Programme

Class		Time	Location
MONDAY			
Ashtanga yoga (90)	1/2	9.30am	Conf. Suite
Seniors Keep Fit	1/2	9.30am	Sportshall
Body Pump	1/3	9.30am	Studio 1
Body attack	1/3	10.30am	Studio 1
Seniors keep Fit	1/2	10.30am	Sportshall
Pilates (Beginner)	1	11.15am	Conf. Suite
*Aquatone (45)	1	12.00 noon	Pool
Pilates (Int/Advanced)	2/3	12.30pm	Conf. Suite
Body Attack	1/3	6.00pm	Sportshall
Body Pump	1/3	6.00pm	Studio 1
Studio Cycling (60)	2/3	6.00pm	Studio 2
*Studio Cycling (45)	1/2	7.00pm	Studio 2
Bums & Tums	1/2	7.00pm	Sportshall
Body Jam	1/3	7.00pm	Studio 1
*Circuits	1/2	7.15pm	Sportshall
*Zumba	1	8.00pm	Sportshall
Boxfit	1/3	8.15pm	Studio 1
*Aquatone (45)	1	8.30pm	Pool
TUESDAY			
*Bums & Tums	1/2	9.30am	Sportshall
Step	1	9.30am	Studio 1
Studio Cycling (45)	1/2	9.30am	Studio 2
Body Pump	1/3	10.40am	Studio 1
Hatha Yoga (90)	1/3	11.45am	Studio 1
*Zumba	1	1.15pm	Studio 1
ABS Blast (30)	1/3	5.30pm	Studio 1
Body Combat	1/3	6.00pm	Studio 1
*Studio Cycling (45)	1	6.00pm	Studio 2
Body Combat (Beg)	1/2	6.00pm	Conf. Suite
Studio Cycling	1/3	7.00pm	Studio 2
Bums & Tums	1/3	7.00pm	Studio 1
Body Balance	1/3	7.00pm	Conf. Suite
*Steady Circuits	1	7.30pm	Sportshall
Body Pump	1/3	8.15pm	Conf. Suite
WEDNESDAY			
Studio Cycling (45)	1/3	7.30am	Studio 2
Studio Cycling (45)	1/3	9.30am	Studio 2
Body Balance	1	9.40am	Studio 1
Senior Keep Fit	1	10.30am	Sportshall
Body Pump	1/3	10.45am	Studio 1
Pilates	1/2	1.00pm	Studio 1
Steady Circuits	1	2.30pm	Studio 1
Body Jam	1/3	6.00pm	Studio 1
Body Step	1/3	6.00pm	Conf. Suite
Studio Cycling (60)	3	6.00pm	Studio 2
*Bums and Tums	1/2	6.00pm	Sportshall
Super Circuits	2/3	6.20pm	Sportshall
Body Pump	1/3	7.00pm	Studio 1
*Studio Cycling (45)	1/2	7.00pm	Studio 2
Vinyasa Yoga (75)	1/3	7.00pm	Conf. Suite
Aquatone (Ladies Only)	1/3	7.15pm	Pool
Boxer Circuits (60)	1/3	7.30pm	Sportshall
Zumba	1	8.05pm	Studio 1

Programme

Class		Time	Location
THURSDAY			
Body pump (45)	1/3	7.00am	Studio 1
Body Step	1/2	9.30am	Sportshall
Hatha Yoga (75)	1/3	9.30am	Conf. Suite
Bums & Tums	1/3	10.30am	Sportshall
Ashtanga Yoga (90)	2/3	10.45am	Conf. Suite
*Zumba	1	1.30pm	Studio 1
Abs Blast (30)	1/2	5.30pm	Studio 1
*Bums & Tums	1/2	6.00pm	Conf. Suite
Studio Cycling (45)	1/3	6.00pm	Studio 2
Body Attack	1/3	6.00pm	Studio 1
Body Pump	1/3	7.00pm	Studio 1
Body balance	1/3	7.00pm	Conf. Suite
Studio Cycling (45)	1/2	7.00pm	Studio 2
Body Combat	1/3	8.00pm	Studio 1
FRIDAY			
Studio Cycling	1/2	9.15am	Studio 2
Senior keep Fit	1	10.00am	Sportshall
Body Pump	1/3	10.00am	Studio 1
Body Combat	1/3	11.00am	Studio 1
*Aquatone (45)	1	12.00noon	Pool
Pilates	1/2	12.15pm	Studio 1
Body Pump	1/3	4.00pm	Studio 1
Zumba	1	5.00pm	Studio 1
Body Balance	1/3	6.00pm	Conf. Suite
Body Step	1/3	6.00pm	Studio 1
*Studio Cycling (45)	1/2	6.00pm	Studio 2
Bums & Tums	1/2	7.00pm	Studio 1
SATURDAY			
Body Balance	1/3	9.00am	Conf. Suite
Body Attack	1/3	9.00am	Studio 1
Body Combat	1/3	10.00am	Studio 1
Circuit Training	2/3	11.00am	Studio 1
Body Pump	1/3	5.00pm	Studio 1
SUNDAY			
Body Step	1/3	9.00am	Studio 1
Body Pump	1/3	10.00am	Studio 1
Aerobics	1/2	10.00am	Conf. Suite
*Studio Cycling (45)	1/2	10.00am	Studio 2
Body Combat	1/3	11.00am	Studio 1
*Studio Cycling (45)	1/2	11.00am	Studio 2
Body Jam	1/3	11.00am	Conf. Suite

KEY

1 = Beginners — Suitable for all levels of fitness, particular attention is given to new starters.
2 = Intermediate — For those who exercise regularly.
3 = Advanced — Go for the maximum.
Class duration. All classes not specified are 55 mins.
* Suitable for 14 – 16 year olds.

Class duration may vary according to activity.
Please check this timetable with reception to ensure maximum enjoyment, as these times and classes are reviewed to accommodate special events, customer demand and bank holidays.

Are you ready to exercise?

January 2013

ACTIVE FOR LIFE

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Cocks Moors Woods
Leisure Centre & Golf Course

Are you ready to exercise?

TO HELP US TO IMPROVE YOUR FITNESS WE MUST BE SURE YOU ARE READY TO EXERCISE.

- If you have not exercised recently or have answered yes to any of the questions below please inform your instructor prior to the session or speak to your doctor for advice.
- Do you have a heart condition?
- Are you pregnant or have given birth in the last 6 weeks?
- Do you have a bone or joint problem which could affect an exercise program?
- DO you have high blood pressure?
- Are you taking any medication which could affect an exercise programme?
- Are you Epileptic or Diabetic?
- Has your Doctor advised you at any point not to undertake an exercise programme?
- Do you have a medical condition not listed above which could affect an exercise programme?

Aerobics
The popularity of traditional fitness classes has never been higher. Classes involve a range of high and low impact moves to help improve cardiovascular fitness by following fun and simple routines, including a floorwork section. All levels of fitness have been catered for, from beginners to advanced,

Aquatone
All the thrills of exercising to music in the water. A water aerobics class, suitable for non swimmers. This class offers natural support and buoyancy of a water-based environment, suitable for all ages (over 14) and abilities. (Suitable for pregnant women.)

Ashtanga (Power) Yoga
Get to know yourself by experiencing synchronised movement with breath in this dynamic fre flowing form of yoga. Improve your flexibility, co-ordination, strength, stamina, concentration and vitality.

Body Jam
Want to Salsa, Merengue, Dance or even try some Broadway Routines but think you can't? Think again! Body Jam gives you the moves and grooves to make you dance like the best…

Are you ready to exercise?

Body attack
Is simply the ultimate cardiovascular challenge, encouraging you to reach the limits of your endurance.

Body balance
Improves joint mobility, flexibility and your body's range of movement. Please wear comfortable clothing. Shoes and socks must be removed prior to your class.

Body Combat
The complete all-body workout, the combination of arm and leg movements will help tone your arms and legs whilst burning vast amounts of calories. Body Combat combines powerhouse moves and stances from a range of self-defence disciplines.

Body Pump
Body Pump is a 60 minute non impact class designed to give your body a complete workout using barbells and weights to motivating music. The class enables people of all levels of strength and fitness to take part.

Boxercise
Punch away stress. K.O frustrations. The ultimate fitness workout. Suitable for men and women of all fitness abilities.

Bums & Tums
A great low impact, high intensity body toning workout concentrating on specific body areas – below the belt.

Circuit Training
A class which allows you to work at your own pace, combining aerobics, strength training and body shaping in just one efficient workout. Suitable for all levels of fitness.

Hatha Yoga
This style of Yoga is a combination of yoga postures pranayama (breath control) and deep relaxation. Yoga develops strength, flexibility, concentration and body awareness.

Boxfit
Boxing training with bag work, pad work, skipping and technique training.

Step
The very popular Step format combined with exciting choreography make these classes a dynamic option. This class is great for co-ordination and cardio vascular fitness.

Are you ready to exercise?

Studio Cycling
Superb aerobics and fat burning workout. A fantastic way to burn calories. Non-impact ensures suitability for young and old alike.

Zumba
Latin-Inspired dance fitness class with easy to follow moves.

Pilates
Pilates is a combination of core stability, relaxation, breathing, controlled movements, postural alignment and co-ordination.

Vinyasa Yoga
This is a dynamic form of yoga. Postures are linked by controlled breathing. You will improve your flexibility, strength and co-ordination with free flowing workout.

PRICES

All Classes …… £5.30
Except for;
Abs Blast……..……£2.65
Daytime Aquatone……..……£4.60
Seniors Keep Fit……..£3.30
Yoga (60)…….…… £5.30
Yoga (75)……..… £6.00
Yoga (90)……..…… £6.50
Studio Cycling (45)…… £4.60
Studio Cycling (60)…… £5.30

Memberships Available from……..……..£23.00

Tickets available from 5.00pm onwards for weekday classes.

All major credit cards accepted; Visa, Mastercard, Solo etc.

THANK YOU FOR READING THIS INFORMATION, HAPPY EXERCISING.