

FITNESS TIMETABLE

This timetable is also available on our website or call 01423 556775

LEVEL OF CLASSES B Beginners I Intermediate A Advanced O Open to All	CALORIE BURN	CONDITIONING	MIND/BODY RELAXATION	WATER AEROBICS	PRE- AND POST-NATAL	KIDS
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Cyclone Spinning 7.00-7.45am (I)		50+ Aquafit 9.15-10.00am (B)		
Hatha Yoga 9.30-10.55am (O)	Body Blitz 9.30-10.25am (I)	Body Blitz 9.30-10.25am (I)	Hatha Yoga 9.30-10.55am (O)	Boogie Blitz 9.30-10.25am (I/A)	Cyclone Spinning 9.00-9.45am (I)	Circuits 9.00-9.55am (I)
Baggy T-Shirt 11.00-11.55am (B)	Parent & Baby Yoga 11.00-11.55am	Pilates 10.50-11.45am (I)	**Fitback & Bumps Post Natal 11.30-12.30pm	Aquafit 10.15-11.00am (O)	Classic Core 10.00-10.55am (O)	Pilates 10.00-10.55am (I)
Spin & Abs 12.00-12.40pm (I)	Pilates 12.00-12.55pm (I)	Tai Qigong 12.30-1.25pm (O)	Classic Core 12.30-1.15pm (O)	Baggy T-Shirt 11.00-11.55am (B)	Urban Funk 11.00-11.55am (B/I)	
Easy Aqua 1.15-2.00pm (O)	Cyclone Spinning 1.05-1.45pm (B/I)	Aquafit 12.30-1.15pm (O)		Cyclone Spinning 12.00-12.40pm (B/I)	*Pilates Beginners Course 12.00-1.30pm	
		**Stable & Able Stability Class 2.00-2.55pm	**PDS (Parkinson's Disease Society) 2.00-2.55pm	Pre/Post Natal Aqua 12.15-1.00pm (O)	Tae Kwon Do (Kids/Adults Adv.) 2.00-3.00pm	
					Tae Kwon Do (Kids/Adults) 3.00-4.00pm	
	**Fitback & Bumps Pre Natal 5.00-5.55pm		RAD Pre Primary Ballet 4.15-5.00pm	RAD Primary Ballet 4.15-5.00pm	Tae Kwon Do (Kids/Beginners) 4.00-5.00pm	*Pilates Beginners Course 3.00-4.30pm
Cyclone Spinning 6.00-6.45pm (I/A)	Body Blitz 6.00-6.55pm (I)	Classic Core 6.00-6.55pm (I)	West End Jazz 7-12Yrs 5.00-5.45pm	Pre Natal Yoga 5.30-6.45pm (B/I)	Tae Kwon Do (Kids/Beginners) 5.00-6.00pm	Cyclone Spinning 5.00-5.45pm (I)
Ashtanga Yoga 7.00-7.55pm (I)	Step 7.00-7.55pm (I)	Kinesis 6.00-6.55pm (I)	Urban Funk 6.00-6.55pm (B/I)	Max Tone 6.00-6.55pm (B/I)		All About Abs 6.00-6.55pm (I)
Running Club 7.00-8.00pm (I/A)	Pilates 8.00-8.55pm (I)	Cyclone Spinning 7.05-7.50pm (I)	Circuits 7.00-7.55pm (A)	Running Club 6.30-7.20pm (B/I)	* Block booking required - Additional fee ** Specialist class - Additional fee	
Max Tone 8.00-8.55pm (I)	Aquafit 8.15-9.00pm (O)	Hips Bums & Tums 8.00-8.55pm (I)	Flexi-Spin 8.10-8.55pm (I)	Tai Chi 7.00-7.55pm (O)	This timetable is subject to change at any time without prior notice For more details on the above, please ask at Brimhams reception This timetable runs 4 Jan 2010 - 4 April 2010	

KEY TO CLASSES

Calorie Burn

Baggy T-Shirt - Gentle aerobic conditioning for those new/nervous of aerobics.

Body Blitz - Hi-Lo aerobics with all over intensive body conditioning.

Circuits - Station based full body workout with cardiovascular and resistance exercises. For those up for a challenge!

Cyclone Spinning - A high-energy workout on stationary bikes. Guaranteed to improve your cardiovascular fitness and develop muscular endurance.

Flexi Spin - Indoor cycling class combined with flexi-bar workout. Great fat burner and core strength workout!

Running Club - Run in the company of like minded people. Beginners welcome but must be able to run continuously for minimum 1 mile (Friday) and 3 miles (Monday) £2.50.

Spin & Abs - A high-energy workout on stationary bikes followed by intensive abdominal exercises.

Step - Dynamic choreographed workout with step that uses co-ordination to challenge your cardiovascular system.

Urban Funk - Hip-hop dance inspired class where the latest easy to learn funky moves are used in a repetitive style to build a routine. Dance your way to fitness! New routine every 5 weeks.

Conditioning

All About Abs - Traditional abdominal exercises combined with Pilates to help you strengthen, tone and define your abdominal and back muscles.

Classic Core - Using fit balls to challenge your core group of muscles. Areas specifically targeted include postural muscles in your back, legs and abdomen.

Hips Bums & Tums - An aerobic workout with a variety of standing and floor exercises targeting your hips, thighs, bums and tums.

Kinesis - Free moving resistance workout focused on building stability, flexibility and strength.

Max Tone - Shape, tone and sculpt your body using free weights and bands for added resistance and progression.

Pilates - Mat based class using slow controlled movements to improve balance, muscular strength, flexibility and posture. Some experience with Pilates or completing Pilates Beginners Course essential prior to joining the class: £5.45.

Pilates Beginners Course - Learn Pilates technique so you can join the classes. Please book in advance: £30 members, £36 non-members.

PDS - Parkinson's Disease Society class for Parkinson's sufferers to aid balance and falls prevention - please speak to an instructor for details before booking: £2.90.

Stable & Able - Postural stability class for those at risk of falls. Includes Tai Chi and chair based exercise: £2.90.

Mind and Body

Ashtanga Yoga - Flowing dynamic yoga resulting in improved circulation, a strong, slim and toned body and a calm mind.

Hatha Yoga - Practise postures and breath control in a relaxed way. Improves flexibility, strength and balance of body and mind.

Tai Chi - Combination of yoga movements and meditation. Sequence of moves performed slowly with smooth, even transitions between them.

Tai Qigong - Gentle and static, special methods to focus on particular energy centres in and around the body.

Water Aerobics

Aquafit - Low impact aerobics session in the pool using resistance of the water to strengthen your heart and lungs as well as tone your muscles: £5.45.

Easy Aqua - Gentle low impact aerobics session in the pool. Excellent workout for those who can't do dry land aerobics: £3.00.

50+ Aquafit - Gentle low impact aerobics class in the pool for the over 50s: £5.45.

Pre- and Post-Natal

Fitback & Bumps - Pre- and Post-Natal educational exercise programmes giving new mums and mums-to-be the opportunity to meet and share experiences. Run by chartered physiotherapists, each programme lasts for 4 weeks. For more information and prices go to www.fitbackandbumps.co.uk.

Parent & Baby Yoga - Perfect for bonding with baby as well as practising some yoga, breathing, relaxation and meditation techniques. From 6 weeks to crawling.

Pre-/Post-Natal Aqua - Designed to help pre-/post-natal women stay active. Exercises are specially chosen and modified so that the class is safe and fun! £4.50.

Pre-Natal Yoga - Stretching/breathing/relaxing postures. All stages of pregnancy. Please check with midwife before attending.

Kids

RAD Pre-Primary Ballet - First formal introduction to classical ballet. Designed to develop poise, co-ordination and rhythmical response. Age 3+ £2.65.

RAD Primary Ballet - Progression from pre-primary ballet. Introduces combinations of steps requiring added co-ordination, free expressive movement, and further development of turn out: £2.65.

Tae Kwon Do - Korean martial art. Additional charges apply. Classes for 5 -16 years and adults: £3.60 child and £4.80 adult.

West End Jazz - An introduction to Jazz as seen on the West End stage and a chance to dance to favourite 'pop' tunes. Age 7-12: £3.15.



Personal Training

This additional service focuses on you and your specific fitness goals through motivational sessions with advanced programming tailored towards your needs. Our aim is to build your confidence, knowledge and experience with safe and effective training methods.

For further information or to book a consultation, contact the Brimhams fitness team on 01423 556775.

Prices are variable and sessions usually last one hour.

Gym opening times:

Mon - Thurs	6.30am - 10.00pm
Fri	6.30am - 8.00pm
Sat	7.30am - 7.00pm
Sun	8.00am - 8.00pm



All classes £4.80 unless otherwise stated (free to Brimhams Members)

Crèche opening times:

Mon	9.20am - 1.20pm
Tues	9.20am - 11.20am
Wed - Fri	9.20am - 1.20pm



Tel: 01423 556768