



GROUP FITNESS TIMETABLE - COMMENCING 19TH JULY 2021

MONDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0745	Spin ***	Cardio	Spin	All	Elliot
0930-1015	Dance Fit	Dance	Studio 1	All	Hannah
0930-1015	Spin ***	Cardio	Spin	All	Dave
0945-1030	Aqua	Aqua	Pool	All	Stacey
1030-1115	Jazz Dance	Dance	Waterside	All	Bethan
1030-1115	Spin ***	Cardio	Spin	All	Dave
1030-1130	Vinyasa Yoga	Holistic	Studio 1	All	Hannah
1045-1130	Aqua	Pool	Pool	All	David
1145-1230	Zumba Gold	Dance	Studio 1	Beg	Don
1240-1325	Tai Chi	Holistic	Studio 1	All	Don
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1400-1530	Water Babies (£)	Swim	Pool	Baby	Water Babies
1445-1600	Yoga & Relax	Holistic	Waterside	All	Tricia
1600-1700	Fitness Fun (Kids)	Condi/Cardio	Waterside	5-11yrs	Mike
1545-1715	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
1730-1815	H.I.L.T & Abs	Condi/Cardio	Studio 1	All	Leon
1745-1830	Spin ***	Cardio	Spin	All	Bob
1830-1915	BOX12 ***	Condi/Cardio	BOX12	All	Leon
1835-1920	Zumba	Dance	Studio 1	All	Lisa
1845-1930	Spin ***	Cardio	Spin	All	Jason
1935-2020	Pump ***	Condi	Studio 1	All	Jason
1945-2030	Pilates	Holistic	Waterside	All	Suzanne
1945-2030	Aqua	Aqua	Pool	All	Stacey

TUESDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	Metafit	Cardio	Studio 1	All	Elliot
0930-1015	Zumba	Dance	Studio 1	All	Natalie
0930-1015	Yoga Principles	Holistic	Waterside	All	Rosanne
0930-1015	Spin ***	Cardio	Spin	All	Jason
1015-1100	Aqua	Aqua	Pool	All	Katie
1030-1115	Body Conditioning	Condi	Studio 1	All	Natalie
1030-1115	Physi-Yo	Physio	Waterside	All	Matt
1115-1200	Aqua	Pool	Pool	All	Katie
1145-1230	Tai Chi	Holistic	Studio 1	All	Joseph
1245-1330	Pilates	Holistic	Studio 1	All	Liz
1330-1530	Water Babies (£)	Swim	Pool	Baby	Water Babies
1345-1430	Barre Pilates	Condi	Studio 1	All	Jenny
1545-1715	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
1600-1700	Kids Dance	Dance	Waterside	5-11yrs	Xara
1730-1800	H.I.L.T	Cardio	Studio 1	All	Michelle M
1815-1900	Body Conditioning	Condi	Studio 1	All	Michelle M
1815-1900	Pilates	Holistic	Waterside	All	Natalie
1915-2000	Dance Floor Fillers	Dance	Studio 1	All	Natalie
1915-2000	Legs, Bums & Tums	Condi	Waterside	All	Niki
1915-2000	Spin ***	Cardio	Spin	All	George
1915-2000	BOX12 ***	Condi/Cardio	BOX12	All	Eugene
2015-2115	Vinyasa Yoga	Condi	Studio 1	All	Ruth

WEDNESDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0800	Ashtanga Yoga	Holistic	Studio 1	All	Stefan
0930-1015	Zumba	Dance	Studio 1	All	Michelle K
0930-1015	Spin ***	Cardio	Spin	All	Helen
0930-1015	Aqua	Aqua	Pool	All	Niki
1030-1115	Body Conditioning	Condi	Studio 1	All	Niki
1030-1115	Low & Tone	Condi	Waterside	Beg	Michelle K
1030-1115	Spin ***	Cardio	Spin	All	Helen
1030-1115	Aqua	Aqua	Pool	All	Stacey
1130-1215	Pilates	Holistic	Studio 1	Beg/All	Michelle K
1230-1315	Legs, Bums & Tums	Condi	Studio 1	All	Stacey
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1545-1745	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
1700-1800	Cheerleading (Kids)	Cardio	Waterside	5-11yrs	Hannah
1730-1800	Abs & Back Blast	Condi	Studio 1	All	Katie
1815-1845	Stretch & Sculpt	Condi	Waterside	Beg/All	Dawn
1815-1900	Spin ***	Cardio	Spin	All	Katie
1815-1900	BOX12 ***	Condi/Cardio	BOX12	All	Elliot
1830-1945	Hatha Yoga	Holistic	Studio 1	All	Don
1900-1945	Aqua	Aqua	Pool	All	Dawn
1915-2000	Spin ***	Cardio	Spin	All	Elliot
2000-2045	Fitball	Condi	Waterside	All	Dawn
2015-2045	Metafit	Cardio	Studio 1	All	Elliot

THURSDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	Metafit	Cardio	Studio 1	All	Elliot
0845-0930	Pilates	Holistic	Studio 1	All	Liz
0930-1015	Body Conditioning	Condi	Waterside	All	Michelle M
0945-1030	Pilates	Holistic	Studio 1	All	Liz
0945-1030	Spin ***	Cardio	Spin	All	Helen
1015-1100	Aqua	Aqua	Pool	All	Stacey
1045-1130	Zumba	Dance	Studio 1	All	Dionne
1115-1200	Aqua	Aqua	Pool	All	Sarah
1145-1230	Chi Kung	Holistic	Waterside	All	Joseph
1245-1400	Yoga & Relax	Holistic	Studio 1	All	Tricia
1600-1900	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
1730-1800	H.I.L.T	Cardio	Studio 1	All	Niki
1815-1900	Body Conditioning	Condi	Studio 1	All	Niki
1915-2000	Legs, Bums & Tums	Condi	Studio 1	All	Niki
1915-2000	Spin ***	Cardio	Spin	All	Angela
2015-2115	Yoga & Relax	Holistic	Studio 1	All	Andrew

FRIDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	H.I.L.T	Cardio	Studio 1	All	Jaydon
0930-1015	Body Conditioning	Condi	Studio 1	All	Dawn
0930-1015	Functional Yoga	Holistic	Waterside	Beg/All	Wil
1030-1115	Low & Tone	Condi	Studio 1	Beg	Dawn
1030-1115	Toddler Boogie	Dance	Waterside	2-4yrs	Hannah
1030-1115	Spin ***	Cardio	Spin	All	Elliot
1030-1115	BOX12 ***	Condi/Cardio	BOX12	All	Leon
1030-1115	Aqua	Aqua	Pool	All	Suzanne
1130-1215	Pilates	Holistic	Studio 1	All	Suzanne
1130-1215	Low & Tone	Condi	Waterside	Beg	Dawn
1145-1415	Water Babies (£)	Swim	Pool	Baby	Water Babies
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1430-1515	Aqua	Aqua	Pool	All	Katie
1600-1930	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
1745-1830	Pump ***	Condi	Studio 1	All	Eugene
1745-1830	Pilates	Holistic	Waterside	All	Neila
1835-1920	Spin ***	Cardio	Spin	All	Helen

SATURDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0830-1330	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
0845-0930	Pilates	Holistic	Studio 1	All	Jenny H
0845-0930	Fitball	Condi	Waterside	All	Dawn
0945-1030	Body Conditioning	Condi	Studio 1	All	Michelle M
0945-1015	H.I.L.T	Cardio	Waterside	All	Gym
1045-1115	Metafit	Cardio	Studio 1	All	Michelle M
1045-1130	BOX12 ***	Condi/Cardio	BOX12	All	Daniel
1130-1215	Zumba	Dance	Studio 1	All	Marc
1130-1230	Spin ***	Cardio	Spin	All	Bob
1230-1315	Zumba	Dance	Studio 1	All	Marc
1315-1415	Family Yoga	Holistic	Waterside	All	Hannah
1400-1800	Water Babies (£)	Swim	Pool	Baby	Water Babies

SUNDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0930-1015	Body Conditioning	Condi	Studio 1	All	Claire
1030-1115	Zumba	Dance	Studio 1	All	Claire
1030-1115	Spin ***	Cardio	Spin	All	Glenn
1130-1215	Zumba	Dance	Studio 1	All	Claire
1600-1700	Hatha Yoga	Holistic	Studio 1	All	Don
1715-1745	H.I.L.T	Cardio	Waterside	All	Gym
1715-1800	Tai Chi	Combat	Studio 1	All	Tai Chi
1815-1915	Pilates	Holistic	Studio 1	All	Michelle K

Key	
***	Please arrive at this class 5 minutes prior to its start time for preparation & equipment set-up
£:	There is an additional charge for these sessions
█	Timetable change
█	Waterside Club
█	Children's Class

For further information on the following classes, please call the relevant number:
Total Swimming 0161 764 2224. Water Babies 0161 928 6385.

CLASS DESCRIPTIONS

ABS & BACK BLAST

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

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 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!

BOX12

BOX12 is a 36 minute workout, consisting of 12, 3 minute rounds that combine boxing and functional fitness exercises.

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.

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 / 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.

FAMILY YOGA

A fun and interactive class for the whole family. Exploring the various styles of yoga through fun, games and challenges. All ages and abilities welcome. Please book one adult place on app for whole family.

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.

FUNCTIONAL YOGA

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 benefits to the mind from focused breathing and movement.

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.

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.

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.

PHYSI-YO (FORMERLY BODY MAINTENANCE)

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

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.

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!

STRETCH & SCULPT

This 30 minute class is a full body workout that will help to increase flexibility and uses body weight exercises to tone from head to toe. The class is suitable for all levels including beginners - a great addition to your weekly workout.

TABLE TENNIS

This Waterside Club is run by members and is open to all wishing to have a go at the game. Please bring your own bat and book in advance.

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.

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.

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, conditioning, flexibility and balance!