

Monday

06:30 - 07:10	Indoor Cycling	Julia Palmer	(S/S)
06:30 - 07:15	Body Pump Express	Sophie Walker	(F/S)
07:15 - 08:00	Beginners Yoga (starts 14/09)	Sam Mitchell	NEW (C/R)
08:00 - 08:45	Aqua Blast	Kelly Penn	(S/P)
08:15 - 09:00	Gentle Stretch & Tone	Neil Solmon	(M/H)
08:50 - 09:35	Aqua Fit	Kelly Penn	(S/P)
09:00 - 10:00	Pilates Course (C)	Tracy Joyce	(C/R)
09:15 - 10:00	Beginners Step Aerobics	Neil Solmon	(F/S)
09:30 - 10:30	Circuits	Sophie Walker	(M/H)
10:15 - 11:15	Pilates Course (C)	Tracy Joyce	(C/R)
10:30 - 11:10	Indoor Cycling	Neil Solmon	(S/S)
10:45 - 11:30	Body Pump Express	Ricky Gill	(F/S)
11:30 - 12:30	Pilates Course (C)	Tracy Joyce	(C/R)
13:45 - 14:45	Pilates Course (C)	Rali Stefanova	(C/R)
17:30 - 18:15	Body Pump Express	Rikki Walden	(F/S)
17:45 - 18:30	Insanity	Sophie Walker	(C/R)
18:00 - 19:00	Yoga	Gaia Madden	(B/L)
18:10 - 19:00	Circuits	Charlotte Offer	(M/H)
18:20 - 19:00	Indoor Cycling	Gaynor Somerville	(S/S)
18:45 - 19:30	PIYO	Sophie Walker	(C/R)
19:00 - 19:45	Step Aerobics	Neil Solmon	(F/S)
19:05 - 19:55	Circuits	Charlotte Offer	(M/H)
19:10 - 19:50	Indoor Cycling	Gaynor Somerville	(S/S)
19:30 - 20:30	Pilates Course (C)	Rali Stefanova	(Bar)
19:45 - 20:30	Aqua Fit	Kirstine Culpan	(S/P)
19:55 - 20:40	20/20 Freestyle	Neil Solmon	(F/S)
20:00 - 20:45	Yoga	Julia Palmer	(C/R)

Tuesday

06:30 - 07:10	Indoor Cycling	Neil Solmon	(S/S)
06:30 - 07:15	Clubbercise	Ricky Gill	(M/H)
08:00 - 08:45	PIYO	Clare Nicholas	(C/R)
08:15 - 09:00	Aqua Pilates	Kelly Penn	(S/P)
08:15 - 09:00	Exercise To Music	Neil Solmon	(M/H)
09:10 - 09:55	Legs, Bums & Tums	Kelly Penn	(M/H) T/T
09:15 - 10:00	Yoga	Luki Shergill	(F/S)
09:30 - 10:10	Indoor Cycling	Neil Solmon	(S/S)
09:30 - 10:30	Pilates Course (C)	Tracy Joyce	(Bar)
09:45 - 10:30	Gentle Stretch & Tone	Lianne Ede	(C/R) T/T
10:15 - 11:00	Body Pump Express	Rikki Walden	(F/S)
10:30 - 11:15	Aqua Fit	Lynn Hill	(S/P)
10:45 - 11:30	Gentle Stretch & Tone	Lianne Ede	(C/R)
11:30 - 12:15	Fitness Pilates	Luki Shergill	(F/S)
11:45 - 12:30	Dance Workout	Clare Nicholas	(C/R)
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)
18:55 - 19:40	Boxercise **	Sophie Walker	(C/R)
19:00 - 20:00	Body Pump	Andy	(F/S)
19:05 - 19:45	Indoor Cycling	Julia Palmer	(S/S)
19:15 - 20:00	Aqua Fit	Lynn Hill	(S/P)
20:10 - 20:55	Yoga	Julia Palmer	(F/S)
20:15 - 21:15	Pilates Course (C)	Diana McGrail	(C/R)

Wednesday

06:30 - 07:15	Body Combat	Sarah Yates	(C/R)
06:30 - 07:15	Body Pump Express	Lianne Ede	(F/S)
08:30 - 09:15	Legs, Bums & Tums	Ricky Gill	(C/R)
09:15 - 10:00	Yoga	Rali Stefanova	(Bar)
09:30 - 10:15	Clubbercise	Ricky Gill	(C/R)
09:30 - 10:15	Body Pump Express	Sophie Walker	(M/H)
10:20 - 11:05	Body Blitz	Ricky Gill	(C/R)
10:30 - 11:10	Indoor Cycling	Sophie Walker	(S/S) (T/T)
12:00 - 12:45	Body Pump Express	Lianne Ede	(F/S) (T/T)
17:15 - 18:00	Body Combat	Lianne Ede	(C/R)
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	Patricia Llanderal	(C/R)
19:00 - 19:40	Indoor Cycling	Sophie Walker	(S/S)
19:00 - 19:45	Dance Workout	Patricia Llanderal	(F/S)
19:05 - 20:00	Circuits	Rikki Walden	(M/H)
20:15 - 21:00	Yoga	Sam Mitchell	(F/S)

Thursday

06:30 - 07:10	Indoor Cycling	Rikki Walden	(S/S)
06:30 - 07:15	Clubbercise	Ricky Gill	(M/H)
07:35 - 08:20	Yoga	Luki Shergill	(C/R)
08:30 - 09:15	Gentle Stretch & Tone	Rachel Klein	(F/S)
09:15 - 10:00	Body Combat	Lianne Ede	(C/R) T/T
09:20 - 10:00	Indoor Cycling	Sophie Walker	(S/S)
09:20 - 10:05	Fitness Pilates	Luki Shergill	(F/S)
10:15 - 11:15	Body Pump	Sophie Walker	(F/S)
17:15 - 18:00	Zumba	Triff Rowe	(F/S)
17:20 - 18:05	Circuits	Lianne Ede	(C/R)
17:35 - 18:15	Indoor Cycling	Nikki Samways	(S/S)
18:05 - 18:50	Zumba	Triff Rowe	(F/S)
18:15 - 19:00	Body Pump	Lianne Ede	(C/R)
18:20 - 19:00	Indoor Cycling	Nikki Samways	(S/S)
19:05 - 19:50	Legs, Bums & Tums	Nikki Samways	(F/S)
19:15 - 20:15	Therapeutic Yoga	Jo Guy	(C/R)
20:00 - 20:45	Aerobercise	Holly Selby	(F/S)

Friday

06:30 - 07:10	Indoor Cycling	Sophie Walker	(S/S)
06:30 - 07:15	Body Pump Express	Lianne Ede	(F/S)
07:20 - 08:05	Yoga	Julia Palmer	(C/R)
08:00 - 08:40	Aqua Pilates	Kelly Penn	(S/P)
08:15 - 09:00	Body Combat	Lianne Ede	(F/S)
08:45 - 09:30	Aqua Fit	Kelly Penn	(S/P)
09:30 - 10:30	Gentle Stretch & Tone	Lianne Ede	(F/S)
09:30 - 10:30	Circuits	Charlotte Offer	(M/H)
09:35 - 10:20	Aqua Fit	Kelly Penn	(S/P)
10:40 - 11:20	Indoor Cycling	Lianne Ede	(S/S)
10:45 - 11:30	Yoga	Sam Mitchell	(C/R)
10:45 - 11:30	Body Pump Express	Ricky Gill	(F/S)
11:40 - 12:25	Shape & Tone	Lianne Ede	(F/S)
11:45 - 12:30	Pregnancy Yoga (starts 18/09)	Sam Mitchell	NEW (C/R)
17:30 - 18:10	Indoor Cycling	Gaynor Somerville	(S/S)
17:30 - 18:15	Body Pump Express	Rikki Walden	(F/S)
17:30 - 18:15	Yoga	Sophia Abusahmen	(C/R)
18:00 - 18:45	Circuits	Lianne Ede	(M/H)
18:20 - 19:00	Indoor Cycling	Gaynor Somerville	(S/S)
18:30 - 19:15	Body Combat	Sarah Yates	(C/R)
19:15 - 20:00	Aqua Fit	Juliet Carey	(S/P)

Saturday

07:45 - 08:30	Yoga	Julia Palmer	(M/H)
08:40 - 09:20	Indoor Cycling	Julia Palmer	(S/S)
08:55 - 09:55	Body Pump	Rikki Walden	(F/S)

Sunday

08:15 - 09:00	Yoga	Julia Palmer	(C/R)
09:00 - 10:00	Super Circuits	Sophie Walker	(F/S)
09:05 - 09:50	Body Combat	Lianne Ede	(C/R)
10:05 - 10:45	Indoor Cycling	Lianne Ede	(S/S)
17:30 - 18:15	A-Plan Workout	Charlotte Offer	(M/H)

Location Key >>>

M/H = Main Hall	S/S = Spin Studio
S/P = Swimming Pool	Bar = Bar Lounge
F/S = Fitness Studio	(C) = Course Fee Applies
C/R = Canford Room	T/T = Term Time Only

Fitness Class Fees >>>

Gold Members		Bronze Members		Non Members		Indoor Cycling		Access To Leisure	
55/60 minutes	FREE	55/60 minutes	£5.30	55/60 minutes	£6.80	Gold Members	FREE	55/60 minutes	£3.50
45/50 minutes	FREE	45/50 minutes	£4.70	45/50 minutes	£6.20	Bronze Members	£4.80	45 minutes	£3.20
30 minutes	FREE	30 minutes	£4.20	30 minutes	£5.70	Non Members	£6.30	30 minutes	£2.95

** **Boxercise** - Own gloves required. - Gloves available to order/purchase, £15.00 per pair.



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.

Aerobercise > A fun 45 minutes of light exercise - easy to follow aerobics moving to the greatest hits! Simple moves to get you burning calories! We may also work with light weights to target arms and core! Perfect for beginners too!

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 fitness.

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

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 fitness.

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

Beginners Yoga > Suitable for those who are completely new to yoga. Classes will focus on simple yoga postures, gentle stretching, breathing and relaxation, helping to develop strength, flexibility and balance while building your confidence, knowledge and ability. A great way to learn the foundations of yoga at your own pace and prepare you to progress into other yoga classes.

Body Blitz > A full-body fitness class designed to boost your strength, stamina and overall fitness. Starting with a cardio warm-up, you'll move through squats, lunges, weights, shoulder and bicep exercises, and finish with core work for a complete workout.

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

BODYCOMBAT™ > A high-energy martial arts-inspired workout that fuels cardio fitness and strengthens your whole body. This no-contact class will improve your agility, speed, and release stress to leave you feeling empowered.

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.

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 levels.

Core Express > A 30 minute class with real focus on your core muscles, to aid toning, strength and shape. Participants 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.

Insanity > An invigorating full body workout that combines bursts of high-intensity exercises with brief recovery periods.

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

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.

Pregnancy Yoga > A gentle, nurturing practice designed to support women through the physical and emotional changes of pregnancy. Using pregnancy-friendly yoga postures, gentle movement, breathing and relaxation, classes can help maintain strength and mobility, ease everyday aches and tension, improve posture and encourage a greater sense of calm and wellbeing.

Shape and Tone > This class is designed to improve muscle definition, strength and overall body contouring through low-impact, high repetition exercises, often set to music. These sessions typically incorporate elements of Pilates, barre and light resistance training to target core, glutes and legs for a full-body workout.

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-go class!

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.

Important Information:

- Members can book online/by phone 5 (120 hours) days in advance of class time
- Non-members can book by phone 24 hours in advance of class time
- Every Member/User should report to Reception upon entry
- Cancellation fee of £3.00 will be charged for no-shows
- Full timetable can be found online

See alternative
timetable for
Bank Holidays



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