Monday 1 April 2024 06:30 - 07:15 **Body Pump Express** Ricky Gill 08:45 - 09:45 Gentle Stretch & Tone Neil Solmon 09:30 - 10:30 Circuits Kara Jonsson (M/H) 10:30 - 11:10 **Indoor Cycling** Neil Solmon 17:30 - 18:15 **Body Pump Express** Rikki Walden 17:45 - 18:30 **Kick Fit** Kara Jonsson 18:20 - 19:00 **Indoor Cycling** Gaynor Somerville 18:45 - 19:45 Yoga Luki Shergill 18:45 - 19:45 (M/H) Circuits Kara Jonsson 19:00 - 19:45 **Step Aerobics** Neil Solmon 19:10 - 19:50 **Indoor Cycling** Gavnor Somerville 19:55 - 20:40 20/20 Freestyle **Neil Solmon** Tuesday 2 April 2024 06:30 - 07:10 **Indoor Cycling** Neil Solmon 06:30 - 07:15 Clubbercise Ricky Gill 08:30 - 09:15 **Exercise To Music** Neil Solmon 09:30 - 10:10 **Indoor Cycling** Neil Solmon 10:15 - 11:00 **Body Pump Express** Rikki Walden 10:30 - 11:15 **Aqua Fit** (S/P) 10:45 - 11:45 Paracise Kaaren Admiraal (C/R) 11:30 - 12:15 Gentle Stretch & Tone Lauren Younger (F/S) 17:25 - 18:05 **Indoor Cycling** Lianne Ede (S/S) 17:55 - 18:55 **Body Pump** Andy (F/S) 18:00 - 18:45 Insanity Sophie Walker (C/R) 18:10 - 18:50 **Indoor Cycling** Rikki Walden (S/S) Boxercise ** (C/R) 18:55 - 19:40 Sophie Walker 19:00 - 20:00 **Body Pump** Andy 19:15 - 20:00 (S/P) Aqua Fit Lynn Hill Wednesday 3 April 2024 06:30 - 07:15 **Body Pump Express** Lianne Ede (F/S) 08:30 - 09:15 Legs, Bums & Tums Ricky Gill (C/R) 09:00 - 09:50 **Paracise** Kaaren Admiraal (F/S) 09:15 - 10:00 Yoga Rali Stefanova (Bar) Clubbercise 09:30 - 10:15 Ricky Gill (C/R) 09:30 - 10:15 **Body Pump Express** Sophie Walker (M/H) 10:20 - 11:00 **Indoor Cycling** (S/S) Kara Jonsson 18:00 - 18:45 **Body Pump Express** Sophie Walker (F/S) 18:00 - 18:45 **Step Aerobics** Neil Solmon (M/H) 18:15 - 18:55 **Indoor Cycling** Rikki Walden (S/S) 18:20 - 18:50 **Core Express** Caroline McKenzie (C/R) 19:00 - 19:40 **Indoor Cycling** Sophie Walker **(S/S)** 19:00 - 19:45 Zumba Caroline McKenzie Circuits 19:05 - 20:00 Rikki Walden (M/H) 19:50 - 20:35 PIYO Sophie Walker (F/S)

20:15 - 21:00

Aqua Circuits

Caroline McKenzie

(S/P)

Fitness Class Fees >>>

Gold Members		Bronze Members		
55/60 minutes	FREE	55/60 minutes	£4.90	
45 minutes	FREE	45 minutes	£4.30	
30 minutes	FREE	30 minutes	£3.80	

Thursday 4 Ap	ril 2024				
06:30 - 07:10	Indoor Cycling	Rikki Walden	(S/S)		
08:30 - 09:15	Gentle Stretch & Tone	Rachel Klein	(F/S)		
09:20 - 10:00	Indoor Cycling	Sophie Walker	(S/S)		
09:20 - 10:05	Fitness Pilates	Lauren Younger	(F/S)		
10:30 - 11:30	Body Pump	Sophie Walker	(F/S)		
17:20 - 18:05	A Plan Workout	Tim Offer	(C/R)		
17:35 - 18:15	Indoor Cycling	Kara Jonsson	(S/S)		
18:15 - 19:00	A Plan Workout	Tim Offer	(C/R)		
18:00 - 18:45	Zumba	Triff Rowe	(C/R)		
18:20 - 19:00	Indoor Cycling	Kara Jonsson	(S/S)		
19:05 - 19:50	Legs, Bums & Tums	Kara Jonsson	(F/S)		
19:15 - 20:15	Therapeutic Yoga	Jo Guy	(C/R)		
Friday 5 April :	2024				
06:30 - 07:15	Body Pump Express	Lianne Ede	(F/S)		
08:00 - 08:40	Aqua Pilates	Kelly Penn	(S/P)		
08:45 - 09:30	Aqua Fit	Kelly Penn	(S/P)		
09:30 - 10:30	Gentle Stretch & Tone	Julia Palmer	(C/R)		
09:30 - 10:30	Circuits	Tim Offer	(M/H)		
09:35 - 10:20	Aqua Fit	Kelly Penn	(S/P)		
10:30 - 11:10	Indoor Cycling	Kara Jonsson	(S/S)		
10:45 - 11:30	Yoga	Julia Palmer	(C/R)		
17:25 - 18:05	Indoor Cycling	Neil Solmon	(S/S)		
17:30 - 18:15	Body Pump Express	Rikki Walden	(F/S)		
17:30 - 18:15	Yoga	Jenny Goldfinch	(C/R)		
18:10 - 18:55	Circuits	Tim Offer	(M/H)		
18:20 - 19:00	Indoor Cycling	Neil Solmon	(S/S)		
19:15 - 20:00	Aqua Fit	Juliet Carey	(S/P)		
Saturday 6 Ap	ril 2024				
07:45 - 08:30	Yoga	Jenny Goldfinch	(M/H)		
08:10 - 08:50	Indoor Cycling	Sophie Walker	(S/S)		
08:55 - 09:55	Body Pump	Rikki Walden	(F/S)		
Sunday 7 April 2024					
09:00 - 10:00	Super Circuits	Sophie Walker	(F/S)		
17:30 - 18:15	A-Plan Workout	Tim Offer	(M/H)		

** Boxercise

- Own gloves required.
- Gloves available to order/purchase, £15.00 per pair. Contact Sophie Walker via email: swalker@thejunctionbroadstone.co.uk

Location Key >>>

M/H - Mail	ı nall	3/3 -	spiri studio
S/P = Swir	nming Pool	Bar =	Bar Lounge
F/S = Fitne	ess Studio	(C) =	Course Fee Applies
C/R = Cant	ford Room	T/T =	Term Time Only

on Members		Indoor Cycling		Access To Leisure	
/60 minutes	£6.40	Gold Members	FREE	55/60 minutes	£3.20
minutes	£5.80	Bronze Members	£4.40	45 minutes	£2.90
minutes	£5.30	Non Members	£5 90	30 minutes	f2 65

Fitness Class Descriptions | All classes 16+ years >>>

20/20 Freestyle > 20 minute split of uplifting freestyle aerobics. Dance aerobics followed by step aerobics suitable for everyone. Join the fun, energy and atmosphere.

A Plan Workout > Includes hand weights and barbells in a combination of effective exercises to burn fat and increase strength. Total body workout which will improve your strength, mobility, fat loss and cardio vascular

Aqua Blast > This class is for you if you love AquaFit, but want to push yourself that bit harder. Not suitable for

Aqua Circuits > A complete workout for all levels from beginners to advanced. Using noodles, water weights and straps to improve endurance, balance and fitness. Work at your own pace: hard or social. Serious or fun. You choose.

Aqua Fit (Kelly's) > A fun packed workout for all levels. To improve your muscle tone, core strength and flexibility. Using woggles and dumbbells to increase more resistance.

Aqua Fit (Lynn's) > A fast paced, fun class, set to music in the warmest pool in the area! Suitable for all levels of

Aqua Pilates > Fitness Pilates will strengthen and tone weak muscles and improve flexibility by lengthening tight muscles. All level and abilities

Body Pump/Body Pump Express > The original barbell class. Tones the whole body with hot sounds and compelling choreography for just about everybody.

Boxercise > A fun, energetic class that's perfect to do with friends. Great HIIT workout (high intensity interval training), from quick punches to fast feet, all the movements will be sure to raise your heart rate. Improves agility, stamina and co-ordination ... PLUS burns calories. Perfect stress buster at the end of a busy day

Important Information:

Circuits > A complete workout for all levels from beginners to advanced. Using various pieces of equipment in a number of different class formats. Great for burning fat and improving muscle tone at the same time.

Clubbercise > You'll work up a sweat to a soundtrack of club anthems from 90's classics to the latest chart hits. Clubbercise routines are a mix of dance, toning and combat, they are easy-to-follow and always have high or low impact options to suit all fitness

Core Express > A 30 minute class with real focus on your core muscles, to aid toning, strength and shape. Particpants to warm-up prior to class.

Exercise to Music > No matter your fitness level or your goals this class is super fun and will leave you smiling and feeling accomplished!

Fitness Pilates > We focus on core, glutes and legs. Fitness Pilates addresses basic postural imbalances, improves back and core strength and enhances mobility and flexibility in a non-intimidating, fun and enjoyable class set to music. It is an all-inclusive programme designed to strengthen weaker areas of the body and is suitable for all levels of fitness and the general healthy adult.

Gentle Stretch and Tone > An aerobic, tone and trim session. Great social atmosphere. All ages and abilities welcome.

Indoor Cycling > Indoor studio cycling session. Highly motivating and a fantastic way to burn lots of calories.

Kick Fit NEW > A total body workout combining boxing and taekwondo with functional fitness. This high energy class will have you sweating and smiling. With the mix of martial art and functional exercises you will improve strength, stamina, balance, and coordination.

Leas. Bums and Tums > Ladies it says it all in the title. Blitz those hard to hit

Paracise > Paracise is a conditioning & well-being set of exercises all choreographed to fabulous music; gentle on the joints ,but highly effective in improving posture, balance, mobility & flexibility whilst improving your muscle memory. This class will leave you feeling refreshed & invigorated. No floor work.

Pilates Course > Pilates helps to develop the awareness of our bodies enabling us to improve posture, core strength and flexibility. It builds strength from the inside out, working on deep postural muscles and neutral

PiYo LIVE > Inspired by the muscle-sculpting, core-firming benefits of Pilates and the strength and flexibility of flowing yoga movements, it's an innovative bodyweight workout that gives you so much more.

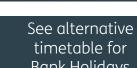
Step Aerobics > Step aerobics has all the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health.

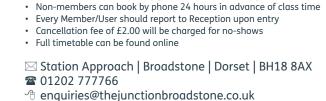
Yoga/Therapeutic Yoga > Create balance throughout your body by developing both strength and flexibility via different poses and postures. Improve your flexibility, muscle tone and well-being in this new pay-as-you-

Zumba > is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system! This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits.

Bank Holidays







• Members can book online/by phone 5 (120 hours) days in advance of class time



Station Approach | Broadstone | BH18 8AX | T: 01202 777766