

Workout timetable

Sovereign Centre Classes timetable from Monday 4th January 2010.

Book your place at reception either in person or call 01323 738822. Alternatively, book online at www.sovereigncentre.org

Monday	18:00 - 19:00	Body Balance	Marianne	Studio	£4.10
	19:00 - 20:00	Body Combat	Becky	Studio	£4.10
	19:00 - 20:00	Circuits	Danny	Sports Hall	£4.10
	20:00 - 21:00	Body Pump	Becky	Studio	£4.10
Tuesday	09:30 - 10:30	Step Aerobics	Jo P	Studio	£4.10
	10:30 - 11:30	Pilates	Teresa	Studio	£4.10
	10:45 - 11:15	Aqua Splash	Jo P	Small Pool	£2.25
	18:00 - 19:00	Running Club	Danny	Sports Hall	£2.00
	19:00 - 20:00	Aqua Circuits	Danny	Fun Pool	£4.10
	19:00 - 20:00	Body Combat	Becky	Studio	£4.10
Wednesday	20:00 - 21:00	Body Pump	Becky	Studio	£4.10
	07:00 - 08:00	Body Pump	Sam	Studio	£4.10
	09:30 - 10:30	Body Balance	Marianne	Studio	£4.10
	18:00 - 19:00	Body Combat	Michaela	Studio	£4.10
	19:00 - 20:00	Body Pump	Michaela	Studio	£4.10
	19:00 - 20:00	Aqua Fit	Becky	Fun Pool	£4.10
Thursday	20:00 - 21:00	Body Attack	Michaela	Studio	£4.10
	11:45 - 12:15	Aqua Splash	Jo P	Small Pool	£2.25
	18:00 - 18:45	Aqua Circuits	Danny	Dive Pit	£4.10
	18:00 - 19:00	Body Balance	Marianne	Studio	£4.10
	19:00 - 20:00	Step Aerobics	Jo P	Studio	£4.10
	19:00 - 20:00	Circuits	Danny	Sports Hall	£4.10
Friday	20:00 - 21:00	Body Combat	Leanne	Studio	£4.10
	09:30 - 10:30	Salsa Workout	Teresa	Studio	£4.10
	10:30 - 11:30	Yogalates	Teresa	Studio	£4.10
	18:00 - 19:00	Body Combat	Leanne	Studio	£4.10
Saturday	19:00 - 20:00	Body Pump	Sam	Studio	£4.10
	09:15 - 10:15	Body Pump	Michaela / Jo	Studio	£4.10
Sunday	10:30 - 11:30	Body Combat	Michaela / Jo	Studio	£4.10
	10:15 - 11:15	Step Aerobics	Jo P	Studio	£4.10

Prices for non residents may be higher

Class descriptions

Aqua Circuits

Formed around the traditional circuits theme, this is an amazing all body workout for anyone looking to shape up and tone up, and makes full use of all our pools and facilities. This activity is only suitable for strong swimmers.

Aqua Fit

Aqua aerobics has been formed around the classic aerobics theme while using the added resistance of water; Based in the Fun Pool this class gives you the ability to choose the depth and intensity of your workout.

Aqua Splash

Similar to "Aqua Fit" this class uses aqua aerobics to create a full body and cardio work out. This shorter class is perfect for those busy lifestyles and takes place in our shallow training pool, so is available to non-swimmers or those unsure of deep water.

Body Attack @

Said to burn up to 1000 calories in one hour this high-impact, cardio, calorie burning work out class brings aerobics to it's highest level and keeps it there. It is an intense class, not suitable for those with lower body joint problems.

Body Balance @

Take a step back at the gym, relax and tone those muscles in this pre-choreographed; yoga, pilates and tai-chi based work out. Condition your body while relaxing your mind, this class contains stretching and balancing tracks, finishing with relaxation.

Body Combat @

Jump into this cardio, martial arts based, pre-choreographed work out. Taking styles that have worked in countries all around the world; then bringing them into this fine-tuned, "fight yourself fit" work out. Punch out the stress and burn up the calories.

Body Pump @

This class uses a new idea of bringing resistance weights into your group exercise studios; working all the major muscle groups separately in this pre-choreographed work out. The best way to tone, shape and build muscles in a fun, motivating environment.

Please note: As of January 18th 2010 this class will require all customers to have participated in a technique session.

Circuits

The Sovereign Centre has the facilities to allow you to experience circuits in the environment it was created. With full use of the sports hall our circuit's class really takes over.

Pilates

Helping participants for hundreds of years with toning, conditioning and strengthening; this class will also give you the time to improve and empty your mind, using ancient ideals and methods. Suitable for all abilities and ages.

Running Club

Give running a purpose with this social, outgoing, running group, have fun and run!

Salsa Workout

This moving, shaking workout class is based around the tradition of Salsa dancing to create a full, dance workout. Ideal for those with a passion for shaking their hips and having fun!

Step Aerobics

The best way to tone and firm your legs and bum, incorporated into an aerobics routine to create a full body fitness work out. Burn calories and tone up in a fun and friendly environment, using the level of the step to create an intense leg based work out.

Yogalates

A modern spin on two ancient traditions, this 21st century work out uses techniques from pilates and yoga to create one all round tone up, condition, balance and stretch work out. Suitable for all abilities and ages, this class is the newest way to improved fitness and health.