



**Chesterton
Sports Centre**

Fitness Classes

From January 2012

Class	Time	Description	Price*	Instructor
Mondays				
Boot Camp <small>NEW</small>	7.15am-8.15am	A fun new class using of a variety of individual and group techniques to encourage exercise through a group dynamic.	£4.50 (£3.50)	Matt
Zumba	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
Ladies Fitness	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
Zumba <small>NEW</small>	6.45pm-7.30pm	A fun and fast paced workout to upbeat music, this is the class everyone is talking about!	£4.50 (£3.50)	Sarah
Aqua Aerobics	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
Tuesdays				
Step Aerobics	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
Aqua Zumba <small>NEW</small>	7.00pm-7.45pm	A fun and fast paced workout in the swimming pool to upbeat music, this is the class everyone is talking about but now in water!	£4.50 (£3.50)	Sarah
Studio Cycling	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
Wednesdays				
Latin Workout	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
Lunchtime Yoga	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
Ballroom Blitz! <small>NEW</small>	7.00pm-8.00pm	Dance your way to fun and fitness with our ballroom based exercise class. No need for a dancing partner or ballroom experience.	£4.50 (£3.50)	Annette
Fitness Pilates	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
Thursdays				
Latin Workout <small>NEW</small>	10.30am-11.30am	Wake up and get fit with this lively and fun Latin music cardio class for all levels and abilities!	£4.50 (£3.50)	Ines
Boxercise	6.30pm-7.15pm	Fast-paced, high intensity class using basic, non-contact boxing techniques. The ultimate stress-buster!	£4.50 (£3.50)	Annabel
Circuit Training	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)	Teresa
Fitness Pilates	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
Fitness Aerobics	8.15pm-9.15pm	Keep fit with this hugely popular aerobics class!	£4.50 (£3.50)	Annabel
Fridays				
Studio Cycling	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)	Michael
Body Burn	9.15am-10.00am	Incorporating a mixture of aerobics and cardio to leave you feeling great!	£4.50 (£3.50)	Ines
Beginners Fit Ball	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
Salsa Aerobics <small>NEW</small>	3.15pm-4.15pm	Move your feet, shake those hips like you never thought you could! A fun, calorie burning workout that will get you moving.	£4.50 (£3.50)	Sabrina
Yoga	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)	Janet

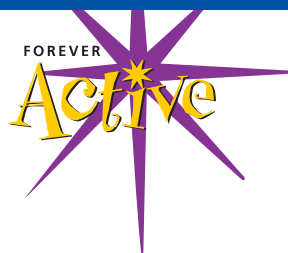
*Price shown is the pay-as-you-go cost per session. Discounted price in brackets is for students and seniors 60+. All Fitness Classes above are included in our monthly Platinum or Gold Membership packages (see website for details). Pre-booking (up to one week in advance) is recommended and payment must 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 January 2012



Class	Time	Description	Price*	Instructor
Mondays				
50+ Beginners Pilates	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
50+ Improvers Pilates	1.00pm-2.00pm	See Pilates description above	£3.50 (£3.00)	Tansy
50+ Beginners Pilates	2.00pm-3.00pm	See Pilates description above	£3.50 (£3.00)	Tansy
50+ Aqua Aerobics	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
50+ Exercise to Music	3.15pm-4.15pm	An all round, total body workout to improve fitness, coordination, strength and flexibility.	£3.50 (£3.00)	Helen
Tuesdays				
50+ Advanced Pilates	11.00am-12.00pm	See Pilates description above	£3.50 (£3.00)	Tansy
50+ Beginners Pilates	1.30pm-2.30pm	See Pilates description above	£3.50 (£3.00)	Tansy
Wednesdays				
50+ Exercise to Music	10.30am-11.30am	See Exercise to Music description above	£3.50 (£3.00)	Clare
50+ Aqua Aerobics	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.	(£3.00) £3.50	Tansy
GP Referral Aqua	2.45pm-3.30pm	See Aqua description above.	£3.50 (£3.00)	Tansy
Fridays				
Beginners Fit Ball	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
50+ Yoga	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. Pre-booking is recommended and full payment required at the time of booking.

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.