

Class Timetable.....it's time to get yourself energised

Welcome to our Class Timetable of group exercise classes all taught by qualified and experienced instructors. Designed for people of all ages, abilities and interests, there is something for everyone. Everyone is welcome at our classes and options may be given to cater for all fitness levels, so you can work out at your own pace. If you are unsure or have any questions just arrive a few minutes before the class and speak to the instructor.

Why not try a class today!

You can book all classes in advance, for Booking Details see Page 2

Contact Kerry



If you have any comments or suggestions about our Class Timetable please email: Kerry Manton (Class Co-ordinator) kerry.manton@bhlive.co.uk

Price List

Weekdays (before 5pm)	£4.50
Aqua Fit	£4.80
Evening & weekends	£4.80
Spinning	£3.90
Kettle Bell Blast	£3.90

Class Etiquette

- Minimum age 14 years for participation in our classes (16 years for Body Max)
- Please allow adequate time to obtain your ticket
- Ticket must be given to instructor before class
- No entry to classes 5 minutes after they have started
- No entry to spinning classes once they have started
- Please ensure appropriate footwear is worn at all classes
- In order to maintain our timetable, we may use cover instructors
- Classes may not run if less than 4 customers attend
- Please bring a water bottle and a sweat towel

class locations

- (S) studio
- (SS) spin studio
- (P) pool

Calorie Burning Classes.
Energetic workouts to maximise calorie expenditure and burn fat.

Spinning – A high energy workout for all age groups suitable for men and women. Stationary cycling includes hill and speed work. Please bring a water bottle and towel with you as you will be burning lots of calories...up to 500 in 30 minutes! Booking advised due to limited places.



OVER 25 SPINNING CLASSES PER WEEK

Muscle Toning & Endurance Classes.
An intense muscle workout focusing on toning, muscle definition, strength and endurance.

BodyMax – A gym workout in the studio. A resistance class using dumbbells and barbells in a group exercise format for added motivation.

Just Abs – Hard core! 25 minutes of core stability work, strengthening the abdominals and lower back.

Kettle Bell & Abs – A class concentrating on core strength by using kettle bell weights and abdominal exercises, working your whole body as well as focusing on your mid section.

Kettle Bell Blast – One kettle bell, 30 minutes complete body work out.

Legs, Bums & Tums – Specific exercises to target those hard to reach stubborn areas.

Step – Cardio and toning workout using a raised platform to maximise legs and bottom toning.

Re-Energise & Relax Classes.
Mind & body workout focusing on core stability, balance & flexibility.

Body & Mind Fusion – Quit the clutter of day to day life, relieve stress and feel great. This class draws from the influences of Pilates, Tai Chi and Yoga.

Fitness Pilates – Introducing the techniques of Pilates, a mind and body class, challenging the core muscles. *(Not suitable for pregnant participants due to prolonged ab work).*

Hatha Yoga – Balance mind and body through physical postures, controlled breathing, relaxation and meditation.

Water Workout Classes
Exercise in the water to maximise fun and intensity.

Aqua Fit – A dynamic low impact class using the resistance of water for maximum fitness improvements.

Deep Water Aqua – Taught in the deep end of the pool using buoyancy belts – great fun – and you don't even have to be a swimmer!

All Over Body Workout Classes.
A great combination of calorie burning, muscle toning, strength & stamina.

Beginners Circuits – Moving from station to station for an all round fitness workout. Suitable for newcomers and the more experienced!

Body Conditioning – Complete body toning, using weights, bands and yourself!

Circuits – Power stations! Move station to station performing a variety of cardio and resistance exercises. The ULTIMATE workout!

Total Body – An aerobic workout followed by conditioning exercises, floor work, and stretching.

20/20/20 – A full body workout incorporating Step, Legs, Bums & Tums and Body

Specialist Classes.
Themed classes focusing on current fitness industry trends.

Combat Conditioning – Bring your fighting spirit to this challenging class. No gimmicks! Just hard work for real results!

Dance Jam – An exciting combination of dance & fitness. A mixture of hip-hop, funk and Latin dance moves set to the latest tunes. Suitable for both men & women of all ages. Come along, have fun and get fit!

Zumba – 'Ditch the workout! Join the Party'™ Inspired by traditional cumbia, salsa, samba and merengue pulsating Latin rhythms with red hot dance steps. 'Zumba'™ = 'to move fast and have fun'

Class Cancellation Service
Members can cancel a pre booked class by telephone, text or email.
See page 2 for details

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning 9.30–10.00am Nicky (SS)	Spinning 9.30–10.00am Kerry (SS)		Spinning 9.30–10.00am Stevie (SS)	Spinning 9.30–10.00am Tony (SS)	Hatha Yoga 9.00–9.55am Pippa (S)	Spinning 9.25–9.55am Jo B (SS)
Total Body 9.30–10.25am Cat (S)	Legs, Bums & Tums 9.30–10.25am Cat (S)	Spinning 9.30–10.00am Andy (SS)	Body Conditioning 9.30–10.25am Tony (S)	Kettle Bell Blast 9.30–10.00am Joe (S)	Spinning 9.30–10.00am Stevie (SS)	
Spinning 10.05–10.35am Nicky (SS)	Deep Water Aqua 10.05–11.00am Clive (P)	Step 9.30–10.25am Kerry (S)	Spinning 10.05–10.35am Stevie (SS)	Dance Jam 10.00–10.55am Cat (S)	Beginners Circuits 10.00–10.55am Paula (S)	Total Body 10.05–11.00am Jo B (S)
Body & Mind Fusion 10.30–11.25am Cat (S)	Spinning 10.05–10.35am Kerry (SS)	Deep Water Aqua 10.05–11.00am Cat (P)	Fitness Pilates 10.30–11.25am Becky (S)	Deep Water Aqua 10.05–11.00am Naomi (P)	Spinning 10.05–10.35am Stevie (SS)	
	Fitness Pilates 10.30–11.25am Cat (S)	Spinning 10.05–10.35am Andy (SS)		Spinning 10.05–10.35am Tony (SS)	Legs, Bums & Tums 11.00–11.55am Jo B (S)	
	Aqua Fit 11.05–12.00pm Clive (P)	Hatha Yoga 10.30–11.25am Pippa (S)		Hatha Yoga 11.00–11.55am Pippa (S)		
Spinning 5.25–5.55pm Jo B (SS)	Spinning 5.25–5.55pm Jo B (SS)	Body Max 5.30–6.25pm Tony (S)				
Total Body 6.00–6.55pm Jo B (S)	Legs, Bums & Tums 6.00–6.55pm Jo B (S)	Spinning 5.45–6.15pm Cat (SS)	20/20/20 6.00–6.55pm Kerry (S)			
Spinning 6.00–6.30pm Kerry (SS)	Spinning 6.15–6.45pm Charlotte (SS)	Spinning 6.30–7.00pm Tony (SS)	Spinning 6.00–6.30pm Helen (SS)	Circuits 6.00–6.55pm Ahmed (S)		
Spinning 6.35–7.05pm Kerry (SS)	Spinning 6.50–7.20pm Charlotte (SS)	Dance Jam 6.30–7.05pm Cat (S)	Spinning 6.35–7.05pm Helen (SS)	Spinning 6.00–6.30pm Helen (S)		
Legs, Bums & Tums 7.00–7.55pm Louise (S)	Zumba 7.00–7.55pm Tanya (S)	Spinning 7.05–7.35pm Tony (SS)	Kettle Bell & Abs 7.00–7.55pm Joe (S)	Spinning 6.35–7.05pm Helen (SS)		
Spinning 7.10–7.40pm Ellie (SS)	Just Abs 7.30–7.55pm Charlotte (SS)	Legs, Bums & Tums 7.30–8.25pm Jo B (S)				
Hatha Yoga 8.00–8.55pm Ellie (SS)	Combat Conditioning 8.00–8.55pm Joe (S)	Hatha Yoga 8.30–9.25pm Pippa (S)				

