

THE
WEYBRIDGE
HEALTH CLUB & SPA



The Weybridge Health Club & Spa
Group Exercise Class Timetable

Spring 2017

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Group Exercise Class Timetable

MONDAY	Time:	09.30-10.15	09.30-10.15	09.30-10.15	09.30-10.30	10.30-11.15	10.30-11.25	11.30-12.30	11.30-12.15	12.15-13.00	12.45-14.00	18.30-19.15	18.30-19.30	19.30-20.15	19.30-20.15	19.30-20.30	20.15-21.15
	Class:	Aqua	Group Cycle	Clubbercise	Body Pump	Group Cycle	1-2-3 Pilates	Pilates	Body Combat	Body Pump	Yoga	Group Cycle	Body Pump	Group Cycle	1-2-3 Pilates	Body Combat	Body Balance
	Instructor:	Pauline	Nisha	Claire	Samantha	Nisha	Teresa	Etienne	Damian	Damian	Sallyanne	Daisy	Kim	Emma	Kim	Laura	Kim
	Studio:	Pool	Cycle	Studio 2	Studio 1	Cycle	Studio 2	Studio 2	Studio 1	Studio 1	Studio 2	Cycle	Studio 1	Cycle	Studio 2	Studio 1	Studio 2
TUESDAY	Time:	06.45-07.30	09.30-10.15	09.30-10.30	09.30-10.30	10.30-11.15	10.30-11.15	10.30-11.30	11.30-12.00	11.30-12.30	17.45-18.30	19.00-19.45	19.15-20.15	19.45-20.30	20.15-21.30		
	Class:	Group Cycle	Group Cycle	Dance Moves	Fight Klub	Aqua Zumba	Group Cycle	Body Balance	Conditioning	1-2-3 Pilates	Body Pump	Group Cycle	Circuits	Group Cycle	Yoga		
	Instructor:	Rachael	Nathan	Pauline	Dan-Carlos	Olivia	Nathan	Kate	Olivia	Kate	Julie	Chania	Tom	Chania	Clare		
	Studio:	Cycle	Cycle	Studio 2	Studio 1	Pool	Cycle	Studio 2	Studio 1	Studio 2	Studio 1	Cycle	Studio 1	Cycle	Studio 2		
WEDNESDAY	Time:	09.30-10.15	09.30-10.15	09.30-10.30	10.00-12.00	10.30-11.15	10.30-11.30	11.30-12.45	18.30-19.30	18.30-19.30	18.45-19.30	19.30-20.30	19.30-20.30				
	Class:	Aqua	Group Cycle	Body Pump	Club Tennis	Conditioning	1-2-3 Pilates	Yoga	Body Attack	Body Balance	Group Cycle	Fight Klub	1-2-3 Pilates				
	Instructor:	Nathan	Lisa	Samantha	Elliot	Mike	Etienne	Etienne	Chania	Janine	Mike	Dan-Carlos	Janice				
	Studio:	Pool	Cycle	Studio 1	Tennis (£)	Studio 1	Studio 2	Studio 2	Studio 1	Studio 2	Cycle	Studio 1	Studio 2				
THURSDAY	Time:	06.30-07.30	09.15-10.00	09.30-10.15	09.30-10.30	10.30-11.15	10.30-11.30	10.45-11.45	11.30-12.30	18.15-19.00	18.30-19.30	19.15-20.00	19.30-20.30				
	Class:	Circuits	Aqua	Group Cycle	Fight Klub	Group Cycle	Battlebells	1-2-3 Pilates	Body Pump	Group Cycle	Yoga	Group Cycle	Body Pump				
	Instructor:	Marcus	Olivia	Muna	Dan-Carlos	Muna	Dan-Carlos	Ruth	Damian	Zorina	Karen	Danielle	Zorina				
	Studio:	Studio 1	Pool	Cycle	Studio 1	Cycle	Studio 1	Studio 2	Studio 1	Cycle	Studio 2	Cycle	Studio 1				
FRIDAY	Time:	09.30-10.15	09.30-10.15	09.30-10.30	10.30-11.15	10.30-11.30	10.30-11.30	11.00-11.45	11.30-12.45								
	Class:	Group Cycle	Barre Conditioning	Body Pump	Group Cycle	Circuits	Body Balance	Aqua	Yoga								
	Instructor:	Zorina	Olivia	Kim	Zorina	Tom	Kim	Chania	Clare								
	Studio:	Cycle	Studio 2	Studio 1	Cycle	Studio 1	Studio 2	Pool	Studio 2								
SATURDAY	Time:	08.30-09.15	09.00-09.45	10.00-11.00	09.30-10.15	11.00-12.00											
	Class:	Group Cycle	Body Attack	Body Pump	Group Cycle	Body Balance											
	Instructor:	Claire	Jacqui	Ruth	Claire	Ruth											
	Studio:	Cycle	Studio 1	Studio 1	Cycle	Studio 2											
SUNDAY	Time:	09.00-10.00	09.30-10.30	09.30-10.45	11.00-12.00												
	Class:	Circuits	Group Cycle	Yoga	Body Balance												
	Instructor:	Tom	Nisha	Karen	Janice												
	Studio:	Studio 1	Cycle	Studio 2	Studio 2												

KEY

High Energy	Strength & Conditioning	Outdoor Fitness
Holistic	Dance	Specific Focus

Members are reminded that in order for us to run a successful class timetable the following conditions should be followed:

- Please arrive promptly. For health and safety reasons you may not be permitted to join the class if you arrive more than 5 minutes late.
- Please wipe down any used equipment immediately after the class.
- If you are unable to attend a class please contact us to cancel your place in order to make it available to anyone on a reserve list.
- Please inform the instructor if you have any injuries or you are attending a class for the first time.

Class Descriptions

1-2-3 PILATES: Taught by instructors who give basic up to advanced options depending on your ability.

AQUA (suitable for non swimmers): An aerobics class in water providing a virtually impact free cardiovascular workout. Suitable for all fitness levels including pre and post natal.

BARRE CONDITIONING: A mat-based warm-up full of planks and push-ups, followed by a series of arm exercises with a lower-body section to work your thighs and glutes and finished with a series of core-focused moves.

BATTLEBELLS: High intensity interval training utilising battle ropes, sandbells and kettlebells. Ideal for improving power & endurance. For first timers & the fitness fanatic.

BODY ATTACK: The sports-inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.

BODY BALANCE: The Yoga, Tai Chi, Pilates workout from Les Mills that builds flexibility and strength and leaves you feeling centered and calm.

BODY COMBAT: A cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

BODYPUMP: For anyone looking to get lean, toned and fit fast. Using light to moderate weights with lots of repetition BodyPump gives you a total body workout burning up to 590 calories.

CIRCUITS: Circuit training is an intense, full-body workout that combines resistance training with aerobic exercise. When it comes to getting lean and mean in a hurry, it's one of the most effective types of exercise programmes.

CLUBBERCISE: If you like the idea of a workout that feels more like a night out on the town you will love clubbercise. Part aerobic & part dance and using glow sticks in a darkened room with disco lights set to a soundtrack of uplifting club anthems.

DANCE MOVES: Using all styles of dance and music. The first 30 minutes is a mini compilation of dance style workout warm up and the last 30 minutes is the dance routine of the month (kept for 4 weeks) which is a step by step breakdown. A good all round fun class for all levels.

FIGHTKLUB: A workout built around freestanding grade punch bags using simple combinations of kicks and punches, keeping time with the high energy beat.

GROUP CYCLE: An unmatched way to make your fitness goals a reality. With no complicated moves to learn it will increase your cardiovascular fitness, burn fat and tone and shape legs, hips and butt.

CONDITIONING: A low impact class sometimes taught with equipment such as handweights or bands which targets all those problem areas.

YOGA: Challenges and refines your flexibility, strength and balance as well as enjoying a feeling of relaxation and calm.