

# Group Fitness Timetable

Sovereign Centre Classes timetable from Monday 7<sup>th</sup> June 2010.

Book your place at reception either in person or call 01323 738822. Alternatively, book online at [www.sovereigncentre.org](http://www.sovereigncentre.org)

|           |               |                            |             |       |
|-----------|---------------|----------------------------|-------------|-------|
| Monday    | 09:30 - 10:30 | Body Balance               | Studio      | £4.20 |
|           | 18:00 - 19:00 | Pure Pilates               | Studio      | £4.20 |
|           | 19:00 - 20:00 | Body Combat                | Studio      | £4.20 |
|           | 19:00 - 20:00 | Circuits                   | Sports Hall | £4.20 |
|           | 20:00 - 21:00 | Body Pump                  | Studio      | £4.20 |
| Tuesday   | 09:30 - 10:30 | Step Aerobics              | Studio      | £4.20 |
|           | 10:30 - 11:30 | Pilates                    | Studio      | £4.20 |
|           | 10:45 - 11:15 | Aqua Splash                | Small Pool  | £2.35 |
|           | 18:00 - 19:00 | Running Club               | Sports Hall | £2.00 |
|           | 18:00 - 18:45 | <b>Spinning – NEW!</b>     | Studio      | £5.75 |
|           | 19:00 - 20:00 | Aqua Circuits              | Fun Pool    | £4.20 |
|           | 19:00 - 20:00 | Body Combat                | Studio      | £4.20 |
| Wednesday | 07:00 - 08:00 | Body Pump                  | Studio      | £4.20 |
|           | 09:30 - 10:30 | <b>Spinning – NEW!</b>     | Studio      | £5.75 |
|           | 18:00 - 19:00 | Body Pump                  | Studio      | £4.20 |
|           | 19:00 - 20:00 | <b>Body Balance – NEW!</b> | Studio      | £4.20 |
|           | 19:00 - 20:00 | Aqua Fit                   | Fun Pool    | £4.20 |
| Thursday  | 06:45 - 07:30 | <b>Spinning – NEW!</b>     | Studio      | £5.75 |
|           | 11:45 - 12:15 | Aqua Splash                | Small Pool  | £2.35 |
|           | 18:00 - 18:45 | Aqua Circuits              | Dive Pit    | £4.20 |
|           | 18:00 - 19:00 | Pure Pilates               | Studio      | £4.20 |
|           | 19:00 - 20:00 | Step Aerobics              | Studio      | £4.20 |
|           | 19:00 - 20:00 | Circuits                   | Sports Hall | £4.20 |
| Friday    | 20:15 - 21:15 | Body Combat                | Studio      | £4.20 |
|           | 09:30 - 10:30 | Salsa Workout              | Studio      | £4.20 |
|           | 10:30 - 11:30 | Yogalates                  | Studio      | £4.20 |
|           | 18:00 - 19:00 | Body Combat                | Studio      | £4.20 |
| Saturday  | 19:00 - 20:00 | Body Pump                  | Studio      | £4.20 |
|           | 09:15 - 10:15 | Body Pump                  | Studio      | £4.20 |
| Sunday    | 10:30 - 11:30 | Body Combat                | Studio      | £4.20 |
|           | 09:00 - 09:45 | <b>Spinning – NEW!</b>     | Studio      | £5.75 |
|           | 10:15 - 11:15 | Step Aerobics              | Studio      | £4.20 |

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 class takes place in our shallow training pool, so is available to non-swimmers or those unsure of deep water.

## Body Balance @

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

## Body Combat @

Jump into this cardio, martial arts based, 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 group exercise and works all the major muscle groups separately. The best way to tone, shape and build muscles in a fun, motivating environment.

## 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.

## Legs, Bums and Tums

A 60 minute exercise class to music, working on toning up the legs, bum and tum. Suitable for all levels and abilities.

## 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 levels and abilities.

## Pure Pilates

This class will focus on specific areas individually whilst using exercises that integrate the whole body to restore it to optimum muscular and skeletal function. Suitable for all levels and abilities.

## 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!

## Spinning – Brand New for 2010

Our qualified instructor will lead you over the hills and down the valleys in this 45 minute indoor cycling class. This non-impact class is highly motivating with pumping music and will Help burn fat, improve stamina and tone up the lower body. This class is a fantastic calorie burner and really hits those problem areas!

## 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.

## Yogalates

A modern spin on two ancient traditions, this 21<sup>st</sup> century work out uses techniques from pilates and yoga to create one all round condition, balance and stretch work out. Suitable for all levels and abilities.

Why not become a Full Member and enjoy the benefit of all of these classes at no extra cost! Full membership is available from as little as £5.77 per week.