

GROUP FITNESS

TIMETABLE

COMMENCING
24TH APRIL 2017



CLASS DESCRIPTIONS

ABS BLAST

A fantastic and effective abdominal workout that focuses on the core muscles with the goal to tone, strengthen, and define.

AEROBICS

A choreographed class packed with a mix of high & low impact steps - Good for those wanting something a little challenging. All levels welcome

AQUA

Splash your way to fitness with one of the most popular low impact classes. Suitable for all levels!

ASHTANGA YOGA

A set sequence of movements combined with breath to produce an internal heat designed to purify the body & mind and build strength & tone.

BALLROOM & LATIN FITNESS

Dance yourself fit with this FAB-U-LOUS dance-based workout. Learn easy-to-follow, fun routines to your favourite dances including: Quickstep, Cha Cha Cha, Tango, Waltz, American Smooth, Jive & many more!!!

BODY CONDITIONING

A full body workout targeting all major muscle groups suitable for those wanting to improve their all over definition forever!

BODY MAINTENANCE

A physiotherapy based class. Offering members the opportunity to explore efficient and co-ordinated movement, to improve body form and lead to pain free activity.

BOOTCAMP

Bootcamp is a high intensity fitness class combining cardiovascular and bodyweight endurance exercises for an all over body blitz.

BOXERCISE

Boxercise has developed and adapted age old training principles to form a fun, addictive, safe, stress busting workout suitable for all!

CARDIO BLAST

A fun, high energy and varied class aimed at boosting your cardiovascular fitness. It is appropriate for all fitness levels with high & low impact options available. Easy-to-follow and set to upbeat music.

CARDIO COMBAT

A high energy martial arts based workout, choreographed to upbeat music, which improves co-ordination and builds self confidence whilst burning high calories for a leaner, toned body!

CIRCUITS

Challenge your body with this perfect all-over workout which combines aerobic and resistance training to fantastic effects!

CORE CIRCUIT

This class combines mat exercises & Core Circuits to create a completely varied workout.

Incorporating exercises such as press-ups & squats and using equipment including hula hoops, battle ropes, ab wheels, kettlebells, balance trainers, medicine balls & swiss ball.

DANCE FLOOR FILLERS

This is a fun filled, calorie burning workout. A non-stop class, jammed packed with hits from all decades, that make you want to move. This class is for everyone, no dance experience necessary.

FITBALL

Fitball includes a variety of toning exercises on an unstable surface which is extremely effective at improving body awareness, posture and balance.

HATHA YOGA / YOGA & RELAX

Designed to enhance muscular balance & strength, develop flexibility, increase stamina and improve posture whilst supporting a sense of well being. Suitable for all levels, providing an individual exercise experience.

H.I.I.T (HIGH INTENSITY INTERVAL TRAINING)

H.I.I.T workouts will turn you into a more effective fat burner in a shorter amount of time - Go hard then go home!! 30 minutes is all you need.

LEGS, BUMS & TUMS

Exercise your way to fantastic legs, bums and tums with this fun class combining aerobics with focused toning exercises.

L.I.I.T (LOW INTENSITY INTERVAL TRAINING)

Low Intensity Interval Training is pretty much exactly the same as High Intensity Interval Training, with one major difference - we have removed the impact to create a fat burning, all over body workout without the high impact moves.

LOW & TONE

A low impact option combining a perfect mix of cardio and conditioning in a fun yet effective way - think fitness without all the frantic antics. Perfect for beginners, older adults or anyone returning to exercise.

PILATES

A slow and controlled exercise method which helps to improve posture, mobility and strength. Perfect for body and mind.

PIYO

PIYO combines the muscle-sculpting, core-firming benefits of Pilates with the strength & flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

PUMP FX

If changing your body's shape whilst benefiting from a fantastic cardio workout is what you're looking for then Pump FX is the perfect class! Burn lots of calories, reduce fat & tone in all areas. There is no fancy footwork & the easy-to-follow moves make the class both effective & enjoyable.

SPIN

A fun, athletic, cardiovascular cycling workout that guarantees to leave you on a high: Spin is for those willing to work hard to burn excess fat, you will shed up to 600 calories in 45 minutes & get a great cardio boost!

STEP

The perfect class to get your heart and lungs working better & your bum & thighs looking great. Want to look & feel great? Step this way.

STRONG BY ZUMBA

Introducing music-led interval training. Using your own body weight, you will gain muscular endurance, definition & an increased after burn. Combining HIIT, PLYO, body conditioning & floor work to create a total body workout to music!

SYNRGY

Think PT in a group setting. This exciting piece of equipment has everything you need to suit your personal objectives plus all the benefits of group training & a highly skilled instructor to coach you through your workout.

SYNRGY STRENGTH

Synergy Strength focuses on building lean muscle & increasing strength. Classes will improve overall tone, enhance fat burning, accelerate endurance & get you to your fitness goal quicker!

TAI CHI

Traditional chinese exercise using slow, graceful movements combined with conscious relaxation & deep breathing to improve physical fitness, body condition, suppleness & strength. Requires no previous experience.

VINYASSA YOGA

A flowing type of Yoga where participants coordinate movement with breath to flow from one pose to the next. An inspiring and dynamic class.

YOGA PRINCIPLES

An investigative class performing & feeling into different postures, motions & movements, to find individual areas that may benefit from strengthening or lengthening to create a balanced body & mind. The class is led by the breath.

ZUMBA

Zumba takes the "work" out of workout, by mixing low & high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin & World rhythms take over, you'll see why Zumba classes are often called exercise in disguise. Super effective and super fun!

ZUMBA GOLD

Perfect for those who are looking for a modified Zumba class that recreates the original moves at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

DON'T MISS OUT!

Book early to avoid disappointment

Our classes are popular and regularly fill up quickly (we must be doing something right!) To avoid disappointment it is advisable to book early. You can book for any of our classes eight days in advance. Bookings can be made online at waterside-leisureclub.co.uk, via the special Waterside Leisure Club app, or at reception.

Remember to get there early

There are often waiting lists for our most popular classes. For this reason, we ask that you arrive at least five minutes before the class starts to ensure your space. Within the last five minutes we will give away the remaining spaces to anyone on the waiting list.

Don't forget to cancel

There are many reasons why you can't make a class that you have booked. That is not a problem. We just ask that you let us know. This means that someone else can be given the space.



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POOL TIMETABLE

COMMENCING 24TH APRIL 2017

MONDAY

TIME	ACTIVITY	TYPE	ABILITY/AGE	INSTRUCTOR
0630-0730	Lane Swimming	Swimming	All	n/a
1000-1045	Aqua	Aqua	All	Stacey
1045-1115	Aqua	Aqua	All	David
1400-1500	Water Babies (£)	Swimming	Baby	Water Babies
1600-1830	Swimming Lessons (£)	Swimming	3+	Total Swimming
1945-2015	Express Aqua	Aqua	All	Stacey

TUESDAY

TIME	ACTIVITY	TYPE	ABILITY/AGE	INSTRUCTOR
1030-1115	Aqua	Aqua	All	Nicola
1115-1200	Aqua	Aqua	All	Nicola
1330-1530	Water Babies (£)	Swimming	Baby	Water Babies
1600-1800	Swimming Lessons (£)	Swimming	3+	Total Swimming

WEDNESDAY

TIME	ACTIVITY	TYPE	ABILITY/AGE	INSTRUCTOR
0930-1015	Aqua	Aqua	All	Niki
1600-1800	Swimming Lessons (£)	Swimming	3+	Total Swimming
1830-1930	Lane Swimming	Swimming	All	n/a
1945-2015	Express Aqua	Aqua	All	Dawn

THURSDAY

TIME	ACTIVITY	TYPE	ABILITY/AGE	INSTRUCTOR
1030-1115	Aqua	Aqua	All	Stacey
1130-1215	Aqua	Aqua	All	Sarah
1600-1830	Swimming Lessons (£)	Swimming	3+	Total Swimming

FRIDAY

TIME	ACTIVITY	TYPE	ABILITY/AGE	INSTRUCTOR
1030-1115	Aqua	Aqua	All	Suzanne
1130-1400	Water Babies (£)	Swimming	Baby	Water Babies
1400-1500	WI Swimming Lessons (£)	Swimming	Beginner	Shirley
1600-1800	Swimming Lessons (£)	Swimming	3+	Total Swimming

SATURDAY

TIME	ACTIVITY	TYPE	ABILITY/AGE	INSTRUCTOR
0830-1230	Swimming Lessons (£)	Swimming	3+	Total Swimming
1400-1730	Water Babies (£)	Swimming	Baby	Water Babies

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GROUP FITNESS

TIMETABLE

COMMENCING 24TH APRIL 2017

KEY * STRONG by Zumba will be covered with a cardio class until 01/06/17

****** Fast class. Please arrive warmed up and ready to go.

******* Please arrive at this class 5 minutes prior to its start time for preparation and equipment set-up.

£ There is an additional charge for these courses.

■ Timetable change. ■ Waterside Club.

MONDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0930-1015	Zumba	Cardio	Studio 1	All	Aimee
0930-1015	Spin ***	Cardio	Spin Studio	All	Dave
1000-1045	Aqua	Aqua	Pool	All	Stacey
1020-1120	Vinyassa Yoga	Holistic	Studio 1	All	Ruth / Tricia
1030-1100	Syngry Strength **	Condi	Syngry Studio	All	James
1045-1130	Aqua	Aqua	Pool	All	David
1130-1215	Zumba Gold	Cardio	Studio 1	Beg	Don
1230-1315	Tai Chi	Holistic	Studio 1	All	Don
1430-1700	Table Tennis Club	Club	Studio 1	All	Members
1725-1755	Abs Blast	Condi	Studio 1	All	Darriel
1800-1840	Spin ***	Cardio	Spin Studio	All	Beckie
1800-1840	Circuits	Condi	Studio 1	Int	Jack
1800-1840	PIYo	Condi	Studio 2	All	Natalie
1845-1925	Spin ***	Cardio	Spin Studio	All	Beckie
1845-1930	Zumba	Cardio	Studio 1	All	Natalie
1845-1930	Step	Cardio	Studio 2	Int	Leroy
1850-1920	Syngry **	Condi	Syngry Studio	All	Jack
1930-2015	Pilates	Holistic	Studio 2	All	Suzanne
1935-2030	Pump FX ***	Condi	Studio 1	All	Jason
1945-2015	Express Aqua	Aqua	Pool	All	Stacey

TUESDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	H.I.I.T	Cardio	Studio 1	All	Dan
0930-1015	Yoga Principles	Holistic	Studio 1	All	Rosanne
0930-1015	Spin ***	Cardio	Spin Studio	All	Mike
1020-1115	Body Conditioning	Condi	Studio 1	All	Ant
1030-1115	Tai Chi	Holistic	Studio 2	All	Joseph
1030-1115	Aqua	Aqua	Pool	All	Nicola
1115-1200	Aqua	Aqua	Pool	All	Nicola
1130-1215	Body Maintenance	Physio	Studio 2	All	Matt
1245-1330	Pilates	Holistic	Studio 1	All	Liz
1730-1800	H.I.I.T	Cardio	Studio 1	All	Alice
1815-1900	Pilates	Holistic	Studio 2	All	Sarah
1815-1910	Body Conditioning	Condi	Studio 1	All	Alice
1900-1945	Legs, Bums & Tums	Condi	Studio 2	All	Niki
1915-2000	Dance Floor Fillers	Dance	Studio 1	All	Natalie
1915-2000	Spin ***	Cardio	Spin Studio	All	Sarah
2000-2100	Bootcamp	Condi	Studio 1	Int/Adv	Dan / Mike
2000-2100	Vinyassa Yoga	Condi	Studio 2	All	Ruth / Hannah

CHILDREN'S TIMETABLE

For further information on the following classes please call the relevant number;
Total Swimming: 0161 764 2224. Water Babies: 0161 928 6385. Babyballet: 07753 111 753.

MONDAY

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
1400-1500	Water Babies (£)	Swim	Pool	Baby	Water Babies
1600-1830	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
1630-1715	Junior Taekwondo	Martial	Studio 2	5+	Ross
1715-1745	Junior Boxercise	Combat	Studio 2	8+	Ross

TUESDAY

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
1330-1530	Water Babies (£)	Swim	Pool	Baby	Water Babies
1600-1800	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
1715-1800	Junior Bootcamp	Cardio	Studio 2	8+	James

WEDNESDAY

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
1600-1800	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
1700-1745	Junior Dance	Dance	Studio 2	5+	Ellen

THURSDAY

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
1600-1830	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming

FRIDAY

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
1130-1400	Water Babies (£)	Swim	Pool	Baby	Water Babies
1600-1800	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming

SATURDAY

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
0830-1230	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
0915-1300	Babyballet (£)	Dance	Rivers	3+	Babyballet
1400-1745	Water Babies (£)	Swim	Pool	Baby	Water Babies

WEDNESDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0800	Ashtanga Yoga	Holistic	Studio 1	All	Ruth
0930-1015	Aqua	Aqua	Pool	All	Niki
0930-1015	Spin ***	Cardio	Spin Studio	All	Alice
0930-1015	Zumba	Cardio	Studio 1	All	Dionne
1030-1115	Body Conditioning	Condi	Studio 1	All	Niki
1030-1115	Low & Tone	Condi	Studio 2	Beg	Jenny
1130-1215	Pilates	Holistic	Studio 1	All	Angela
1400-1700	Table Tennis Club	Club	Studio 1	All	Members
1725-1755	Abs Blast	Condi	Studio 1	All	Sue
1800-1840	Syngry **	Condi	Syngry Studio	All	James
1800-1845	Zumba	Cardio	Studio 2	All	Dawn
1800-1845	Spin ***	Cardio	Spin Studio	All	Sue
1815-1930	Hatha Yoga	Holistic	Studio 1	All	Don
1845-1930	Body Conditioning	Condi	Studio 2	All	Dawn
1845-1930	Spin ***	Cardio	Spin Studio	All	Sue
1930-2015	Cardio Combat	Combat	Studio 1	All	Ella
1945-2015	Express Aqua	Aqua	Pool	All	Dawn

THURSDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	H.I.I.T	Cardio	Studio 1	All	Dan
0930-1015	Body Conditioning	Condi	Studio 2	All	Natalie
0945-1030	Pilates	Holistic	Studio 1	All	Liz
1030-1115	Aqua	Aqua	Pool	All	Stacey
1030-1115	Ballroom & Latin Fitness	Dance	Studio 1	All	Aimee
1030-1115	Cardio Blast	Cardio	Studio 2	All	Charlotte W
1130-1215	Aqua	Aqua	Pool	All	Sarah
1230-1345	Yoga & Relax	Holistic	Studio 1	All	Tricia
1730-1800	H.I.I.T	Cardio	Studio 1	All	Darriel
1800-1845	Boxercise	Combat	Studio 1	Int	David
1800-1845	Spin ***	Cardio	Spin Studio	All	Beckie
1800-1845	STRONG by Zumba *	Condi	Studio 2	All	Natalie
1900-1945	Pump FX ***	Condi	Studio 1	All	Angel
1900-1945	Legs, Bums & Tums	Condi	Studio 2	All	Natalie
2000-2130	Yoga & Relax	Holistic	Studio 1	All	Andrew

FRIDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0745	PIYo	Condi	Studio 1	All	Natalie
0930-1015	Body Conditioning	Condi	Studio 1	All	Dawn
0945-1015	Syngry Strength **	Condi	Syngry Studio	All	Darriel
1030-1115	Zumba	Cardio	Studio 1	All	Dawn
1030-1115	Spin ***	Cardio	Spin Studio	All	Beckie
1030-1115	Aqua	Aqua	Pool	All	Suzanne
1130-1215	Low & Tone	Condi	Studio 1	Beg	Dawn
1130-1215	Pilates	Holistic	Studio 2	All	Suzanne
1400-1700	Table Tennis Club	Club	Studio 1	All	Members
17:30-1815	Pilates	Holistic	Studio 2	All	Georgina
1745-1815	Abs Blast	Condi	Studio 1	All	Jack
1830-1915	Bootcamp	Condi	Studio 1	Int/Adv	Jack
1830-1915	Spin ***	Cardio	Spin Studio	All	Mike

SATURDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0845-0930	Pilates	Holistic	Studio 1	All	Suzanne / Karen
0850-0920	Syngry **	Condi	Syngry Studio	All	Gym
0930-1015	Body Conditioning	Condi	Studio 1	All	Suzanne / Karen
1015-1115	STRONG by Zumba	Condi	Studio 1	All	Becci
1115-1200	Zumba	Cardio	Studio 1	All	Becci
1130-1215	Fitball	Condi	Studio 2	All	Dawn
1130-1200	Syngry **	Condi	Syngry Studio	All	Gym
1130-1230	Spin ***	Cardio	Spin Studio	All	Bob
1215-1315	Circuits	Condi	Studio 1	Int	Danny

SUNDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
1000-1045	Aerobics	Cardio	Studio 1	All	Claire
1015-1115	Spin ***	Cardio	Spin Studio	All	Glenn
1045-1130	Body Conditioning	Condi	Studio 1	All	Claire
1130-1200	Core Class	Condi	Studio 2	All	Glenn
1130-1215	Zumba	Cardio	Studio 1	All	Claire
1600-1700	Hatha Yoga	Holistic	Studio 1	All	Don
1700-1745	L.I.I.T	Cardio	Studio 1	All	Don
1715-1745	Syngry **	Cardio	Syngry Studio	All	Liam
1800-1900	Pilates	Holistic	Studio 1	All	Michelle

We also have Body Control Pilates classes starting at 8:30am, 9:30am and 10:30am on a Saturday morning. There is an additional charge for these sessions. Please contact Anna on: 07770 387 735.