

Workout Class Timetable

January - March 2012



DAY	CLASS	TIME	LOCATION	INSTRUCTOR	Cost
MONDAY	Zumba	5:30pm - 6:30pm	Studio	Steph	£5.00
	Abs & More	6:30pm - 7:30pm	Studio	Charis	£5.00
	Studio Cycle	7:30pm - 8:15pm	Studio	Clare	£4.00
	Thai Boxing	8:30pm - 9:30pm	Studio	Hallum	£5.00
TUESDAY	Pilates	7:30pm - 9:00pm	Studio	Sophia	£6.00
WEDNESDAY	Circuits	7:00pm - 7:45pm	Sports Hall	Kelly / Clare	£4.00
	Boxercise	8:30pm - 9:30pm	Studio	Carl	£5.00
THURSDAY	Legs Bums & Tums	6:00pm - 6:50pm	Studio	Clare	£5.00
	Studio Cycle	7:00pm - 7:45pm	Studio	Clare	£4.00
	Zumba	8:00pm - 9:00pm	Studio	Steph	£5.00
SATURDAY	Thai Boxing	9:30am - 10:30am	Studio	Hallum	£5.00

Classes can be booked up to a week in advance. We will endeavour to give you at least 4 hours notice should a class have to be cancelled due to instructor availability.

If you are unable to attend a class, 2 hour notification must be given where possible, if not booking charges may be applied.

Classes are correct at time of printing but maybe subject to change.

Please check with the centre before attending.

Workout Class Descriptions

Abs & More	Tone those waistlines with a workout focusing on the abdominal and dorsal muscles.
Boxercise	Learn boxing skills from basic punches and combinations to self defence, footwork and skipping.
Circuits	Station based workout for the whole body, with a mixture of cardiovascular and strength work, allowing you to work at your own intensity regardless of your fitness ability.
Legs Bums & Tums	Designed to tone and shape the lower body with minimal impact, sculpting those areas you love to hate.
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.
Studio Cycle	This is a high energy, calorie burning cardiovascular indoor cycling work out set to vibrant music
Thai Boxing	Dynamic class that is guaranteed to get your heart pumping! Suitable for both men and women.
Zumba	Latin dance fitness class that blends the latest red-hot international music with addictive steps

Traffic Light System

- Green Classes**
Classes that are well attended. Keep it up!
- Amber Classes**
These classes are in danger of dropping into red classes, continue to support these classes. Why not bring a friend?!
- Red Classes**
These classes have a low attendance, please fully support these classes. Unfortunately if attendance doesn't improve classes will be removed from the timetable.

Shephall Leisure Centre will do our best to ensure Red Alert Classes are given the opportunity to continue. Please support the classes as best you can.

For more information on where classes are on the traffic light system, please see the Fitness Notice Board.



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