat, come along & join in the fun.

Veterans Football It's never too late to start playing the beautiful game. Whether you're starting out or a veteran of the game, our Veteran's football is a great way to keep fit and enjoy a game of indoor football.

Walking Basketball Modified form of basketball played at walking pace. Suitable for all abilities and fitness levels.