

# GROUP FITNESS TIMETABLE

COMMENCING 8<sup>TH</sup> APRIL 2019

## MONDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0745	Spin ***	Cardio	Spin Studio	All	Elliot
0930-1015	Zumba	Dance	Studio 1	All	Lisa
0930-1015	Spin ***	Cardio	Spin Studio	All	Dave
1000-1045	Aqua	Aqua	Pool	All	Stacey
1020-1120	Vinyassa Yoga	Holistic	Studio 1	All	Hannah
1030-1100	Synergy **	Condi/Cardio	Functional	All	Leon
1045-1130	Aqua	Aqua	Pool	All	David
1130-1215	Zumba Gold	Dance	Studio 1	Beg	Don
1230-1315	Tai Chi	Holistic	Studio 1	All	Don
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1445-1600	Yoga & Relax	Holistic	Studio 2	All	Tricia
1725-1755	Abs & Back Blast	Condi	Studio 1	All	Leon
1800-1840	Circuits	Condi	Studio 1	Int	James
1800-1840	PIYo	Condi	Studio 2	All	Natalie
1800-1840	Spin ***	Cardio	Spin Studio	All	Beckie
1845-1930	Zumba	Cardio	Studio 1	All	Natalie
1845-1925	Spin ***	Cardio	Spin Studio	All	Beckie
1900-1930	Synergy **	Condi/Cardio	Functional	All	James
1940-2035	Pump ***	Condi	Studio 1	All	Jason
1945-2030	Pilates	Holistic	Studio 2	All	Suzanne
1945-2030	Aqua	Aqua	Pool	All	Stacey

## TUESDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	10:10:10**	Condi/Cardio	Studio 1	All	Gym
0930-1015	Dance Floor Fillers	Dance	Studio 1	All	Kirsten
0930-1015	Yoga Principles	Holistic	Studio 2	All	Rosanne
0930-1015	Spin ***	Cardio	Spin Studio	All	Jason
1015-1100	Aqua	Aqua	Pool	All	Katie
1030-1115	Body Conditioning	Condi	Studio 1	All	Natalie
1030-1115	Body Maintenance	Physio	Studio 2	All	Matt
1115-1200	Aqua	Aqua	Pool	All	Charlotte
1145-1230	Tai Chi	Holistic	Studio 1	All	Joseph
1245-1330	Pilates	Holistic	Studio 1	All	Liz
1345-1430	Barre	Condi	Studio 1	All	Dawn
1725-1755	H.I.I.T	Cardio	Studio 1	All	Alice
1815-1900	Body Conditioning	Condi	Studio 1	All	Alice
1815-1900	Pilates	Holistic	Studio 2	All	Natalie
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	Dave
2000-2045	Boxfit	Combat	Studio 2	All	Eugene
2000-2100	Vinyassa Yoga	Condi	Studio 1	All	Ruth

Waterside Book Club - First Wednesday of each month 19:30 in Rivers

## CHILDREN'S TIMETABLE

For further information please call; Total Swimming: 0161 764 2224. Water Babies: 0161 928 6385.

### MONDAY

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
1400-1530	Water Babies (£)	Swim	Pool	Baby	Water Babies
1545-1715	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
1400-1530	Water Babies (£)	Swim	Pool	Baby	Water Babies
1545-1715	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1715-1800	Junior Bootcamp	Cardio	Studio 2	8+	James

### WEDNESDAY

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
1545-1745	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming

### THURSDAY

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
1600-1900	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming

### FRIDAY

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
1145-1445	Water Babies (£)	Swim	Pool	Baby	Water Babies
1600-1930	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming

### SATURDAY

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
0830-1300	Swimming Lessons (£) *	Swim	Pool	3+	Total Swimming
1400-1800	Water Babies (£)	Swim	Pool	Baby	Water Babies

### SUNDAY

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
0930-1015	Family Circuits	Condi	Studio 2	8+	Glenn

\*\* 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.

## WEDNESDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0800	Ashtanga Yoga	Holistic	Studio 1	All	Hebe
0930-1015	Zumba	Dance	Studio 1	All	Dionne
0930-1015	Spin ***	Cardio	Spin Studio	All	Alice
0930-1015	Aqua	Aqua	Pool	All	Niki
1030-1115	Body Conditioning	Condi	Studio 1	All	Niki
1030-1115	Low & Tone	Condi	Studio 2	Beg	Jenny B
1030-1115	Aqua	Aqua	Pool	All	Stacey
1130-1215	Pilates	Holistic	Studio 1	Beg/All	Michelle K
1200-1300	Coffee Club	Club	Restaurant	All	Members
1230-1315	Legs, Bums & Tums	Condi	Studio 1	All	Natalie
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1725-1755	Express Fitness Pilates	Condi	Studio 1	All	Cem
1800-1840	Barre	Condi	Studio 1	All	Dawn
1810-1840	10:10:10**	Condi/Cardio	Studio 2	All	Jordan
1810-1840	Synergy **	Condi/Cardio	Functional	All	James
1815-1855	Spin ***	Cardio	Spin Studio	All	Cem
1845-2000	Hatha Yoga	Holistic	Studio 1	All	Don
1900-1930	Metafit	Cardio	Studio 2	All	Elliot
1900-1940	Spin ***	Cardio	Spin Studio	All	Jordan
1900-1930	Express Aqua	Aqua	Pool	All	Dawn
1945-2030	Fitball	Condi	Studio 2	All	Dawn

## THURSDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0745	Pump ***	Condi	Studio 1	All	Cem
0845-0930	Pilates	Holistic	Studio 1	All	Liz
0930-1015	Body Conditioning	Condi	Studio 2	All	Michelle M
0945-1030	Pilates	Holistic	Studio 1	All	Liz
1015-1100	Aqua	Aqua	Pool	All	Stacey
1030-1115	DDMIX	Dance	Studio 1	All	Bethan
1115-1200	Aqua	Aqua	Pool	All	Sarah
1130-1215	Chi Kung	Holistic	Studio 1	All	Joseph
1130-1215	Aerobics	Cardio	Studio 2	All	Bethan
1230-1345	Yoga & Relax	Holistic	Studio 1	All	Tricia
1400-1445	Spin ***	Cardio	Spin Studio	All	Becci
1725-1755	H.I.I.T	Cardio	Studio 1	All	Beckie
1800-1845	Body Conditioning	Condi	Studio 1	All	Niki
1800-1845	Boxercise	Combat	Studio 2	Int	David
1800-1845	Spin ***	Cardio	Spin Studio	All	Beckie
1900-1945	Zumba	Cardio	Studio 1	All	Laurence
1900-1945	Legs, Bums & Tums	Condi	Studio 2	All	Niki
2000-2115	Yoga & Relax	Holistic	Studio 1	All	Andrew

## FRIDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	H.I.I.T	Cardio	Studio 1	All	Darriel
0930-1015	Circuits	Condi	Studio 1	All	Dawn
0945-1015	Synergy **	Condi/Cardio	Functional	All	Darriel
1030-1115	Salsa	Dance	Studio 1	All	Franklyn
1030-1115	Low & Tone	Condi	Studio 2	Beg	Dawn
1030-1115	Spin ***	Cardio	Spin Studio	All	Elliot
1030-1115	Aqua	Aqua	Pool	All	Suzanne
1130-1215	Low & Tone	Condi	Studio 1	Beg	Dawn
1130-1215	Pilates	Holistic	Studio 2	All	Suzanne
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1745-1830	Pump ***	Condi	Studio 1	All	Eugene
1745-1830	Fitness Pilates	Condi	Studio 2	All	Cem
1835-1905	H.I.I.T	Cardio	Studio 1	All	Eugene
1835-1920	Spin ***	Cardio	Spin Studio	All	Helen

## SATURDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0845-0930	Pilates	Holistic	Studio 1	All	Jenny H
0850-0920	Synergy **	Condi/Cardio	Functional	All	Gym
0945-1030	Body Conditioning	Condi	Studio 1	All	Michelle M
1030-1100	Metafit	Cardio	Studio 1	All	Michelle M
1115-1200	Zumba	Dance	Studio 1	All	Marc
1130-1215	Fitball	Condi	Studio 2	All	Dawn
1130-1230	Spin ***	Cardio	Spin Studio	All	Bob

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.

## SUNDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0930-1015	Family Circuits	Condi	Studio 2	All	Glenn
0945-1030	Body Conditioning	Condi	Studio 1	All	Claire
1030-1115	Zumba	Dance	Studio 1	All	Claire
1030-1130	Spin ***	Cardio	Spin Studio	All	Glenn
1600-1700	Hatha Yoga	Holistic	Studio 1	All	Don
1700-1745	Tai Chi	Combat	Studio 1	All	Don
1715-1745	Synergy **	Condi/Cardio	Functional	All	Leon
1800-1900	Pilates	Holistic	Studio 1	All	Michelle K

GROUP FITNESS

# TIMETABLE

COMMENCING  
8<sup>TH</sup> APRIL 2019



## CLASS DESCRIPTIONS

**10:10:10**

10 minutes of strength, 10 minutes of cardio, 10 minutes of core. A quick and efficient workout that targets the whole body in just 30 minutes.

**ABS & BACK BLAST**

A fantastic and effective 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.

**BARRE**

Barre takes its inspiration from ballet with many of the strengthening and stretching moves performed against the wall for support. This workout is done without shoes and will sometimes incorporate equipment. Being graceful or owning a tutu are NOT prerequisites.

**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.

**BOXERCISE**

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

**BOXFIT**

Increase strength and power with this boxing based class, for the ultimate full body workout. Correctly throw punches use your legs, hips, glutes, core, obliques, back, shoulders, chest and arms. Punching against resistance causes all of these muscles to contract with more force and speed.

**CHI KUNG**

Chi Kung: ancient Chinese health promotion. Described as movement meditation, it incorporates coordination, breathing and mindfulness. Chi Kung is a gentle exercise practise suitable for all, which promotes mental focus, relaxation, stress relief and physical conditioning.

**CIRCUITS**

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

**DANCE FLOOR FILLERS**

Dance Floor Fillers 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.

**DDMIX**

"A brand new full body workout based on a range of different dance styles from around the world, as well as aerobics, with easy to follow steps."

**FAMILY CIRCUIT**

This class is open to 8years+ meaning the whole family can workout together, combining mat exercises & Circuits to create a completely varied workout. Using equipment including hula hoops, battle ropes, ab wheels, kettlebells, balance trainers, medicine balls & swiss ball.

**FITBALL**

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

**FITNESS PILATES**

Combines traditional and functional Pilates exercises with a more fitness based approach. Keeping up with the current trends of Pilates exercises, modifications are always given when needed.

**JUNIOR BOOTCAMP**

High Intensity Interval Training suitable for juniors from age 8+. A great cardio workout. Lots of fun and fantastic benefits.

**JUNIOR BOXERCISE**

A high energy fun exercise class based on boxing principles. Age 8+

**JUNIOR TAEKWONDO**

An ancient form of unarmed self defence. Benefits include: Increased concentration, enhanced co-ordination, higher levels of awareness, greater respect/discipline, increased self confidence & better people skills. Age 5+

**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.

**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.

**METAFIT**

Metafit is a high-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.

**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**

If changing your body's shape whilst benefiting from a fantastic cardio workout is what you're looking for then Pump 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.

**SALSA**

This class will focus on salsa steps and body movement incorporated into fun routines, all to salsa music.

**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!

**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.

**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](http://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.



WATERSIDE HOTEL & LEISURE CLUB  
WILMSLOW ROAD  
DIDSBURY  
MANCHESTER  
M20 5WZ  
TEL: 0161 971 7000

[www.waterside-leisureclub.co.uk](http://www.waterside-leisureclub.co.uk)



# POOL TIMETABLE

COMMENCING 8<sup>TH</sup> APRIL 2019

**MONDAY**

TIME	ACTIVITY	TYPE	ABILITY/AGE	INSTRUCTOR
1000-1045	Aqua	Aqua	All	Stacey
1045-1115	Aqua	Aqua	All	David
1400-1530	Water Babies (£)	Swimming	Baby	Water Babies
1545-1715	Swimming Lessons (£)	Swimming	3+	Total Swimming
1945-2030	Aqua	Aqua	All	Stacey

**TUESDAY**

TIME	ACTIVITY	TYPE	ABILITY/AGE	INSTRUCTOR
1015-1100	Aqua	Aqua	All	Katie
1115-1200	Aqua	Aqua	All	Charlotte
1400-1530	Water Babies (£)	Swimming	Baby	Water Babies
1545-1715	Swimming Lessons (£)	Swimming	3+	Total Swimming

**WEDNESDAY**

TIME	ACTIVITY	TYPE	ABILITY/AGE	INSTRUCTOR
0930-1015	Aqua	Aqua	All	Niki
1030-1115	Aqua	Aqua	All	Stacey
1545-1745	Swimming Lessons (£)	Swimming	3+	Total Swimming
1900-1930	Express Aqua	Aqua	All	Dawn

**THURSDAY**

TIME	ACTIVITY	TYPE	ABILITY/AGE	INSTRUCTOR
1015-1100	Aqua	Aqua	All	Stacey
1115-1200	Aqua	Aqua	All	Sarah
1600-1900	Swimming Lessons (£)	Swimming	3+	Total Swimming

**FRIDAY**

TIME	ACTIVITY	TYPE	ABILITY/AGE	INSTRUCTOR
1030-1115	Aqua	Aqua	All	Suzanne
1145-1445	Water Babies (£)	Swimming	Baby	Water Babies
1445-1545	Wl Swimming (£)	Swimming	Beg	Shirley
1600-1930	Swimming Lessons (£)	Swimming	3+	Total Swimming

**SATURDAY**

TIME	ACTIVITY	TYPE	ABILITY/AGE	INSTRUCTOR
0830-1300	Swimming Lessons (£)	Swimming	3+	Total Swimming
1400-1800	Water Babies (£)	Swimming	Baby	Water Babies

[www.waterside-leisureclub.co.uk](http://www.waterside-leisureclub.co.uk)