

Monday

| Time | Class | Venue | Level |
|-------------|----------------|--------|-----------|
| 9.30-10.30 | Body Step ° | Studio | all/int |
| 10.30-11.25 | Pump ° | Studio | all |
| 12.15-13.15 | Pilates ** | Studio | all |
| 18.00-19.00 | Pump | Studio | all |
| 19.00-20.00 | Hi/lo Aerobics | Studio | all |
| 19.00-20.30 | Hatha Yoga | Crèche | all |
| 20.15-21.00 | Shallow Aqua | Pool | all / 50+ |
| 20.30-21.30 | Line Dancing | Studio | all / 50+ |

Tuesday

| Time | Class | Venue | Level |
|-------------|----------------------------|--------|-------|
| 9.30-10.30 | LBN (Look Better Naked!) ° | Studio | all |
| 18.15-19.15 | Total Toning | Studio | all |
| 19.00-20.30 | Dynamic Flow Yoga | Crèche | all |
| 19.45-20.45 | Boxercise | Studio | all |

Wednesday

| Time | Class | Venue | Level |
|-------------|--------------------|--------|-----------|
| 6.40-7.40 | Wake-up & work-out | Studio | all |
| 9.30-10.30 | Mature Movers ** ° | Studio | 60+ |
| 9.30-10.30 | Cardio Circuit ° | Gym | all / int |
| 11.15-12.00 | Shallow Aqua | Pool | all / 50+ |
| 12.15-13.15 | Pilates ** | Studio | all |
| 18.30-20.00 | Hatha Yoga | Crèche | all |
| 18.45-19.45 | Pump | Studio | all |
| 20.00-21.30 | Hatha Yoga | Crèche | all |
| 20.15-21.00 | Deep Aqua | Pool | all |

Thursday

| Time | Class | Venue | Level |
|-------------|-------------------|-------------|-------|
| 9.30-10.30 | Hi/lo Aerobics ° | Studio | all |
| 19.00-20.00 | Bootcamp | Sports Hall | all |
| 19.20-20.20 | Pilates Course ** | Studio | all |

Friday

| Time | Class | Venue | Level |
|-------------|-------------------------|--------|-----------|
| 9.30-10.30 | Body Step ° | Studio | all / int |
| 10.30-11.25 | Pump ° | Studio | all |
| 11.15-12.00 | Shallow Aqua (50+ only) | Pool | 50+ only |
| 18.00-19.00 | Tai Chi Chuan ** | Studio | all / 50+ |

Saturday

| Time | Class | Venue | Level |
|------------|-------------------|--------|-------|
| 8.30-9.20 | Studio Cycling ** | Crèche | all |
| 9.30-10.20 | Studio Cycling ** | Crèche | all |

Sunday

| Time | Class | Venue | Level |
|-------------|--------------------------|--------|-------|
| 9.30-10.30 | Pump | Studio | all |
| 10.30-11.30 | LBN (Look Better Naked!) | Studio | all |

** These classes do not form part of our inclusive membership package.

Fees should be paid direct to the instructor.

° The crèche is available at these times

Class Descriptions

All classes are free of charge to Lifestyle members and reduced rates are available to Leisure Card holders, with the exception of classes marked **. Customers are reminded to book in advance to secure their place as numbers are limited. Internet booking is available for Lifestyle members – please contact Reception for details.

Aqua Aerobics

Get splash-happy with this great fun workout, using a range of equipment to enhance each move and aid buoyancy in the water. Ideal for all levels. Shallow and deep-water classes available.

Body Step

Step up your fitness with this ultimate step class -it's the world's fastest way to tone butt and thighs. Beginners and enthusiasts will experience a challenging, self-regulated workout that delivers fast results.

Bootcamp

A traditional sports hall circuit class for those who want to improve their cardio-vascular fitness and stamina, using a mixture of CV, strength and power moves. The instructor will be there to make sure you step outside the box and push yourself, but ultimately you choose the intensity to take what you want from the class. Remember, the more you put in, the more you get out!! Make sure you bring a drink and a small towel with you because you're going to need them!

Boxercise

Boxercise combines boxing and exercise in a great fun, stress-busting class to suit everyone who wants to enjoy boxing training without getting hit! It is one of the most effective forms of cross-training available, combining use of both aerobic and anaerobic energy systems for a diverse workout. Boxercise classes are always fun, energetic and addictive.

Cardio circuit

This gym session uses cardio-vascular and resistance equipment along with floor-based exercises to target every part of your body. Rest assured you will regulate your own intensity levels on the machines so that you can control how hard you work. Please note you will need to complete a health questionnaire on your first visit if you have not previously used the gym.

Dynamic Flow Yoga

Based on Ashtanga Yoga, this class is best described as a moving meditation where participants move from one pose to the next in a continual flow, combining the breath with the movement. This physically demanding Yoga was developed to build strength, flexibility and stamina. Suitable for all abilities.

Hatha Yoga

Take 90 minutes out from your hectic schedule to focus on mental peace and calmness, while stretching and strengthening your limbs to improve flexibility and posture. Ideal for all ages and abilities.

Hi/lo Aerobics

A great workout for all levels of fitness, combining aerobic moves into an easy-to-follow routine, designed to burn calories – fast! Participants have the option to follow lo or hi impact versions of the routine. Ideal for anyone new to exercise or looking to get re-started after a break.

LBN (Look Better Naked!)

Sculpt and shape your body using a wide range of equipment and exercises. The class content will vary from week-to-week, but will always deliver results to get you looking better in the buff!

Line Dancing

The same health benefits as any other class, but with a whole load of extra fun and fancy footwear guaranteed. All abilities and ages welcome.

Mature Movers **

A fun and effective class for our more mature clients which aims to maintain/improve fitness, joint mobility and muscle tone. This class is run on a freelance basis and is excluded from our membership packages. Fees are paid direct to the instructor. Please contact Reception for further information.

Pilates **

Combining core stability, mobility and flexibility exercises with controlled breathing, Pilates aims to improve posture and develop muscle tone. This class is run on a freelance basis and is excluded from our membership packages. Fees are paid direct to the instructor. For information and bookings please contact Hilary on 01580 713903 or email hills390@hotmail.com

Pump

The original barbell class! Simple, safe and effective resistance training exercises taken from the gym environment and set to powerful, motivational music in the studio. First timers are advised to book a free technique session in the gym beforehand.

Studio Cycling **

Studio Cycling is a fast-paced, calorie-burning class using fixed-wheel cycles and motivating music to take you on the ride of your life! This class is run on a freelance basis and is excluded from our membership packages - call 07857 336388 for enquiries and booking. Fees are paid direct to the instructor.

Tai Chi Chuan **

Ideal for all ages and fitness levels, this discipline teaches participants how to move and breathe for optimal efficiency in every day life. It helps to enhance mental and physical well-being and is an ideal complement to other fitness activities. This class is run on a freelance basis and is excluded from our membership packages. Fees are paid direct to the instructor. Please contact Reception for further information.

Total Toning

Just what it sounds! Tone and shape the whole body with this lo-impact conditioning class, using light hand weights and floor based exercises. Great for those who are new to exercise or want to keep things simple.

Wake-up & work-out

A self-regulated circuit based class in the Studio to wake up your whole body and set you up for the challenges of the day ahead! You will use punch bags, speed ball, skipping ropes and shuttle runs to pick up your heart-rate, with a range of strength and toning moves to target your abs plus your upper and lower body. Stay for the whole class or drop out early if you have to rush to work or come in late if you don't need to be up so early!

Membership

Do you attend one or more classes per week or take part in other activities at the Centre?

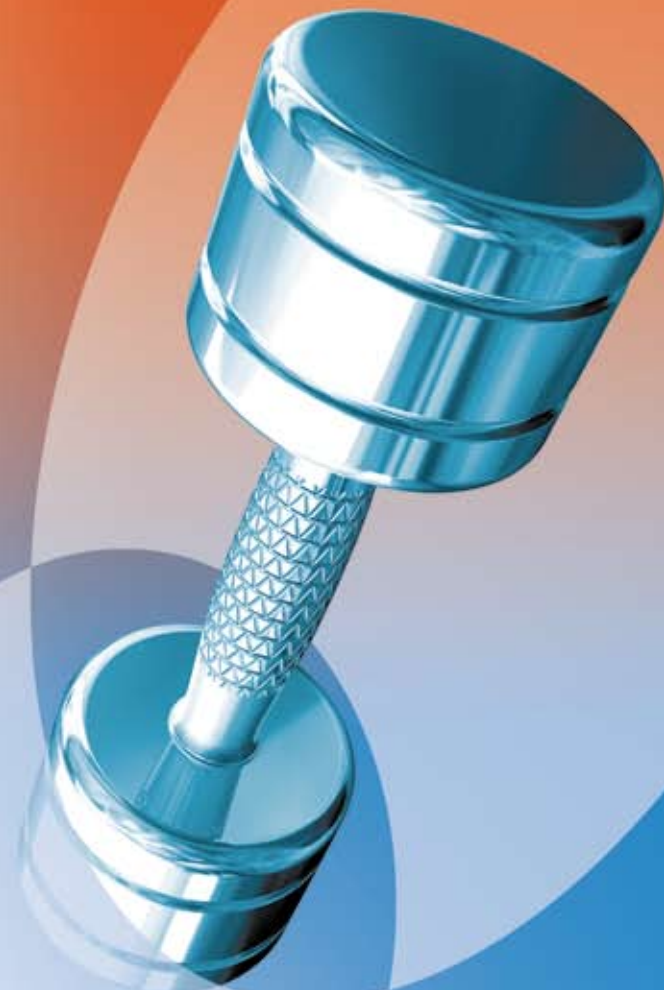
You may be able to save ££'s by taking out one of our contract-free membership packages.

Speak to a Sales Advisor to start saving!

Cancellations are accepted up to 2 hours before a class starts. All members please note: no shows will incur a charge equal to the cost of the class.
Class times include any setting up or breaking down of equipment.
We reserve the right to cancel or amend classes and this timetable may change during holiday periods.

studio timetable

January 2010 - April 2010



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