

Descriptions

Core Stability: a short workout fix designed to target the central region of the body, improving posture and balance.

Yoga: offers an holistic approach to working out the body, mind and spirit. Some classes may be low impact while others can be very demanding.

Circuits: a combination of cardio and strength training, all levels of ability are welcome as you work at your own pace with an instructor on hand for that little bit of extra motivation.

AquaZumba: a fusion of Latin dance moves and aerobics in the low impact environment of the swimming pool.

Zumba: A fusion of hypnotic latin rhythms and easy to follow dance moves to create a one of a kind work out with a party feel.

Supertone: a fun and energetic class using simple aerobic techniques for that healthy heart work out followed by some light toning exercises targeting major problem areas.

Pilates: a refreshing mind and body workout, which focuses on core stability and posture, aiming to lengthen and strengthen your muscles.

Aqua: an aerobics class in the swimming pool for those who desire the fitness workout without the impact.

Body Blitz: a choreographed athletic workout using a combination of Steppers, barbells, dumbbells and mat work. This class is set to powerful music designed to improve strength and fitness.

Abs workout: a quick class packed full of exercises designed to improve muscle tone around your abdominals.

BLT: (Bums, Legs and Tums) using various exercises and body sculpting, this class targets those named body parts.

Fitball: core conditioning and toning using the stability balls.

Clothing+Equipment: appropriate gym kit must be worn for all classes. Trainers must be worn for all classes (except Yoga). There are mats provided by the club however, if you wish to bring your own, please check with the instructor that it is safe to use.

Booking Etiquette: Classes will only run if 3 people or more are booked in and **booking is essential**. Please only book in for classes that you **definitely** wish to attend. Instructors may turn you away if you do not book for a class. If for any reason a class is not running we will try our up most to contact you to let you know.

Cancellation policy: please ensure the club is given 24 hours notice if you are unable to attend a class that you have booked onto. This ensures that those members who are on waiting lists get every chance of attending their chosen class. "NO SHOWS" will be black listed from booking if repeatedly not phoning to cancel their booking.

Group Exercise Programme

Aqua-Roma

◦ Health Club and Spa ◦



Winter 2011

Tel: 01483 226412

<u>Mon</u>	<u>Class</u>	<u>Instructor</u>	<u>Thur</u>	<u>Class</u>	<u>Instructor</u>
9.30-10.00	Core Stability	Kelly	09.15-10.00	Zumba	Louisa
10.45-12.15	Yoga	Lee	10.15-11.00	Aqua Zumba	Louisa
18.15-19.00	Circuits	Jon/Sam	10.30-12.00	Yoga	Lee
19.00-19.45	Aqua	Sam	18.00-18.30	Abs workout	Sam
20.15-21.00	Zumba	Louisa	18.30-19.15	Body Blitz	Jane
			19.15-20.15	Pilates	Jane
<u>Tues</u>	<u>Class</u>	<u>Instructor</u>	<u>Fri</u>	<u>Class</u>	<u>Instructor</u>
9.00-9.45	Circuits	Kelly	9.00-9.30	Total Toning	Kelly/Sam
10.00-11.00	Pilates	Jane	9.30-10.00	Core stability	Kelly/Sam
11.15-11.45	Aqua	Jane	10.00-11.00	Tai-Chi	Robyn
18.15-19.00	Body Blitz	Matt			
19.15-20.30	Yoga	Lee			
<u>Wed</u>	<u>Class</u>	<u>Instructor</u>	<u>Sat</u>	<u>Class</u>	<u>Instructor</u>
9.00-10.00	Supertone	Jane	9.30-10.15	BLT	Kelly/Sam
10.00-11.00	Pilates	Jane			
18.00-19.00	Pilates	Jane	11.00-12.00	BOOT CAMP (there is an additional charge for this exclusive class see instructor for details)	Sam
19.30-20.30	Pilates	Jane			
			NEW TAI-CHI CLASS IN JAN 2012!!	NEW TAI-CHI CLASS IN JAN 2012!!	NEW TAI-CHI CLASS IN JAN 2012!!