



**Chesterton  
Sports Centre**

# Fitness Classes

## From September 2011

Class	Time	Description	Price*	Instructor
<b>Mondays</b>				
<b>Zumba</b> <small>NEW</small>	9.15am-10.00am	A fun and fast paced workout to upbeat music, this is the class everyone is talking about!	£4.50 (£3.50)	Sarah
<b>Ladies Fitness</b>	10.00am-11.00am	Come and join in! This keep fit class is a popular choice with all ages and abilities. It includes varied fitness exercises each week.	£4.50 (£3.50)	Jane
<b>Aqua Aerobics</b>	7.00pm-8.00pm	Water-based exercise for all ages and abilities! Work harder in the water with increased resistance levels. Gloves & weights provided!	£4.50 (£3.50)	Ines
<b>Tuesdays</b>				
<b>Step Aerobics</b>	6.30pm-7.30pm	This varied step class incorporates a variety of routines each week. Ideal for those looking to get fit in a group environment!	£4.50 (£3.50)	Annabel
<b>Aqua Fit</b> <small>NEW</small>	7.00pm-8.00pm	A fun and fast paced workout in the swimming pool to upbeat music!	£4.50 (£3.50)	Sarah
<b>Studio Cycling</b>	7.30pm-8.30pm	An intense cardio workout whatever your age, ability or fitness goal! Come along and let's get peddling!	£4.50 (£3.50)	Michael
<b>Wednesdays</b>				
<b>Latin Workout</b> <small>NEW</small>	9.15am-10.00am	Wake up and get fit with this lively and fun Latin music cardio class for all levels and abilities!	£4.50 (£3.50)	Ines
<b>Lunchtime Yoga</b>	12.30pm-1.30pm	Grab this Yoga class for lunch! This class is ideal for busy people with busy lives. Mats provided, all abilities welcome!	£4.50 (£3.50)	Janet
<b>Fitness Aerobics</b>	7.00pm-8.00pm	A lively class where you can work at your own pace to give you that feel good glow!	£4.50 (£3.50)	Jo-Anne
<b>Fitness Pilates</b>	8.00pm-9.00pm	Great follow on class with elements of yoga and Pilates. Relaxing, intensive stretch session which works all major muscle groups!	£4.50 (£3.50)	Annabel
<b>Thursdays</b>				
<b>Thighs, Tums &amp; Bums</b>	11.45am-12.45pm	Thighs, Tums and Bums is a great exercise class to help tone and strengthen muscles. Suitable for all ages and abilities!	£4.50 (£3.50)	Sabrina
<b>Boxercise</b>	6.30pm-7.15pm	Fast-paced, high intensity class using basic, non-contact boxing techniques. The ultimate stress-buster!	£4.50 (£3.50)	Annabel
<b>Circuit Training</b>	6.45pm-7.45pm	A dynamic class which alternates aerobic stations with muscle resistance stations to produce an all over body session!	£4.50 (£3.50)	TBC
<b>Fitness Pilates</b>	7.15pm-8.15pm	Exercise and physical movements designed to stabilise the core, producing more effective stretching, strengthening and balancing!	£4.50 (£3.50)	Annabel
<b>Fitness Aerobics</b>	8.15pm-9.15pm	Keep fit with this hugely popular aerobics class!	£4.50 (£3.50)	Annabel
<b>Fridays</b>				
<b>Spinning</b> <small>NEW</small>	7.15am-8.15am	An intense cardio workout whatever your age, ability or fitness goal! Come along and let's get peddling!!	£4.50 (£3.50)	Becky
<b>Body Burn</b>	9.15am-10.00am	Incorporating a mixture of aerobics and cardio to leave you feeling great!	£4.50 (£3.50)	Ines
<b>Beginners Fit Ball</b>	10.00am-11.00am	Toning up has never been so much fun! Stability balls at the ready ... go! Ideal for those new to Fit Ball of any age or ability!	£4.50 (£3.50)	Sabrina
<b>Stretch &amp; Tone</b>	3.15pm-4.15pm	An ideal class for anyone of any ability. Focusing on all the core muscles this class will help you gain flexibility and muscle tone.	£4.50 (£3.50)	Sabrina
<b>Yoga</b>	7.00pm-8.00pm	The regular practice of Yoga postures help build strength, flexibility, stamina and poise. Suitable for all ages and abilities.	£4.50 (£3.50)	Dhiyampati
<b>Sundays</b>				
<b>Fitness Pilates</b>	11.00am-12.00pm	Exercise and physical movements designed to stabilise the core, producing more effective stretching, strengthening and balancing!	£4.50 (£3.50)	Zoe

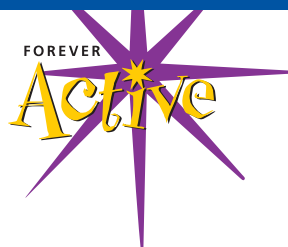
\*Price shown is the pay-as-you-go cost per session. Discounted price in brackets is for students and seniors 60+. All Fitness Classes above are included in our monthly Platinum or Gold Membership packages (see website for details). Pre-booking (up to one week in advance) is recommended and payment must be made up front at time of booking.

Class capacities are in agreement with all instructors. Receipts of purchase must be produced to the instructor upon entry into the class. Chesterton Sports Centre reserves the right to withdraw any Fitness Class from its programme at any given time.

# Forever Active Fitness Classes

Exercise sessions for the over 50 age group  
and those returning to a more active lifestyle

From September 2011



Class	Time	Description	Price*	Instructor
<b>Mondays</b>				
<b>50+ Beginners Pilates</b>	12.00-1.00pm	Strengthens weak areas and stretched tight muscles, enhancing good posture and correct body alignment. Focuses on core strength to support the spine and the way we move.	£3.50 (£3.00)	Tansy
<b>50+ Improvers Pilates</b>	1.00pm-2.00pm	See Pilates description above	£3.50 (£3.00)	Tansy
<b>50+ Beginners Pilates</b>	2.00pm-3.00pm	See Pilates description above	£3.50 (£3.00)	Tansy
<b>50+ Aqua Aerobics</b>	2.30pm-3.15pm	A workout for people of all fitness levels using the natural resistance of the water. You do not need to be able to swim.	£3.50 (£3.00)	Maria
<b>50+ Exercise to Music</b>	3.15pm-4.15pm	An all round, total body workout to improve fitness, coordination, strength and flexibility.	£3.50 (£3.00)	Helen
<b>Tuesdays</b>				
<b>50+ Advanced Pilates</b>	11.00am-12.00pm	See Pilates description above	£3.50 (£3.00)	Tansy
<b>50+ Beginners Pilates</b>	1.30pm-2.30pm	See Pilates description above	£3.50 (£3.00)	Tansy
<b>Wednesdays</b>				
<b>50+ Exercise to Music</b>	10.00am-11.00am	See Exercise to Music description above	£3.50 (£3.00)	Jo-Anne
<b>50+ Aqua Aerobics</b>	2.00pm-2.45pm	A workout for people of all fitness levels using the natural resistance of the water. You do not need to be able to swim.	£3.50 (£3.00)	Tansy
<b>GP Referral Aqua</b>	2.45pm-3.30pm	See Aqua description above.	£3.50 (£3.00)	Tansy
<b>Thursdays</b>				
<b>50+ Exercise to Music</b>	10.30am-11.30am	See Exercise to Music description above	£3.50 (£3.00)	Jo-Anne
<b>Fridays</b>				
<b>Beginners Fit Ball</b>	10.00am-11.00am	Toning up has never been so much fun! Stability balls at the ready ... go! This class is ideal for those who have never been to a Fit Ball class before, of any age or ability!	£3.50 (£3.00)	Sabrina
<b>50+ Yoga</b>	11.00am-12.00pm	As we get older our muscles tighten. This class addresses tight muscles and weak areas to re align the body and achieve good posture.	£3.50 (£3.00)	Sabrina

\*Price shown is the pay-as-you-go cost per session. Discounted price in brackets is for Forever Active Members.

**Please note:** Forever Active classes are not included in Chesterton Sports Centre's Platinum or Gold Membership.

Pre-booking is recommended, although cancellation must be received prior to the class start time or full payment will be required .

## Become a Member of Forever Active

Join as a Forever Active Member and pay just £3.00 per class (non-members £3.50). Members can pre-book classes up to 7 days in advance (non-members 5 days with payment). For further information on Forever Active membership please call 01223 457000 or visit [www.forever-active.org.uk](http://www.forever-active.org.uk).