



Class Descriptions 2012

ALL CLASSES TO BE BOOKED IN ADVANCE AT RECEPTION

As a member you can book for a class up to 8 days in advance at reception. If you are unable to attend a class that you are booked in for then please let us know so that every opportunity can be given to fill the vacancy. Failure to attend a class without letting us know may lead to being unable to book in for the same class the following week.

Please make yourself known to the class instructor if you are trying a class for the first time or have an injury, medical condition or are pregnant.

What do the class levels mean?

LEVEL 1 | These classes are a great way to be introduced to group exercise. Ideal for beginners.

LEVEL 2 | More challenging either in coordination or fitness or possibly both!

LEVEL 3 | More advanced and is geared towards regular participants. Expect a higher intensity and more complicated choreography!

ALL | Caters for everyone and all levels of fitness and ability

80'S AEROBICS 45 minutes of 80's inspired aerobics to raise your heart rate and burn lots of calories. So dig out your leotards and leg warmers and sing along to the 80's classics.

ADULT AND TEEN CARDIO CHALLENGE Led by the gym team; exciting new cardio challenge every week. How far can you travel? How many calories can you burn? It's as easy or as hard as you make it!

AEROJUMP Boost your mood and energy on the spot! Aerojump offers an intense workout that works miracles with your calves, thighs, arms and upper body. The perfect way to tone your muscles and sculpt your body. Boxers are familiar with the importance of jump ropes in their training sessions and you will be too.

ALAN'S AFTERNOON CIRCUITS Consisting of various circuits from Tabata to Bulgarian Bags. Kettles to Bootcamp. Guaranteed Results.

ALAN'S LUNCHTIME WORKOUT **Cross Fit Circuit:** Latest Craze to hit the Fitness Industry. A must! Suitable for all levels.

ALAN'S SATURDAY MORNING BOOT CAMP Military style exercises focusing on the entire body building strength, endurance, fitness & muscle tone. Suitable for beginner or intermediate.

ALL THAT JAZZ Whether you want to boost your self-confidence, create a better body image, improve your posture or even learn a new skill come and join this fun and sassy ladies only class. While learning a choreographed showgirl routine with a troupe style result, it helps promote femininity, balance strength and co-ordination.

AQUA FIT WITH STEPH Jump in, the water's great! Aqua fit is an excellent way to exercise whilst having fun. It helps to shape and tone your body alongside burning calories. Aqua fit is gentle on the joints and bones so suitable for all ages and abilities.

AQUA ZUMBA Splashing, stretching and twisting, Aqua Zumba integrates the Zumba formula and philosophy with traditional aqua fitness disciplines. This challenging water based work out is a cardio-conditioning, body-training pool party!

BEND IT LIKE BARBIE Have you always fancied having a go at the "Splits" or "High Kicks" or just want to become a little bit suppler and increase your flexibility, then this class is for you and it is suitable for all fitness levels. Get fit and flexible at the same time!

BEGINNERS SHAPE UP A total body conditioning and sculpting class, split between cardio and a sequence of toning exercises focusing on those troublesome areas.

BODYLICIOUS Full Body workout combined with cardio to tone that body! Suitable for all levels.

BONANZA BOOTCAMP Performing a whole range of exercises, targeting all the major muscles of the body to help improve muscle tone and cardiovascular fitness. Suitable for all levels.

BOXERCISE BOOTCAMP All over body conditioning using cardio, boxing, strength & resistance exercises. Suitable for all.

BOXERCISE CIRCUIT This is a great all over body work out, incorporating bags, focus pads, kick shields and plyometric exercises all rolled into one. Fantastic class.

BOX FIT A fantastic energizing class. Brilliant for fat burning, strength and aerobic workout. Different combinations on hook and jab pads also including running in between pad work. Guaranteed to lose weight and tone up.

BUFF BODY BLITZ A Low impact class with; small weights, high repetitions and better muscle tone from head to toe. Firm up your summer neckline, shoulders and underarms. Slim and trim your core. Tighten up your bum; give it lift and shape and get lean, shapely legs. Monday (9.45 – 10.30)

CARDIO KETTLE BELLS There is no better way to burn fat than with a few high repetition sets of kettle bell swings and snatches. These ballistic moves work your body as one unit and require a great deal of hard work. The harder you work the more calories you'll burn. With Kettle bells ranging from 4kg to 16kg, this is definitely a class for all levels.

CORE CONDITIONING The best core exercises are not Sit ups & Ab crunches. To build a strong core you need to exercise from your shoulders to your hips. A strong core distributes the stresses of weight bearing exercises and protects the lower back.

EASY CIRCUIT A circuit based class working on making exercise fun and achievable for all the family. Working in pairs or as an individual. Exercise are adaptable for all ages and abilities.

FIT CAMP (8-11YRS) Uses simple exercises to help develop children's understanding of exercise whilst still making it enjoyable and informative. Each instructor will bring something different to each session.

FUNCTIONAL FITNESS – WORKING OUT FOR REAL LIFE The focus is on building a body capable of doing real life activities in real life positions, not just lifting a certain amount of weight in a posture created by a gym machine. The key to functional exercise is about teaching the muscles to work together rather than independently.

GET ACTIVE (5-9YRS) An introduction to fitness for children, using games as a fun way to encourage children to participate in exercise. Each instructor will bring something different to each session.

HULA FIT Suitable for all ages and abilities Hula is a great work out that guarantees to lose inches from the waistlines whilst learning how to do tricks and movements.

INSANITY PART TWO Designed to get you into the best shape of your life. It hits both the aerobic & anaerobic threshold making it easier to shed the pounds. Guaranteed success! More efficient burning of carbs & fat. 100% results.

KETTLE BELL The kettle bell is a cast iron weight looking somewhat like a cannonball with a handle, used to perform ballistic exercises that combine cardiovascular, strength and flexibility training.

KETTLE BELL AND ABS COMBO An upper and lower body workout combined with abdominal exercises for a great all rounder.

KETTLEBELL CIRCUIT Burn fat, tone muscle and increase overall fitness, stamina and flexibility. This class is suitable for all and is made up of varied and fun circuits using the kettlebell.

KETTLEBELL FAT BURN To maximise fitness, gain strength, fat loss & wellbeing. Tones and conditions your body. Suitable for all levels.

LBT KETTLE BELL STYLE A Legs, Bums, Tums & upper body workout that's the trend for 2012! A class for all that does everything from top to toe and fat burning to the maximum. Don't let the "Kettle Bell element" put you off as we have Kettle Bells to suit all.

MARK'S TRIPLE CHALLENGE 3 Classes rolled into one! 20 minutes Cardio, 20 minutes Body Tone and 20 minutes core work. Suitable for all levels.

MONDAY MOTIVATION If its motivation you need then this class is for you. Steph's going to get you fitter, slimmer and more toned. Good fun and great music with this body conditioning and sculpting class, split between cardio and a sequence of toning exercises focusing on those troublesome areas.

IYENGAR YOGA Focuses on the body, mind and spirit. Learn and practice the asanas (physical postures) which will develop your fitness, flexibility, strength and balance. By attuning your body and mind in the postures you will experience a growing sense of calm and well being. Suitable for mixed abilities.

YOGA Creates heat, flexibility and endurance. Suitable for all levels (Alan Smith 7-8pm Tues)

PILATES A great way of improving your core strength and suppleness as well as helping to tone your body. Feel the benefits of a better posture and greater sense of well being.

PILATES WITH PROPS Enhance your classical Pilates workout using a variety of small equipment. A fun filled exercise class for all abilities.

PILATES (FREE YOUR SPINE) Discover how to unlock stiffness and tension in your back and find a new you. See the years just melt away with this gentle flowing Pilates class.

PILATES (MUFFIN TOP MADNESS) Shrink wrap your muffin top with this Abdominal Pilates workout.

PRISON YARD CIRCUIT Muscle strengthening using principles of high repetitions. Designed to shape your physique, Tone your body, raise your metabolism and improve your energy.

SCULPT A great all over body workout using dumbbells and kettlebells to tone and define your muscles. Suitable for all.

STEVE'S SUPER CIRCUITS Great way to exercise! Performing different exercises to help improve tone and increase your metabolic rate. A slightly more intense

QUICKIE SPIN A cheeky little cardio workout to really get you in the mood.

THE SPINNING PROGRAMME

Here at "The Club" we aim to give you a fantastic programme of spinning so you can plan your training accordingly whether you are a total beginner, intermediate or advanced cyclist/spin enthusiast.

The spinning programme is the original and most popular group cycling class and it's not just because spinning is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, we have great instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun.

There are 5 different energy zones which make up the spinning programme they are as follows:

SPINNING PROGRAMME – ENDURANCE FAT BURNING

Endurance increases aerobic capacity and improves cycling economy meaning you expend less energy at any given intensity. Endurance training should make up the largest percentage of your total training time.

SPINNING PROGRAMME INTERVALS

Take your training and fitness to the next level with Interval training. Abruptly increasing and decreasing the heart rate by manipulating the intensity of the activity is beneficial for anyone wanting to enhance fitness and overall health.

SPINNING PROGRAMME – RACE DAY

Race day is your chance to test yourself, to put everything you have learnt through the weeks on the table. Are you up for the challenge??

SPINNING PROGRAMME – RECOVERY

Training is a delicate balance of hard workouts and recovery. This session teaches you active recovery sessions stimulate and promote blood circulation and bring nutrients to the areas the body needs them most.

SPINNING PROGRAMME – STRENGTH

The strength energy zone is an integral part of the five energy zones. This zone helps build your muscular strength, endurance and cardiovascular systems. This zone also trains the ligaments and tendons of the legs to handle high intensity training and improves power and climbing ability.

SPLASH FIT Make a SPLASH! Splash fit is a fantastic fun way to reduce body fat and tone up. Whether you want to maintain your current fitness level or reach a new level, splash fit is the safe way to do it.

STREET DANCE (5-9YRS AND 10-15YRS) A hip hop class with up-to- date choreography. This aerobic dance class will get your heart rate pumping and will leave you energized. This is a 10 week block with a performance for parents on the 10th week.

STRETCH AND RELAXATION Relax the body, focus the mind and enjoy 30 minutes of peaceful stretching. Using simple stretches you will leave feeling calm and revitalized.

SWISS BALL Come and have a "ball" with movements that are both challenging and fun, using the ball as a tool to have an all-over-body workout. Abdominal and back exercises, leg and upper body work will be used to improve muscle strength and tone. Come and have a go – suitable for all.

TAI CHI Tai Chi is a gentle form of exercise suitable for any age or level of fitness. You will learn a sequence of slow flowing movements which help relax, strengthen and energize the body. It enhances both physical and mental well being. It improves co-ordination, mobility, posture and balance. It can boost your energy levels and improve circulation. It also improves your health and slows the ageing process.

TEEN GYM (12-15YRS) Teens are able to use the cardiovascular equipment under supervision of a trained gym instructor to help facilitate their fitness and muscle tone

TOTAL BODY TONING This is an all over body toning class using dumbbells and weighted bars. Suitable for all it is loaded with reps to maximise toning in all those key areas.

VIPR VERSUS KETTLEBELLS The whole body workout- Designed to increase muscle strength power and tone, whilst reducing body fat and improving flexibility.

YOUNG AT HEART This Class is all about enjoyment and is suitable for all ages. This moderate pace class includes simple aerobic exercises that are low impact and Includes the swiss ball and weight bearing exercises to keep bone density from demising.

FRIDAY NIGHT ZUMBA Ditch the workout, join the party! Every Friday night, party yourself into shape with Claire's Zumba fitness class. It is an exhilarating, effective easy-to-follow Latin inspired, calorie burning dance fitness. Party, Party!

ZUMBA WITH STEPH Are you ready to party yourself into shape? Zumba is a calorie burning fun dance fitness party, with exotic and lively rhythms set to high energy beats.

TABATA TRAINING Discovered by Izumi Tabata in Japan. The fastest way to fitness & fat loss in 4 minutes!!! This is not a daily workout. Great to do once or twice a week for those brave enough to try it.



The Club

health and fitness at Burntwood Court



CLASS TIMETABLE STARTING THE 9th JANUARY 2012

ALL CLASSES TO BE BOOKED IN ADVANCE AT RECEPTION: 01226 707099

MONDAY

09:00 – 09:45	Spinning Programme (Starts 16/01)	Jayne Collins	Spinning Studio
09:45 – 10:30	Buff Body Blitz (Starts 16/01)	Jayne Collins	Studio 1
09:45 – 10:45	Zumba	Steph Guest	Studio 2
10:30 – 11:15	Spinning Programme (Starts 16/01)	Jayne Collins	Spinning Studio
11:00 – 11:45	Aqua Fit	Claire Preston	Pool
11:15 – 11:45	Bend it Like Barbie (Starts 16/01)	Jayne Collins	Studio 1
11:45 – 12:15	Quickie Spin (Starts 16/01)	Jayne Collins	Spinning Studio
12:15 – 13:15	Mark's Triple Challenge Workout	Mark Brookes	Studio 1
16:30 – 17:30	Get Active 5-9yrs	Alan Radford	Studio 1
16:30 – 17:30	Adult & Teen Cardio Challenge 12-15yrs	Claire Preston	Gym
17:15 – 18:00	Kettlebells Circuit	Susie Warris	Studio 1
17:15 – 18:00	Spinning Programme	Mark Brookes	Spinning Studio
18:00 – 18:45	Spinning Programme	Susie Warris	Spinning Studio
18:00 – 19:00	Boxercise Circuit	Mark Brookes	Studio 1
18:00 – 18:45	Zumba	Claire Preston	Studio 2
19:00 – 20:00	Iyengar Yoga	Ann Woolford	Studio 2
19:00 – 19:45	Spinning Programme	Julie Brook	Spinning Studio
19:00 – 19:30	Kettlebells	Alan Radford	Studio 1
20:00 – 21:00	Beginners Tone	Steph Guest	Studio 1



TUESDAY

06:45 – 07:00	Spinning Programme	Julie Brook	Spinning Studio
09:00 – 09:45	Aqua Zumba	Claire Preston	Pool
09:00 – 09:45	Spinning Programme	Jayne Collins	Spinning Studio
09:15 – 10:00	Step	Ayesha Mir	Studio 1
09:45 – 10:20	Spinning Programme	Jayne Collins	Spinning Studio
10:00 – 11:00	Fitness Pilates	Ayesha Mir	Studio 2
10:20 – 10:30	Core Conditioning	Jayne Collins	Studio 1
10:30 – 11:15	Functional Fitness	Jayne Collins	Studio 1
11.15 – 12.00	Spinning Programme	Jayne Collins	Spinning Studio
11:00 – 12:15	Tai Chi For All	Chris Palmer	Studio 2
12:00 – 12:45	Cross-Fit Circuit	Alan Radford	Studio 1
16:30 – 17:30	Fit Camp 8 – 11yrs	Mark Brookes	Studio 1
16:30 – 17:30	Adult & Teen Cardio Challenge 12-15yrs	Alan Radford	Gym
17:30 – 18:00	Quickie Spin	Susie Warris	Spinning Studio
18:00 – 18:30	Total Body Workout	Susie Warris	Studio 1
18:00 – 19:00	Zumba	Steph Guest	Studio 2
18:30 – 19:30	Insanity Part Two	Alan Radford	Studio 1
19:00 – 19:45	Spinning Programme	Mark Brookes	Spinning Studio
19:00 – 20:00	Yoga	Alan Smith	Studio 2
19:30 – 20:15	Sculpt	Bobby Bellis	Studio 1



WEDNESDAY

09:00 – 09:40	Spinning Programme	Jayne Collins	Spinning Studio
09:30 – 10:00	Beginners Shape Up	Bobby Bellis	Studio 1
09:40 – 10:20	Spinning Programme	Jayne Collins	Spinning Studio
10:00 – 11:00	Iyengar Yoga	Anne Woolford	Studio 2
10:20 – 10:30	Core Conditioning	Jayne Collins	Studio 1
10:30 – 11:00	Cardio Kettle Bells	Jayne Collins	Studio 1
11:00 – 12:00	Zumba	Linda Muir	Studio 2
11:00 – 11:45	Spinning Programme	Jayne Collins	Spinning Studio
16:30 – 17:30	Get Active 5 – 9yrs	Alan Radford	Studio 1
16:30 – 17:30	Adult & Teen Cardio Challenge 12-15yrs	Mark Brookes	Gym
17:00 – 17:45	Step	Clare Hancock	Studio 1
17:45 – 18:30	Spinning Programme	Mark Brookes	Spinning Studio
18:00 – 18:45	Prison Yard Circuit	Alan Radford	Studio 1
18:00 – 18:45	80's Aerobics	Steph Guest	Studio 2
18:45 – 19:30	Spinning Programme	Steph Guest	Spinning Studio
18:45 – 19:30	Bodylicious	Alan Radford	Studio 1
19:00 – 20:00	Muffin Top Mania (Pilates)	Janine Greenhow	Studio 2
19:30 – 20:30	Viprs v's Kettle Bells	Clare Hancock	Studio 1



THURSDAY

06:45 – 07:30	Spinning Programme	Julie Brook	Spinning Studio
09:00 – 09:40	Spinning Programme	Jayne Collins	Spinning Studio
09:40 – 10:20	Spinning Programme	Jayne Collins	Spinning Studio
10:00 – 10:30	Hula Fit	Mark Brookes	Studio 2
10:20 – 10:30	Core Conditioning	Jayne Collins	Studio 1
10:30 – 11:00	Legs, Bums & Tums	Jayne Collins	Studio 1
11:00 – 11:30	Tabata Fat Burn Workout	Jayne Collins	Studio 1
11:00 – 12:00	Free Your Spine (Pilates)	Janine Greenhow	Studio 2
11:30 – 12:00	Quickie Spin	Jayne Collins	Spinning Studio
12:15 – 13:00	Boxercise Boot Camp	Alan Radford	Studio 1
16:30 – 17:30	Fit Camp 8 – 11yrs	Bobby Bellis	Studio 1
16:30 – 17:30	Adult & Teen Cardio Challenge 12 – 15yrs	Claire Preston	Gym
17:00 – 17:30	Hula Fit	Mark Brookes	Studio 2
17:30 – 18:00	Swiss Ball	Mark Brookes	Studio 1
18:00 – 18:30	Street Dance 5-9yrs (10 Week Block)	Danielle Haywood	Conference 2
18:30 – 19:00	Street Dance 10 – 15yrs (10 Week Block)	Danielle Haywood	Conference 2
18:00 – 19:00	Iyengar Yoga	Anne Woolford	Studio2
18:00 – 19:00	Boxfit	Mark Brookes	Studio 1
19:00 – 19:45	Aerjump	Claire Preston	Studio 1
19:00 – 19:45	Zumba	Sarah Lane	Studio 2
19:00 – 19:45	Spinning Programme	Julie Brook	Spinning Studio
19:45 – 20:30	Kettlebells Beginners Workout	Bobby Bellis	Studio 1
20:00 – 20:45	Aqua Zumba	Claire Preston	Pool



FRIDAY

09:00 – 09:45	Spinning Programme	Jayne Collins	Spinning Studio
09:00 – 09:45	Young at heart	Mark Brookes	Studio 1
09:45 – 10:45	LBT - Kettle Bell Style	Jayne Collins	Studio 1
10:00 – 10:45	Splash Fit	Steph Guest	Pool
10:45 – 11:30	Spinning Programme	Jayne Collins	Spinning Studio
11:00 – 11:30	Stretch & Relaxation	Steph Guest	Studio 2
11:30 – 12:00	Tabata Training	Jayne Collins	Studio 1
12:00 – 12:30	Kettle Bell and Ab Combo	Jayne Collins	Studio 1
16:30 – 17:30	Get Active 5 – 9yrs	Claire Preston	Studio 1
16:30 – 17:30	Adult & Teen Cardio Challenge 12 – 15yrs	Bobby Bellis	Gym
17:00 – 17:45	Studio Cycling	Clare Hancock	Spinning Studio
17:45 – 18:30	Kettle-A-Cise	Clare Hancock	Studio 1
18.00 – 19.00	All That Jazz	Claire Preston	Studio 2
19:00 – 20:00	Zumba Friday Night Party	Claire Preston	Studio 1



SATURDAY

08:30 – 09:30	Alan's Saturday Morning Bootcamp	Alan Radford	Studio 1
09:00 – 09:30	Spinning Programme	Nikki Chambers	Spinning Studio
09:30 – 10:30	Steve's Super Circuits	Steve Donaldson	Studio 1
09:30 – 10:15	Spinning Programme	Nikki Chambers	Spinning Studio
10:15 – 10:45	Spinning Programme	Nikki Chambers	Spinning Studio
10:45 – 11:15	Kettle-A-Cise	Clare Hancock	Studio 1
11:15 – 12:15	Zumba	Clare Hancock	Studio 1
12:15 – 13:15	Teen Gym	Alan Radford	Gym
16:00 – 17:00	Alan's Afternoon Circuits	Alan Radford	Studio 1

SUNDAY

09:30 – 10:30	Spinning Programme	Eleanor Francis	Spinning Studio
10:30 – 11:30	Bobby's Bootcamp Bonanza	Bobby Bellis	Studio 1
11:30 – 12:30	Easy Circuits (From 12 Yrs +)	Bobby Bellis	Studio 2
17:15 – 18:00	Spinning Programme	Susie Warris	Spinning Studio
17:30 – 18:30	Pilates with Props	Janine Greenhow	Studio 2
18:00 – 18:30	Kettlebell Circuit	Susie Warris	Studio 1



SWIMMING TIMETABLE

There are 2 types of Swimming times at the Club at Burntwood Court. We have a General Swim and a Family Swim.

General Swim times are for all adult members (16 years and over) and they will have full access to the pool between these times. There may be other activities within these times, for instance, Water Aerobics.

Family Swim times give children the opportunity to use the pool. All children under the age of 16 years must be supervised **two-to-one** by their parent or guardian. When the children are in, the pool can become a little more energetic so if you would prefer a more relaxing swim, you may want to avoid these times.

Don't forget when you go for a swim, or using the sauna, steam or hydrotherapy pool, please **shower first**. Please leave your towel on the hooks adjacent to the pool. On your return please ensure you **towel dry first**, hence helping with the cleanliness and housekeeping of the surrounding area and changing rooms. Many Thanks.

MONDAY - THURSDAY

6.30am - 3.00pm GENERAL SWIM

3.00am - 5.30pm FAMILY SWIM

5.30pm - 9.45pm GENERAL SWIM

FRIDAY

6.30am - 3.00pm GENERAL SWIM

3.00pm - 6.30pm FAMILY SWIM

5.30pm - 9.45pm GENERAL SWIM

SATURDAY - SUNDAY

8.00am - 11.00am GENERAL SWIM

11.00am - 3.00pm FAMILY SWIM

3.00pm - 7.45pm GENERAL SWIM