

## Monday

Time	Class	Venue	Level
09.15	Δ Pilates	Studio 2	3
09.30	# Group Cycle	Studio 3	2
10.15	Δ Pilates	Studio 2	2
10.30	Legs, Bums & Tums	Studio 1	2
12.30	* HeartBeat	Studio 1	1
18.00	Legs, Bums & Tums	Studio 1	2
18.30	Fab Abs	Studio 2	2
19.00	Body Conditioning	Studio 1	2
19.00	Group Cycle	Studio 3	2/3
19.00	* Body Balance	Studio 2	2
20.00	Tai-Bo	Studio 1	2
20.00	Group Cycle (45 mins)	Studio 3	1
20.00	Δ Pilates	Studio 2	1

## Tuesday

Time	Class	Venue	Level
09.30	New Body	Studio 1	2
09.30	Group Cycle	Studio 3	2
09.45	50+ (exercise)	Hall 2	2
10.30	Exercise to Music	Studio 1	2
12.45	# Hatha Yoga (90 mins)	Studio 2	2
18.00	New Body	Studio 1	2
18.30	Δ Pilates	Studio 2	2/3
19.00	Legs, Bums & Tums	Studio 1	2
19.00	Group Cycle	Studio 3	3
19.30	Aqua Woggle	Pool	2
19.30	Δ Pilates	Studio 2	3
20.15	Deep Water Running	Pool	3

## Wednesday

Time	Class	Venue	Level
09.30	Yoga	Studio 2	2
09.30	Body Pump	Studio 1	2
09.30	Group Cycle	Studio 3	2
10.30	*# Body Balance	Studio 2	2
10.30	Cardio Aqua	Pool	2
13.45	Heartbeat	Studio 2	1
18.00	Legs, Bums & Tums	Studio 1	2
19.00	Body Pump	Studio 1	2
19.00	Group Cycle	Studio 3	2/3
19.00	Δ Pilates	Studio 2	2/3
19.30	Super Circuits	Hall	2
20.00	Box-a-Cise	Studio 1	2
20.00	Group Cycle (45 mins)	Studio 3	1
20.00	* Body Balance	Studio 2	2

## Thursday

Time	Class	Venue	Level
09.15	Δ Pilates	Studio 2	1
09.30	Hi/Lo Aerobics	Studio 1	3
09.30	Group Cycle	Studio 3	2 New
09.45	# 50+ (circuits)	Hall 2	2
10.30	*# Body Balance	Studio 1	2 New
18.00	Body Pump	Studio 1	2
18.30	Deep Water Running	Pool	3
19.00	Legs, Bums & Tums	Studio 1	2
19.00	Group Cycle	Studio 3	2
19.00	Δ Pilates	Studio 2	3
20.00	Hi/Lo Aerobics	Studio 1	3
20.00	Yoga Class	Studio 2	2

## Friday

Time	Class	Venue	Level
09.30	Big Baggy T-shirt Workout	Studio 1	1
09.30	Group Cycle	Studio 3	3
09.45	50+ (exercise)	Hall 2	2
10.30	Body Pump	Studio 1	2
10.30	Group Cycle (45 mins)	Studio 3	1
12noon	Aqua Woggle (30 mins)	Pool	2

## Saturday

Time	Class	Venue	Level
09.00	Total Body Workout	Studio 1	2
10.00	Legs, Bums & Tums	Studio 1	2
10.00	* Tai Chi	Studio 2	2
10.00	Group Cycle	Studio 3	2/3

## Sunday

Time	Class	Venue	Level
09.30	Body Pump	Studio 1	2
09.45	Deep Water Running	Pool	2
10.30	* Body Balance	Studio 2	2
10.30	Group Cycle	Studio 3	2

- 1 Beginners or those recovering from illness, injury or surgery
- 2 All levels
- 3 Advanced
- \* Specialist class
- # During term time only
- Δ Run as 6 weeks courses (see reception for dates)

## Class Descriptions

### Aqua Classes & Deep Water Running

A variety of exercises using rhythmic movements to music using flotation equipment for added resistance. Gentle to challenging workouts with the emphasis on FUN.

### Big Baggy T-shirt Workout

No posers here! You must wear a BIG BAGGY T-shirt to participate in this class.

### Body Balance\*

A 21st century blend of yoga, tai-chi and pilates for all abilities.

### Body Conditioning

A full body workout with resistance for strength, endurance and definition.

### Body Pump

Participants must attend a FREE Technique Clinic beforehand. Improve your body shape with this structured free-weights class suitable for all levels of fitness.

### Box-a-Cise

A circuit-based fitness class using boxing moves to enhance all round fitness, strength, endurance, speed and co-ordination. It's fast and fun.

### Exercise to Music

No jumping here, just smooth moves to increase your cardiovascular fitness and stamina. Ideal for the new and returning exerciser.

### Group Cycling

A variety of instructor-led cycling classes with music, from gentle meanders through the virtual countryside to challenging hill climbs and sprints. Some classes use heart rate monitors.

### HeartBeat\*

These classes provide an excellent opportunity for patients recovering from heart attack/surgery to enjoy an exercise to music class whilst improving fitness.

### Hi/Lo Aerobics

A combination of high and low impact moves to give an endurance workout.

### Legs, Bums & Tums

An ever-popular class working the muscles in those classic trouble spots – a once-a-week must!

### New Body

A choreographed and conditioning routine using hand weights of your choice.

### 50+

Lasts 45 minutes. A warm up session prior to other activities.

### Super Circuits

A multi-station fitness class suitable for all levels and abilities concentrating on progressing your fitness levels using a variety of equipment.

### Tai Bo

A combination of aerobic and karate moves to provide a powerful workout. Your host is a karate black belt.

### Tai Chi

A combination of relaxation and toning exercises, promoting harmony and health.

### Total Body Workout

A high & low impact workout with a series of body conditioning exercises using hand weights.

### Yoga

Hatha Yoga releases tension with stretching and relaxation exercises to balance mind and body.

Tao Yin Yoga offers a more invigorating session but is suitable for pregnant women.

\*Specialist class.

### Pilates

Courses are available combining strength and mobility work to help you focus on and develop your core stability. It helps maintain optimum postural alignment at all times. If you would like to join a course, please contact Reception. Booking is essential. Courses are not included in membership.

Prices	Off Peak	Peak
<b>Exercise Classes</b>		
Member	£4.35	£5.00
Non member	£5.25	£5.90
<b>Yoga</b>		
	(1½ hrs)	(1 hr)
Member	£5.80	£5.00
Non member	£6.70	£5.90
<b>Aqua</b>		
Member	£4.35	£5.00
Non member	£5.25	£5.90
<b>Concession</b>		
	£3.50	£3.50
<b>Specialist</b>		
Lifestyle members	£2.85	£2.85
Member	£4.35	£5.00
Non member	£5.20	£5.90
<b>Teen Classes</b>		
Member	£2.60	-
Non member	£2.00	-
<b>50+</b>		
	£4.15	

Do you attend 2 or more classes per week or take part in other activities at the Centre? These classes are FREE to Lifestyle members (with the exception of specialist classes and courses). Ask our membership advisors for details.

### Important Information

- Access for those with special needs. Free access for carers.
- Members may book classes 2 weeks in advance by telephone or online at [www.tunbridgewells-leisure.com](http://www.tunbridgewells-leisure.com). Non members may book 1 week in advance online.
- Cancellations are accepted up to 2 hours before the class starts. All members please note: 'No shows' will incur a charge equal to the cost of the class.
- Classes run for 1 hour unless otherwise stated. They include any setting up or breaking down of equipment.
- Concession rates apply to students and those receiving certain benefits.
- We reserve the right to cancel or amend classes.
- This timetable may change during holiday periods.

### Centre Opening Times

	Off Peak	Peak
Monday-Friday	08.00-17.30	17.30-22.30
Saturday		08.00-17.30
Sunday	17.30-21.30	08.00-17.30

Available in large print.

# studio timetable



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[www.tunbridgewells-leisure.com](http://www.tunbridgewells-leisure.com)