DATE	TIME	CLASS	BOOKED ON	BOOKED BY

class descriptions...

20,20,20 - A mixture of toning and cardio using elements of step aerobics to give you a full body workout with the results to prove it.

AquaFit - A fun, water based workout to music. A great workout for everyone and particularly good for those recovering from injury, pregnancy or joint problems, as the water cushions the moves.

AquaAttack - If you thought Aquacise was an easy option, guess again and try AquaAttack, a fast pace calorie burning workout

Balls + Bands - Incorporate core stability, abdominal training with full body toning, without even picking up a weight

BodyAttack™ - A group exercise programme, which ignites your energy systems and pushes your training to the next level. An intense athletic workout using simple interval training techniques. BodyAttack is simply the ultimate cardiovascular challenge, encouraging you to reach the limits of your endurance.

BodyBalance™ - A yoga, T'ai Chi and Pilates-inspired workout leaving you long, strong calm and centred, feel balanced.

BodyCombat™ - is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BodyPump™ - is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!.

Body Clinic - A chance to learn the moves with full instructors attention, recommended for all persons who are new to the class

Boot Camp - Need someone to push you? This high energy workout will get every ounce of effort you have and use it to it's maximum potential!

Boxercise - Learn some basic fighting routines and work against some pads for a fun filled stress busting workout. Strictly no contact!

Circuits - A traditional circuit training class, incorporating cardiovascular and resistance exercise. Aimed at improving muscle endurance and aerobic fitness levels.

Indoor Cycling - This is an indoor cycling class, which can be performed by all fitness levels. You will have the ride of your life.

Kettlercise - No this is not a session to test how fast you can drink tea. This full body workout will get your heart pumping and your body defined.

Legs, Bums & Tums - Perfect legs, perfect bum, perfect tum ... lets do it.

Low Attack - Like the look of BodyAttack? a bit too much jumping? Low Attack is the same loved workout at a slightly lighter level

Mums, Bums and Tums - Full body toning session available for anyone to attended with the added bonus of being able to bring babies.

Pilates - The original authentic mat-work exercise that gives you long lean toned muscles, better posture, a healthy back, perfect body shape and a calm mind.

Tai Chi - Relax and Unwind to find your inner Chi.

Triathlon Club - Run, Swim, Cycle, each week a different element to the extreme training that is a triathalon.

Total Body Sculpt - Resistance based class to tone those areas that people want the most.

Zumba - is the only Latin-inspired dance-fitness program that blends red-hot international music and contagious steps to form a "fitness-party".

Terms & Conditions

- Places must be booked in advance to guarantee the space
- If a customer cannot attend a class, cancellation must be at least 2 hours notification prior to the start of the class or payment of the non-member class fee is necessary
- Children under the age of 16 are not permitted to attend adult classes unless permission is given by the Centre Manager
- Late arrivals for classes will be denied access due to safety measures and reduce disruption to the class
- A BodyPump/BodyCombat Clinic Class must be attended before a BodyPump/BodyCombat Class so that the customer is fully aware of the correct techniques, body positioning and safety issues

fitness @ catmose

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Opening Times

Mon–Fri 6.30am–10.00pm Sat 7.30am–9.00pm Sun 7.30am - 8.00pm

Catmose Sports Centre

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Huntsmans Drive, Oakham,
Rutland, LE15 6RP

enquiries.catmose@stevenage-leisure.co.uk

Leisure Limited

Rutland County Council

www.stevenage-leisure.co.uk

24 hour Customer Information Line: 0300 012 0300

@catmosesports1

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Day	Time	Class	Location
Monday	06.45**	Total Body Sculpt	Studio 1
	09.15	BodyBalance™	Studio 1
	10.30	Balls & Bands	Studio 1
	11.30	20, 20, 20	Studio 1
	12.30	Zumba	Studio 1
	18.00**	Indoor Cycling	Studio 1
	19.00	AquaFit	Pool
	19.00	BodyPump™	Studio 1
	19.00	Kettlercise	Studio 2
	20.15**	BodyBalance™	Studio 1
Tuesday	06.45**	BodyPump Express™	Studio 1
	09.00	AquaFit	Pool
	09.30**	Circuits	Studio 1
	10.15**	BodyAttack™ (Low)	Studio 1
	11.00	Body Combat™ (Clinic 15 mins)	Studio 1
	11.15**	Body Combat™	Studio 1
	12.00	Pilates	Studio 1
	17.00	Legs, Bums & Tums	Studio 1
	17.30	Kettlercise	Studio 2
	18.00*	Indoor Cycling – Beginners	Studio 1
	18.30**	Indoor Cycling – Extra Time	Studio 1
	19.15	BodyCombat™	Studio 1
	20.30	BodyBalance™	Studio 1
Wednesday	06.45	Indoor Cycling – Early Bird	Studio 1
	09.15	BodyPump™ (Clinic 15 mins)	Studio 1
	09.30	BodyPump™	Studio 1
	10.30	Body Combat™ (Clinic 15 mins)	Studio 1
	10.45**	Body Combat™	Studio 1
	11.45**	Mums, Bums & Tums	Studio 1
	17.30*	Tai Chi	Studio 2
	17.50	BodyPump™ (Clinic 10 mins)	Studio 1
	18.00	BodyPump™	Studio 1
	18.15	Boxercise	Studio 2
	19.00**	BodyAttack™	Studio 1
	20.00**	AquaAttack	Pool

April 2012 Timetable

Classes are one hour unless stated
* 30 minutes
** 45 minutes

Day	Time	Class	Location
Thursday	10.00**	Balls & Bands	Studio 1
	11.00	BodyBalance™	Studio 1
	18.00	Zumba	Studio 1
	18.00	Kettlercise	Studio 2
	19.00	BodyCombat™	Studio 1
	19.00	Kettlercise	Studio 2
	20.00	BodyBalance™	Studio 1
Friday	06.30	Indoor Cycling - Endurance	Studio 1
	09.00	AquaFit	Pool
	09.15	BodyPump™ (Clinic 15 mins)	Studio 1
	09.30	BodyPump™	Studio 1
	10.30	Body Combat™ (Clinic 15 mins)	Studio 1
	10.45**	Body Combat™	Studio 1
	11.45**	BodyBalance™	Studio 1
	12.30**	Zumba	Studio 1
	17.30**	Legs, Bums & Tums	Studio 2
	18.00	Triathlon Club	Pool
	18.00	BodyPump™	Studio 1
	18.15*	Tai Chi	Studio 2
Saturday	09.30	Boot Camp	Aux Hall / Sports Hall
	09.30	BodyPump™	Studio 1
Sunday	09.00	Kettlercise	Studio 1
	10.00*	Abs Blast	Fitness Suite

Attend more than 2 classes a week?

You could save money by becoming a member of fitness@catmose. Memberships are available which include all of the classes on the timetable. Please speak to a member of staff for more information.

PLEASE NOTE

Class prices range from £3.50 to £7.50 for a non-member and FREE to members. Members can book up to 14 days in advance (7 days for non-members). All classes are on a trial basis. Classes with low usage will be changed upon regular review of the usage numbers in each class. We prefer all classes to be booked in advance. You will only gain entry by registering at the beginning of the class at main reception and by handing in a ticket to your instructor.

Classes are correct at time of printing but may be subject to change. Please check with the centre before attending.

Please arrive at least 5 minutes before the class is due to start.

Keep track of your class bookings

Use the diary below to keep track of the class bookings you have made.
You will never forget to attend a class!

Member name:... Membership No: ....

DATE	TIME	CLASS	BOOKED ON	BOOKED BY