

Studio Timetable

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	9.45-10.30am Aero Pilates From 23rd April	10.00-11.00am Aerobics/LBT	10.00-11.00am Pilates		9.30-10.30am Togethernetics™ 10.30-12.00 Act Up 4-7years	10.00-10.30am Total Abs
					12.00-1.30 Act Up 8-12years	
					2.00-3.30 Act Up 13+ years	
			3.45-4.30pm Kids Fit Club From 3rd May			
	4.30-5.30pm Dance (Boys) From 23rd April		4.45-5.30pm Kids Fit Club From 3rd May	4.00-5.00pm Dance (Girls) From 23rd April		
7.30-11.00pm Line Dancing	5.30-6.30pm Street Dance (Adults) From 23rd April		5.45-6.30pm Spin From 3rd May	5.00-6.00pm Street Dance (Adults) From 23rd April		
6.30-7.30pm KickBoxercise	6.30-7.30pm Karate	6.30-7.30pm Running Club	6.30-7.30pm Karate	7.00-8.00pm Aerobics/LBT		
	7.30-11.00pm Line Dancing		7.30-11.00pm Line Dancing	8.00-9.00pm Salsa		

Classes

All Adult Fitness related classes = £5
 Adult Karate = £7
 Adult Line Dancing from £5

Pre-Paid Membership

Adult gym user = £29 per month*
 Adult Gym + Studio user = £34 Per month*
 Corporate deal = Special Rate*

* Terms and Conditions Apply

Additional Personal Training

30minutes = £20
 60minutes = £35
 Special offer = 6 sessions for the price of 5 = £175

Fitness Zone Opening Hours

Mon – Thurs 7.00am – 10pm
 Fri – 7.00am-9.00pm
 Saturdays & Sundays 8am – 8pm

Act Up!

provides professionally taught classes with the aim of inspiring imagination and creativity for all students. Children can specialize in acting, singing, dancing or a combination of all three and classes will cater for those wanting to have fun and those who wish to take Performing Arts further into a career. In addition to classes, students will have the opportunity to take part in shows and from this gain knowledge of the workings of the theatre and backstage knowledge.

Aerobics

follows a routine that includes high and low impact moves that are designed to raise your heart rate, improve stamina and help tone and define. It's ideal for weight loss and management.

Kickboxercise

is a high energy class that follows a routine using techniques based upon Kick Boxing and Boxing. It is a non contact session aimed at raising your heart rate helping you to manage your weight, improve fitness and function.

Street Dance classes follow an urban, funky MTV style choreography suitable for abilities.

Pilates

will strengthen and tone your body and improve flexibility in a soothing calm environment. It's ideal for stress release and relaxation.

Aero Pilates

is a high energy class emphasizing your core musculature to help tone and define your entire body.

Karate

learn the art of karate in a safe, welcoming environment. All abilities catered for.

Spin

provides an excellent cardiovascular workout. The instructor will lead this motivating group based cycling class at a high pace and intensity ideal for improving fitness and burning calories.

Salsa

dance classes are for every one who loves all things Latino. The classes cater for all levels of ability and a fun time had by all is guaranteed.

Kids Fit Club

is an instructor led session using various equipment to; improve fitness, energy and coordination for children aged between 9 and 14years.

Total Abs

is a 30minute workout which focuses and helps flatten and tone your midsection!

Togethernetics™

is an exciting new workout for Mum and Baby (aged up to 12 months) and will help Mum get back into shape as quickly as possible, and bond with the new arrival. What makes **Togethernetics™** so unique is that it is designed to do both at the same time. The exercises are carried out in a gentle, easy, unhurried manner and all assisted by the best training partner any mum could wish for.

Running Club

this session is ran outside using various routes in the local area and will cater for all levels of abilities. If you've always wanted to start running but have never had the support this is your ideal opportunity.