

# RIVER CLUB TIMETABLE

From 6<sup>th</sup> October 2024 onwards

## MONDAY **Book from Thursday**

08.15-09.00	Kettlebell Fitness	Cheryl
08.15-09.00	Aqua Aerobics	Gabor
09.00-09.45	Aqua Aerobics	Gabor
09.15-10.00	Kettlebell Fitness	Cheryl
09.45-10.30	Aqua Aerobics	Gabor
10.15-11.00	Low Fu Fitness	Karen
11.15-12.15	Yoga	Dee
18.00-18.45	Barre	Anna
18.50-19.35	Body Conditioning	Lauren
19:00-19.45	Spin	Jodie
19.45-20.40	Pilates	Susanne

## TUESDAY **Book from Friday**

06.45-07.30	Spin	Cheryl
09.15-10.00	Body Blitz	Cheryl
10.10-10.55	Zumba	Michelle G
11.00-11.55	Tai Chi	Noel
17.45-18.30	Aerolatino	Jeff
18.40-19.25	Pump & Tone	Cheryl
19.00-19.45	Spin	Karen
19.30-20.15	Aqua Aerobics	Cheryl
19.45-20.45	Yoga	Judi

## WEDNESDAY **Book from Saturday**

06.45-07.30	Kettlebell Fitness	Cheryl
08.15-09.10	Pilates	Pat
09.00-09.45	Aqua Aerobics	Michelle G
09.15-10.15	Yoga	Laura
09.30-10.10	Outdoor Body Blast	Gym Team/Cheryl
09.45-10.30	Aqua Aerobics	Michelle G
10.30-11.15	Aerolatino	Jeff
11.30-12.25	Pilates	Theresa
18.00-18.45	Booty Bands	Cheryl
19.00-19.45	Low Fu Fitness	Karen
20.00-20.55	Pilates	Nicola

## THURSDAY **Book from Sunday**

06.45-07.30	Spin	Jodie
07.45-08.30	Circuits	Jodie
09.15-10.00	Pump & Tone	Caroline
10.15-11.00	Legs Bums & Tums	Belinda
11.15-12.10	Pilates	Alla
12.15-13.10	Pilates	Alla
18.00-18.55	Pilates	Susanne
19.00-19.45	Zumba	Jacqui X
19.15-20.00	Aqua Aerobics	Susanne
19.50-20.50	Yoga	Shira

## FRIDAY **Book from Monday**

06.45-07.30	Kettlebell/HIIT	Jodie
06.45-07.30	Spin	Cheryl
08.15-09.00	Aqua Aerobics	Cheryl
08.15-09.10	Pilates	Toni
09.30-10.25	Pilates	Stephanie
09.00-09.45	Aqua Aerobics	Cheryl
09.30-10.10	Outdoor Body Blast	Gym Team/Cheryl
10.35-11.20	Floor Barre	Stephanie
09.45-10.30	Aqua Aerobics	Cheryl
11.30-12.30	Tai Chi	Kai
17.30-18.25	Tai Chi	Noel

## SATURDAY **Book from Tuesday**

08.00-08.55	Bootcamp (outside)	Lauren
08.05-09.00	Pilates (Intermediate)	Anna
08.15-09.00	Aqua Aerobics	Gina
09.00-09.45	Aqua Aerobics	Gina
09.15-10.00	Shredded Combat	Lauren
09.15-10.00	Spin	Cheryl
10.15-11.00	Kettlebell Fit	Cheryl
11.15-12.20	Pilates (Seniors/beginners)	Anna

## SUNDAY **Book from Wednesday**

08.15-09.00	Pilates	Stephanie
09.00-09.45	Aqua Aerobics	Mariya
09.10-10.10	Yoga	Elif/Dee
10.20-11.20	Yoga	Elif/Dee
11.30-12.25	Seniors/Beginners Pilates	Kaushika

# CLASS DESCRIPTIONS

## Cardiovascular & Toning

**Body Blitz:** A total body workout. This is a training session that exercises all major muscle groups in the body in one session. This includes exercises that use the upper and lower body, as well as the core.. They can include a warm-up, training, stretching, and cool-down.

**Low Fu Fitness:** Low Fu Fitness blends martial arts, dance & music into one super workout. Combining basic kickboxing techniques and fabulous aerobic moves.

**Aqua:** a water based aerobics class, using the natural support of the water. Work hard against the resistance for a low impact effective calorie burning, muscle toning workout.

**Body Conditioning:** A whole body workout that can improve your overall fitness. Body Conditioning classes can help you on your way to get in great and feel great about your body. Focusing on strength, muscular endurance and fitness conditioning.

**Barre:** This creative dance class combines the precision of Pilates, alignment of yoga and grace and technique of ballet. You'll perform a series of repetitive low-impact movements at varying intensities, working the muscles to fatigue to burn fat and sculpt the body.

**HIIT:** High intensity interval training sessions are commonly called HIIT workouts. This type of training involves high bouts of high intensity effort followed by varied recovery times.

**Spin: Indoor cycling,** Indoor cycling, also known as spinning or spin class, involves pedalling on a stationary bike, also known as a flywheel, using various levels of speed and resistance. Different positions on the bike are also used to target different muscles.

We have Life Fitness Spin Bikes with an exciting colour-coded system. The bikes have 5 coloured working zones which take into account your own fitness level to ensure that everyone will be working at the same intensity on the same colour throughout the class.

**Kettlebell Fitness:** Strengthen and tone your whole body! You will swing, lunge and squat your way to a more toned body whilst improving your strength, flexibility and cardiovascular endurance. Come join a class and get to grips with a kettlebell, and find out why it's a powerful tool for improving your fitness and overall body composition.

**LBT:** "Legs, bums, and tums" (LBT) is a popular exercise class and workout routine that targets the lower body and core muscles. The exercises are designed to tone and strengthen the legs, glutes, and abs, and can help you burn calories and improve your fitness level. LBT classes are suitable for all abilities, and some offer beginner-friendly options.

**Circuit Training:** Circuit training is a training method that involves performing a set of pre-programmed exercises one after another. It's also known as interval training. There are a few seconds of rest between exercises, but people who train regularly won't need this recovery time other than to move to the next workout station.

## Dance

**Aerolatino:** a group exercise class using a variety of latin dance rhythms and styles including salsa, merengue, reggaeton, Lambada, bachata & Cumbia to form a continuous aerobic routine.

**Zumba:** Dance using a variety of up-tempo Latin styles including salsa, cha-cha reggaeton, mambo and merengue fall in love with the music and easy to follow moves.

## Holistic

**Pilates\*:** a holistic stretch and tone class using the Alexander Techniques that helps you improve core stability and Strength. Pilates can be suitable for people of all ages and fitness levels, including beginners and those with health conditions like arthritis or diabetes. Advocates say that the exercises can be adapted to provide either gentle strength training for rehabilitation or a strenuous workout for skilled athletes. Pilates focuses more on improving muscle tone than building muscles, but it can still help you achieve greater stability and endurance. It can also help with pain relief, coordination, body awareness, and stress relief.

**Yoga:** The ancient practice of yoga is a holistic system of exercise which increases flexibility, strength and concentration. Some Classes have mixed styles.

**Vinyasa Flow Yoga:** Vinyasa, also called "flow" because of the smooth way that the poses run is one of the most popular contemporary styles of yoga. Tai Chi: this class originates from the old style Chinese shadow boxing. It is practiced for health, stress management and self-defence.

## CLASS BOOKING RULES

- You may book a maximum of 3 aqua classes in any one week unless there is space the day before.
- Any equipment/mats that are used are to be cleaned before & after use by the member.
- Members may bring their own equipment, such as mats, at their own risk.
- You may book 1 class in any one day. Members may book ONE additional class the day before or on the day if there are spaces available.
- Founder members can only use their booking privileges 3 times a week.
- Bookings can only be made 5 days in advance from 8am online in the first instance or by phoning the Club.
- If weather permits some classes may be held outside to allow more participants.
- Unable to attend a booked class: please cancel 24 hours before the class is due to start. We are then able to offer the place to another member.
- If you do not show up to a class or cancel with less than 2 hours advance notice a "no show" or "late cancellation" strike will apply.
- 3 late classes, cancellations or no-show strikes in any 30-day period will result in the loss of advanced booking rights for 7 days.
- Members must arrive on time for their classes, otherwise they risk their space being taken by another member and not allowed to attend the class.
- Our timetable is subject to change at any time. Any class with less than 40% attendance will also be at risk of being removed or replaced with an alternative class.
- Pilates: if you are new to Pilates classes, we require you to attend a session with our Pilates practitioner before taking part in our timetabled classes. Further details can be obtained from reception. Please note: this is at an extra cost of £45.00 to be paid to the instructor.