

# FITNESS CLASSES SEPTEMBER 2010

Class	Day	Time	Description	Price	Instructor
Ladies Fitness	Monday	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. All ages young and old welcome!	£3.00 per class (Term Time Only)	Jane
Aqua Aerobics (NEW!)	Monday	7.00pm-8.00pm	Water-based exercise class available for all ages and abilities! Work harder in the water with increased resistance levels. Gloves and weights provided!	£4.00 per class (Starting 6 <sup>th</sup> Sept)	Zoë
Step Aerobics	Tuesday	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.	£4.00 per class	Annabel
Studio Cycling	Tuesday	7.30pm-8.30pm	An intense cardio workout whatever your age, ability or fitness goal! Come along and let's get peddling!!	£4.00 per class	Michael
Lunchtime Yoga	Wednesday	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.	£4.00 per class	Howard
Fitness Aerobics	Wednesday	7.00pm-8.00pm	A lively class where you can work at your own pace to give you that feel good glow!	£4.00 per class	Jo-Anne
Body Tone	Wednesday	8.00pm-9.00pm	A great follow on class which works all major muscle groups and incorporates some elements of yoga and pilates. A relaxing, intensive full - body stretch session!	£4.00 per class	Jo-Anne
Thighs, Tums & Bums (NEW!)	Thursday	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.	£4.00 per class (Starting 2nd Sept)	Sabrina
Fitness Pilates	Thursday	7.00pm-8.00pm	Pilates is a great way to keep trim! Come along today!	£4.00 per class	Annabel
Circuit Training (NEW!)	Thursday	6.45pm-7.45pm	A dynamic class which alternates aerobic stations with muscle resistance stations to produce an all over body session. Circuits will leave you breathless and wanting more! Suitable for all levels.	£4.00 per class (Starting 2nd Sept)	Anke
Fitness Aerobics	Thursday	8.00pm-9.00pm	Keep fit with this hugely popular aerobics class!!	£4.00 per class	Annabel
Beginners Fit ball (NEW!)	Friday	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 per class (Starting 3rd Sept)	Sabrina
Stretch & Tone (NEW!)	Friday	3.15pm-4.15pm	This is an ideal stretch and tone class for anyone of any ability. Focusing on all the core muscles this class will help you gain flexibility and muscle tone.	£4.00 per class (Starting 3rd Sept)	Sabrina
Yoga	Friday	7.00pm-8.00pm	The regular practice of Yoga postures help build strength, flexibility, stamina and poise. So come along and improve yourself today! Suitable for all ages and abilities.	£4.00 per class	Dhiyampati
On The Ball	Friday	8.00pm-9.00pm	Tone up whilst having fun, using a stability ball. Roll, push, bounce and get that Friday night feeling! Come and join in!	£4.00 per class	Sabrina
Boxercise	Sunday	10.00am-11.00am	Get your boxing gloves on and your heart pumping in this fast-paced, high intensity class using basic, non-contact boxing techniques. The ultimate stress-buster!	£4.00 per class	Clare
Fitness Pilates (NEW!)	Sunday	11.00am-12.00pm	Come along to this Pilates session on a Sunday afternoon. Enjoy a relaxing weekend class starting in September.	£4.00 per class (Starting 5 <sup>th</sup> Sept)	Zoë

**Key Information:**

\*Choose from any of our Fitness Classes on a pay-as-you-go basis. \*All of the above Fitness Classes are included in our monthly Gold Membership (see website for details). \*Pre-booking is recommended and payment must be made upfront at time of booking. \*Class capacities are in agreement with all instructors. \*Student and senior prices also available. Receipts of purchase must be produced to the instructor upon entry into the class. \*For further information call us on 01223 576110 or visit [www.chestertonsportscentre.org.uk](http://www.chestertonsportscentre.org.uk) \*Chesterton Sports Centre reserves the right to withdraw any Fitness Class from it's programme at any given time.



# Forever Active Fitness Classes September 2010

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

[www.forever-active.org.uk](http://www.forever-active.org.uk)

Class	Day	Time	Description	Price	Instructor
50+ Beginners Pilates	Monday	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.	£3Members / £3.50 Non-Members	Tansy
50+ Improvers Pilates	Monday	1.00pm-2.00pm	See Pilates description above	£3 Members / £3.50 Non-Members	Tansy
50+ Beginners Pilates	Monday	2.00pm-3.00pm	See Pilates description above	£3 Members / £3.50 Non-Members	Tansy
50+ Exercise to Music	Monday	3.15pm—4.15pm	An all round, total body workout to improve fitness, coordination, strength and flexibility.	£3 Members / £3.50 Non-Members	Helen
50+ Advanced Pilates	Tuesday	11.00am-12.00pm	See Pilates description above	£3 Members / £3.50 Non-Members	Tansy
50+ Beginners Pilates	Tuesday	1.30pm-2.30pm	See Pilates description above	£3Members / £3.50 Non-Members	Tansy
50+ Dancercise (Resumes from Sept 2010)	Tuesday	2.45pm-3.45pm	A fun class, which will teach you different styles of dance, whilst improving your fitness. All abilities welcome.	£3 Members / £3.50 Non-Members	Tansy
50+ Exercise to Music	Wednesday	10.00am-11.00am	See Exercise to Music description above	£3Members / £3.50 Non-Members	Jo-Anne
50+ Aqua Aerobics (Resumes from Sept 2010)	Wednesday	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.Members / £3.50 Non-Members	Tansy
50+ Aqua Aerobics	Wednesday	2.45pm-3.30pm	See Aqua description above.	£3 Members / £3.50 Non-Members	Tansy
50+ Exercise to Music (Resumes from Sept 2010)	Thursday	10.30am-11.30am	See Exercise to Music description above	£3 Members / £3.50 Non-Members	Jo-Anne
Beginners Fit ball	Friday	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 Members / £3.50 Non Members	Sabrina
50+ Yoga (NEW!)	Friday	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 Members / £3.50 Non-Members	Zoe
50+ Revolutions (NEW!)	Friday	12.45pm-1.30pm	This exciting new class is great for those who enjoy cycling or those who would like to try something different. There is no traffic to contend with, just fun exercises on and off the bike to improve your fitness and strength.	£3 Members / £3.50 Non-Members	Clare

**Key Information:**

\*Choose from any of our Fitness Classes on a pay-as-you go basis. \*Pre-booking is recommended. \*Join as a Forever Active Member and pay £3.00 per class. \*Non-Forever Active members must pay £3.50 per class. \*Forever Active Members can pre-book classes up to 7 days in advance. \*Non Forever Active members can pre-book classes up to 5 days in advance. \*Forever Active classes are not included in Chesterton Sports Centre's Gold Membership \*For further information on Forever Active membership please call 01223 457000.