



## GROUP FITNESS VIRTUAL TIMETABLE - COMMENCING 12TH APRIL 2021

### MONDAY

| TIME      | ACTIVITY      | TYPE         | LOCATION | ABILITY | INSTRUCTOR |
|-----------|---------------|--------------|----------|---------|------------|
| 0930-1015 | Dance Fitness | Dance        | Virtual  | All     | Hannah     |
| 1030-1130 | Vinyasa Yoga  | Holistic     | Virtual  | All     | Hannah     |
| 1145-1230 | Latino Gold   | Dance        | Virtual  | Beg     | Don        |
| 1245-1330 | Tai Chi       | Holistic     | Virtual  | All     | Don        |
| 1445-1600 | Yoga & Relax  | Holistic     | Virtual  | All     | Tricia     |
| 1715-1800 | H.I.L.T & Abs | Condi/Cardio | Virtual  | All     | Leon       |
| 1815-1900 | Dance Moves   | Dance        | Virtual  | All     | Marc       |
| 1915-2000 | Pump It Up    | Condi        | Virtual  | All     | Eugene     |
| 2015-2100 | Pilates       | Holistic     | Virtual  | All     | Suzanne    |

### TUESDAY

| TIME      | ACTIVITY            | TYPE     | LOCATION | ABILITY | INSTRUCTOR |
|-----------|---------------------|----------|----------|---------|------------|
| 0700-0730 | H.I.L.T             | Cardio   | Virtual  | All     | Elliot     |
| 0830-0915 | Yoga Principles     | Holistic | Virtual  | All     | Rosanne    |
| 0930-1015 | Dance Moves         | Dance    | Virtual  | All     | Natalie    |
| 1030-1115 | Body Conditioning   | Condi    | Virtual  | All     | Natalie    |
| 1145-1230 | Tai Chi             | Holistic | Virtual  | All     | Joseph     |
| 1245-1330 | Pilates             | Holistic | Virtual  | All     | Liz        |
| 1345-1430 | Barre Pilates       | Condi    | Virtual  | All     | Jenny      |
| 1730-1800 | H.I.L.T             | Cardio   | Virtual  | All     | James      |
| 1815-1900 | Body Conditioning   | Condi    | Virtual  | All     | Michelle M |
| 1915-2000 | Dance Floor Fillers | Dance    | Virtual  | All     | Natalie    |
| 2015-2045 | Express Yoga        | Holistic | Virtual  | All     | Ruth       |
| 2045-2115 | Meditation          | Holistic | Virtual  | All     | Ruth       |

## CHILDRENS' IN-CLUB TIMETABLE

### MONDAY

| TIME      | ACTIVITY                     | TYPE         | LOCATION  | ABILITY | INSTRUCTOR   |
|-----------|------------------------------|--------------|-----------|---------|--------------|
| 1230-1330 | Kids Lane (with shallow end) | Swim         | Pool      | All     | N/A          |
| 1330-1430 | Sweaty Mama (£)              | Cardio/Condi | Waterside | Baby    | Sweaty Mama  |
| 1400-1530 | Water Babies (£)             | Swim         | Pool      | Baby    | Water Babies |
| 1400-1530 | Kids Lane (with shallow end) | Swim         | Pool      | All     | N/A          |
| 1600-1700 | Fitness Fun                  | Cardio/Condi | Waterside | 5-11yrs | Mike         |
| 1715-1815 | Kids Lane (with shallow end) | Swim         | Pool      | All     | N/A          |

### TUESDAY

| TIME      | ACTIVITY                     | TYPE   | LOCATION  | ABILITY | INSTRUCTOR     |
|-----------|------------------------------|--------|-----------|---------|----------------|
| 0900-1100 | Kids Lane (with shallow end) | Swim   | Pool      | All     | N/A            |
| 1230-1330 | Kids Lane (with shallow end) | Swim   | Pool      | All     | N/A            |
| 1400-1530 | Water Babies (£)             | Swim   | Pool      | Baby    | Water Babies   |
| 1400-1530 | Kids Lane (with shallow end) | Swim   | Pool      | All     | N/A            |
| 1545-1715 | Swimming Lessons             | Swim   | Pool      | 3+      | Total Swimming |
| 1600-1700 | Kids Dance                   | Cardio | Waterside | 5-11yrs | Xara           |
| 1715-1815 | Kids Lane (with shallow end) | Swim   | Pool      | All     | N/A            |

### WEDNESDAY

| TIME      | ACTIVITY                     | TYPE         | LOCATION  | ABILITY | INSTRUCTOR     |
|-----------|------------------------------|--------------|-----------|---------|----------------|
| 1230-1630 | Kids Lane (with shallow end) | Swim         | Pool      | All     | N/A            |
| 1545-1745 | Swimming Lessons             | Swim         | Pool      | 3+      | Total Swimming |
| 1700-1800 | Cheerleading                 | Condi/Cardio | Waterside | 5-11yrs | Hannah         |

### THURSDAY

| TIME      | ACTIVITY                     | TYPE | LOCATION | ABILITY | INSTRUCTOR     |
|-----------|------------------------------|------|----------|---------|----------------|
| 0900-1000 | Kids Lane (with shallow end) | Swim | Pool     | All     | N/A            |
| 1230-1530 | Kids Lane (with shallow end) | Swim | Pool     | All     | N/A            |
| 1600-1800 | Kids Lane (with shallow end) | Swim | Pool     | All     | N/A            |
| 1600-1900 | Swimming Lessons (£)         | Swim | Pool     | 3+      | Total Swimming |

### FRIDAY

| TIME      | ACTIVITY                     | TYPE     | LOCATION  | ABILITY | INSTRUCTOR   |
|-----------|------------------------------|----------|-----------|---------|--------------|
| 0900-1000 | Kids Lane (with shallow end) | Swim     | Pool      | All     | N/A          |
| 1030-1115 | Toddler Boogie               | Cardio   | Waterside | 2-4yrs  | Hannah       |
| 1145-1415 | Water Babies (£)             | Swim     | Pool      | Baby    | Water Babies |
| 1145-1415 | Kids Lane (no shallow end)   | Swim     | Pool      | All     | N/A          |
| 1345-1430 | Baby Time (parent and baby)  | Holistic | Waterside | Baby    | Hannah       |
| 1600-1930 | Kids Lane (with shallow end) | Swim     | Pool      | All     | N/A          |

### SATURDAY

| TIME      | ACTIVITY                   | TYPE     | LOCATION  | ABILITY | INSTRUCTOR     |
|-----------|----------------------------|----------|-----------|---------|----------------|
| 0830-1330 | Swimming Lessons (£)       | Swim     | Pool      | 3+      | Total Swimming |
| 1215-1315 | Kids Yoga                  | Holistic | Waterside | 5-11yrs | Hannah         |
| 1400-1800 | Water Babies (£)           | Swim     | Pool      | Baby    | Water Babies   |
| 1400-1800 | Kids Lane (no shallow end) | Swim     | Pool      | All     | N/A            |

### SUNDAY

| TIME      | ACTIVITY                     | TYPE | LOCATION | ABILITY | INSTRUCTOR |
|-----------|------------------------------|------|----------|---------|------------|
| 0900-1800 | Kids Lane (with shallow end) | Swim | Pool     | All     | N/A        |

### WEDNESDAY

| TIME      | ACTIVITY          | TYPE     | LOCATION | ABILITY | INSTRUCTOR |
|-----------|-------------------|----------|----------|---------|------------|
| 0930-1015 | Dance Moves       | Dance    | Virtual  | All     | Holley     |
| 1030-1115 | Body Conditioning | Condi    | Virtual  | All     | Niki       |
| 1130-1215 | Pilates           | Holistic | Virtual  | Beg/All | Michelle K |
| 1230-1315 | Legs, Bums & Tums | Condi    | Virtual  | All     | Stacey     |
| 1730-1815 | Fitball           | Condi    | Virtual  | All     | Dawn       |
| 1830-1930 | Hatha Yoga        | Holistic | Virtual  | All     | Don        |
| 1945-2015 | H.I.L.T           | Cardio   | Virtual  | All     | Elliot     |

### THURSDAY

| TIME      | ACTIVITY          | TYPE     | LOCATION | ABILITY | INSTRUCTOR |
|-----------|-------------------|----------|----------|---------|------------|
| 0700-0730 | H.I.L.T           | Cardio   | Virtual  | All     | Elliot     |
| 0845-0930 | Pilates           | Holistic | Virtual  | All     | Liz        |
| 0945-1030 | Body Conditioning | Condi    | Virtual  | All     | Michelle M |
| 1045-1130 | Dance Moves       | Dance    | Virtual  | All     | Michelle K |
| 1245-1400 | Yoga & Relax      | Holistic | Virtual  | All     | Tricia     |
| 1730-1800 | H.I.L.T           | Cardio   | Virtual  | All     | Niki       |
| 1815-1900 | Body Conditioning | Condi    | Virtual  | All     | Niki       |
| 1915-2000 | Legs, Bums & Tums | Condi    | Virtual  | All     | Niki       |
| 2015-2115 | Yoga & Relax      | Holistic | Virtual  | All     | Andrew     |

### FRIDAY

| TIME      | ACTIVITY          | TYPE     | LOCATION | ABILITY | INSTRUCTOR |
|-----------|-------------------|----------|----------|---------|------------|
| 0830-0915 | Functional Yoga   | Holistic | Virtual  | All     | Wil        |
| 0930-1015 | Body Conditioning | Condi    | Virtual  | All     | Dawn       |
| 1030-1115 | Low & Tone        | Condi    | Virtual  | Beg     | Dawn       |
| 1130-1215 | Pilates           | Holistic | Virtual  | All     | Suzanne    |
| 1230-1315 | Physi-Yo          | Physio   | Virtual  | All     | Matt       |
| 1745-1830 | Pump It Up        | Condi    | Virtual  | All     | Eugene     |

### SATURDAY

| TIME      | ACTIVITY          | TYPE     | LOCATION | ABILITY | INSTRUCTOR |
|-----------|-------------------|----------|----------|---------|------------|
| 0845-0930 | Pilates           | Holistic | Virtual  | All     | Jenny      |
| 0945-1030 | Body Conditioning | Condi    | Virtual  | All     | Michelle M |
| 1045-1115 | H.I.L.T           | Cardio   | Virtual  | All     | Michelle M |
| 1130-1215 | Dance Moves       | Dance    | Virtual  | All     | Marc       |

### SUNDAY

| TIME      | ACTIVITY          | TYPE     | LOCATION | ABILITY | INSTRUCTOR |
|-----------|-------------------|----------|----------|---------|------------|
| 0930-1015 | Body Conditioning | Condi    | Virtual  | All     | Dawn       |
| 1030-1115 | Salsacise         | Dance    | Virtual  | All     | Dawn       |
| 1600-1700 | Hatha Yoga        | Holistic | Virtual  | All     | Don        |
| 1715-1800 | Tai Chi           | Holistic | Virtual  | All     | Don        |
| 1815-1915 | Pilates           | Holistic | Virtual  | All     | Michelle K |

#### Disclaimer

If you have any injuries or conditions, please consult with your doctor before beginning these classes.

Drink plenty of water throughout.

Use the options provided and make sure you exercise at a pace and level that is comfortable for you.

This workout is done completely at your own risk and you must use care and follow all safety precautions to prevent this risk of injury.

#### Brand New

We are delighted to be offering a brand new Children's Class Timetable

Classes are included in all Children's memberships, spaces are limited so booking is essential

For children of adult members classes are £5 per child per session

For children of non members classes are £6 per child per session

All classes are bookable online for members 8 days in advance

Non members please email [hannah.goulding@waterside-leisureclub.co.uk](mailto:hannah.goulding@waterside-leisureclub.co.uk)

# CLASS DESCRIPTIONS

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## BABY TIME

A fabulous way to spend time together, have fun and meet other parents and babies. The session includes a variety of activities, including sensory, singing, music and movement.

## BARRE PILATES

Barre Pilates is a low impact full body conditioning class, great for strengthening your core and toning your legs and glutes. The exercises are inspired by traditional ballet moves and Pilates principles made simple so it's fun and suitable for everyone.

## BODY CONDITIONING

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

## CHEERLEADING

A fantastic team building activity that includes dance, arm motions, jumps, low level stunts, cheers, chants and games. Cheerleading is energetic, engaging and fun, come and join the Waterside Cheer Team.

## DANCE FIT

This fun packed, high energy dance class will take you through different styles and eras. No dance experience necessary

## 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.

## DANCE MOVES CLASSES

Join your favourite dance instructors to take the "work" out of workout, by mixing low & high-intensity moves for an interval-style, calorie-burning dance fitness party. With dance influences from all the world, these classes will be sure to set you up for your own house party. Super effective and super fun!

## FUNCTIONAL YOGA

Functional Yoga is a breath and movement practice based on the most functional aspects of Yoga and incorporating other helpful movements to increase stability, balance and range of movement. Every exercise is specifically designed for correcting the general muscle imbalances and restrictions of modern life, coupled with the benefits to the mind from focused breathing and movement.

## FITBALL

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

## FITNESS FUN

Games, activities, competitions, team building, circuits and plenty of fun to be had at Fitness Fun. Explore a range of different sports and activities all whilst building the fundamental foundations for sport and fitness.

## 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 & ABS

H.I.I.T workouts will turn you into a more effective fat burner in a shorter amount of time including a fantastic and effective workout that focuses on the core muscles with the goal to tone, strengthen, and define

## JAZZ DANCE

This class explores a range of jazz dance styles inspired by music from the 1940s through to the present day.

## KIDS DANCE

A mixture of dance styles, fun dance routines and freestyle. This is the right place to show off your best moves, dance to your favourite songs and get fit and energised at the same time. Come and join the Waterside Dance Crew.

## KIDS YOGA

A fun and interactive class for children aged 5-11yrs. Exploring the various styles of yoga through fun, games and challenges, all abilities welcome.

## LATINO GOLD

Perfect for those who are looking for a modified Latino Dance class at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, conditioning, flexibility and balance!

## 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.

## MEDITATION

In these challenging and changing times, take some time out with this mid week revitaliser that explores meditation techniques and focus on awareness, attention and compassion. The session will conclude with relaxation to leave you relaxed and revitalised for the rest of the week.

## PHYSI-YO

A physiotherapy based class. Explore efficient and co-ordinated movement, to improve body form and lead to pain free activity.

## PILATES

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

## PUMP IT UP

A pump inspired all over body workout adapted to be done at home. If changing your body's shape whilst benefiting from a fantastic cardio workout is what you're looking for then Pump It Up 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.

## SALSACISE

Put a spring in your step and unleash your Latino vibes with this upbeat but low impact Salsa Dance Class. Getting you in the mood for some warmer weather, wiggle your hips and shake your stuff, making you feel happy and sunny from head to toe.

## 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.

## TODDLER BOOGIE

Bring your little movers to this fun dance and movement based session. Includes a variety of songs and dance styles to get everyone moving, singing and enjoying themselves.

## 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.

## VINYASA YOGA / EXPRESS 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.