

## CLASS DESCRIPTIONS

### ACTIVE STRETCH

A short class incorporating a whole body static stretch. Ideal for muscle maintenance post exercise.

### ADVANCED SWIM GROUP

This is a group swimming lesson for advance swimmers who want to improve technique and speed through various drills in the water.

### AQUA AEROBICS

Enjoy a low impact exercise class in water, to music. 2 lanes allocated for Aqua Aerobics, 1 reserved for lane swimming. Bookings can be taken one week in advance.

### BODY & MIND

A unique class that gets the best bits from tai chi, Pilates and yoga. This is a great class to improve circulation, posture and breathing.

### BODY PUMP

A fast way to shape up and lose body fat. It is a toning and conditioning class with weights.

### BOOT CAMP CIRCUIT

A circuit class designed by personal trainers. It will consist of both cardiovascular and resistance exercises, be prepared to work hard.

### BOXEXERCISE

A high energy class combining traditional punching techniques from the art of boxing with foot and pad work, for a great cardiovascular workout.

### CORE STABILITY

Using Swiss Balls and floor work, this class aims to maintain and build strength around the mid section of the body.

### DANCE FEVER

An aerobic dance class with songs from classic dance musicals to make a great workout.

### DANCE FITNESS

A class filled with funky dance moves aimed at improving cardiovascular fitness and coordination.

### EXPRESS ABS

A 15 minute express class to strengthen and tone abdominal and oblique muscles.

### KIDS ACTIVE PILATES

Pilates will help co ordination, balance and strength in a friendly and safe environment. For the younger age groups animal themes and songs are used to guide them through the session with a short relaxation to calm them down before being collected.

### L.B.T: LEGS, BUMS & TUMS

All three body parts are worked in excess in this conditioning class.

### PILATES

A series of floor exercises with proper alignment and correct breathing to give a leaner and more sculpted body.

### SENIOR AEROBICS & STRETCH

Low impact aerobics with easy to follow movements, designed for improvements in cardiovascular fitness. Followed by a whole body stretch to maintain flexibility.

### SPINNING

Indoor cycling based on outdoor riding. Low impact, high calorie burn and fun for all levels.

### SPIN & ABS

45 minutes of indoor cycling followed by 15 minutes of ab work.

### YOGA (KUNDALINI)

This type of yoga offers ancient teachings focusing on breathing, physical movements and postures with mantra to help focus mind.

### YOGA (IYENGAR)

Iyengar Yoga practice both relaxes and energizes the body and mind and brings vitality, flexibility, strength, concentration, self-confidence and mental calm.

### ZUMBA

Easy to learn moves combined with Latin rhythms, such as salsa and merengue, resulting in an action packed workout.

## CAR PARK

At certain times car parking will be restricted due to school events.

## TIMETABLE ADJUSTMENTS

As a dual purpose facility, our opening hours do vary and our timetables and programmes tend to change regularly.

## OPENING HOURS 2012

### WEDS 11 JAN – FRI 10 FEB

Monday - Friday: 6pm – 10pm / Weekends: 9am – 8pm

### MON 13 FEB – FRI 17 FEB

Monday - Friday: 9am – 10pm / Weekends: 9am – 8pm

### MON 20 FEB – FRI 30 MARCH

Monday - Friday: 6pm – 10pm / Weekends: 9am – 8pm

### MON 1 APRIL – WEDS 18 APRIL

Monday - Friday: 9am – 10pm / Weekends: 9am – 8pm

### THURS 19 APRIL – FRI 1 JUNE

Monday - Friday: 6pm – 10pm / Weekends: 9am – 8pm

### MON 4 JUNE – FRI 8 JUNE

Monday - Friday: 9am – 10pm / Weekends: 9am – 8pm

### MON 11 JUNE – TUES 3 JULY

Monday - Friday: 6pm – 10pm / Weekends: 9am – 8pm

### WEDS 4 JULY – FRI 31 AUG

Monday - Friday: 9am – 10pm / Weekends: 9am – 8pm

# GROUP EXERCISE PROGRAMME TIMETABLE

9 JANUARY –  
1 APRIL 2012



# CLASS TIMETABLE 9 JANUARY – 1 APRIL

All classes, except for courses indicated by a (\*), are included in your membership at no additional cost. Classes range from a basic low impact to a more advanced and intensive workout.

## CLASS/COURSE DESCRIPTIONS

Beg: Beginners Int: Intermediate Adv: Advanced All: All Levels

### MONDAY

TIME	CLASS	INSTR.	LEVEL	AREA
6-7pm	L.B.T.	Keith	All	Studio
6.15-6.45pm	Senior Aerobics	Marta	over 55yrs	Sports Hall
6.45-7pm	Active Stretch	Marta	All	Sports Hall
7-7.15pm	Express Abs	Marta	All	Sports Hall
7-7.50pm	Spinning	Jes	All	Studio
8-9pm	Boxercise	Jes	All	Studio
9-9.50pm	Pilates	Marta	All	Studio

### TUESDAY

TIME	CLASS	INSTR.	LEVEL	AREA
6.15-7pm	Spinning	Keith	All	Studio
7-8pm	Body Pump	Keith	All	Studio
7-7.45pm	Boot Camp Circuit	Milena	All	Sports Hall
8-9pm	Body & Mind	Milena	All	Studio

### WEDNESDAY

TIME	CLASS	INSTR.	LEVEL	AREA
6-7pm	Yoga (kundalini)	Kwali	All	Studio
6.30-7pm	Core Stability	Lucy	All	Sports Hall
7-7.45pm	Aqua Aerobics	Cheryl	All	Pool
7-8pm	Dance Fever	Suzie	All	Studio
7-8pm	Boxercise	Jes	All	Sports Hall
8-9pm	L.B.T.	Lucy	All	Studio

### THURSDAY

TIME	CLASS	INSTR.	LEVEL	AREA
6-7pm	Body & Mind	Milena	All	Studio
6.15-6.45pm	Senior Aerobics	Marta	over 55yrs	Sports Hall
6.45-7.35pm	Pilates	Marta	All	Sports Hall
7-8pm	Body Pump	Milena	All	Studio
7.45-8.30pm	Adv. Swim Group	Paul	All	Pool
8-8.45pm	Spinning	Mel	All	Studio

### FRIDAY

TIME	CLASS	INSTR.	LEVEL	AREA
6.30-7.30pm	L.B.T.	Simona	All	Studio
7.30-9pm	Yoga (Iyengar)	Jenny	All	Studio

### SATURDAY

TIME	CLASS	INSTR.	LEVEL	AREA
9-9.50am	Spinning	Lucy	All	Studio
10-11am	Dance Fitness	Suzie	All	Studio
11-12noon	Kids Active Capoeira	Hiram	5-10yrs	Sports Hall
11-12noon	Body Pump	Milena	All	Studio
12-1pm	Pilates	Suzie	All	Studio
12-1pm	Aqua Aerobics	Milena	All	Pool
2.30-3.30pm	Adult Street/Hip Hop*	Suzie	All	Studio
5-6pm	Hatha Yoga	Amy	All	Studio

### SUNDAY

TIME	CLASS	INSTR.	LEVEL	AREA
9-9.50am	Spinning	Keith	All	Studio
10-11am	Yoga (Kundalini)	Colin	All	Studio
11-12noon	Body Pump	Keith	All	Studio
11-12noon	Kids Active Pilates	Erez	5-10yrs	Sports Hall
12-1pm	Pilates	Erez	Adv	Studio
1-1.45pm	Adult Contemporary Ballet*	Lindsey	All	Studio
1.45-2.30pm	Adults Jazz*	Lindsey	All	Studio
4-5pm	Spin & Abs	Keith	All	Studio
5-6pm	Zumba	Nilesh	All	Studio

## BOOKINGS AND CANCELLATIONS

We recommend that all members book in for all classes, in order to guarantee your place if the number of people in the class exceeds the maximum number and to allow us to contact you in the case of a class cancellation.

Bookings can be taken no more than **1 week** in advance.

If you book for any of the classes please remember that a cancellation fee will be charged for those people not attending the class or failing to cancel with less than **24 hours** notice.

Members are welcome to bring guests at the cost of **£10.00** but non members may not book into a class in advance.

Anyone new to any class or anyone with a medical/physical condition should make this known to the instructor prior to the start of the class.

To enable the classes to start on time please arrive at the studio/pool changed and ready **5 minutes** prior to the start of the class. The instructor has the right to refuse entry to late members.

For class bookings please call reception on **0207 433 2127**.

DON'T MISS OUT!  
BOOK A CLASS ONLINE  
AT [UCSACTIVE.ORG.UK](http://UCSACTIVE.ORG.UK)

\* These classes are chargeable.

Please contact **Suzie** for further details **07764 187826**.