

## CHAMPNEYS SPRINGS CHRISTMAS DAILY CLASS SCHEDULE 2011/2012

TIMES	Friday 23 <sup>rd</sup> December 6.30-5.00pm All Day Use	Saturday 24 <sup>th</sup> December CLOSED	Sunday 25 <sup>th</sup> December CLOSED	Monday 26 <sup>th</sup> December CLOSED	Tuesday 27 <sup>th</sup> December 8.30am-10.00pm Normal Membership Times	Wednesday 28 <sup>th</sup> December Normal Opening Times	Thursday 29 <sup>th</sup> December Normal Opening Times	Friday 30 <sup>th</sup> December Normal Opening Times	Saturday 31 <sup>st</sup> December 6.30am-6.00pm All Day Use	Sunday 1 <sup>st</sup> January 9.00am-6.00pm All Day Use
07.00- 07.30	Aqua Circuits					Aqua Mitt	Aqua Fit	Aqua Circuits	Aqua Mitt	
08.00-08.30	Ultimate Aqua *** (45 mins)					Rebounding***	Total Body Stretch	Ultimate Aqua *** (45 mins)	Club Pilates * (45 mins)	
08.30-09.00	Wake up Workout				Wake up Workout	Wake up Workout	Wake up Workout	Wake up Workout	Wake up Workout	
09.10-09.55	Skip & Tone* (30 mins)				Circuit Training	Indoor Cycling*	Indoor Cycling*	Skip & Tone* (30 mins)	Fitball *	Wake Up Workout (30 mins)
10.10-10.55	Indoor Cycling*				Rebounding * (30 mins)	Fitball *	20/20*	Indoor Cycling*	Skip & Tone* (30 mins)	Indoor Cycling*
10.00-10.30	Gym Intro *					Gym Intro *	Tai Chi (£) * 45 mins	Gym Intro*	Gym Intro*	Vibrogym Demo*
10.30-11.00	Vibrogym Demo *					Vibrogym Demo*		Vibrogym Demo *	Vibrogym Demo *	
11.00-11.55	Pilates Based Matwork* (£)				Pilates Based Matwork* (£)	Drumball* (45 mins)	Meditation (£) * (45 mins)	Pilates Based Matwork* (£)	Tai Chi (£) * 45 mins	Ab Blast & TRX* (30mins)
11.30-12.00	Aqua Fit				Aqua Circuits	Aqua Jog*	Aqua Circuits	Aqua Jog*	Aqua Circuits	Aqua Jog*
12.00-12.30	Total Body Stretch*				Relax*	Total Body Stretch*	Vibrogym Demo*	Total Body Stretch*	Meditation (£) * (45 mins)	Total Body Stretch*
2.00-2.30	Legs, Bums, Tums				Dance	Leg, Bum, Tums	Fitness Hula Hoop *	Lite & Lo		Fitness Hula Hoop*
2.30-3.00	Fitness Hula Hoop *				Fitness Hula Hoop *	Fitness Hula Hoop *	Dance	Fitness Hula Hoop *	Fitness Hula Hoop *	
2.30-3.25					Perfect Posture (45 mins)	Perfect Posture (45 mins)	Pilates Based Matwork* (£)	Perfect Posture (45 mins)		Pilates Based Matwork* (£)
3.00-3.45	Fitball * (30 mins)				20/20*	Badminton **		Badminton**	Indoor Cycling*	
3.30-4.00	Ab Blast & TRX *				Aqua Mitt	Aqua Fit	Aqua Mitt	Aqua Fit	Aqua Mitt	Aqua Fit
4.00-4.30	Relax*				Fitball * (45 mins)	Skip & Tone*	Body Sculpt * (45 mins)	Ab Blast & TRX*	Ab Blast & TRX*	Drumball* (45 mins)
5.00-5.30					Ab Blast * (15 mins)	Ab Blast * (15 mins)	AB Blast * (15 mins)		Total Body Stretch *	Relax*
5.00-6.00					Stretch & Relax (45 mins) * (5.15)	Relax * (30mins)	Stretch & Relax (45mins) * (5.15)	Relax * (30mins)		
6.30-7.15					Body Sculpt * (7.00-7.45)	Circuit Training (6.30-7.30)	Zumba 6.30-7.15	Club Pilates *		
7.30-8.15					Aqua (8.00-8.30)	Indoor Cycling*	Aqua (30 mins)			

### Club – Club members only

\* Guests. Members wishing to take part in these classes need to register their name on the day at the Wellbeing Reception as limited spaces are available

\*\* No instructor present

\*\*\* Can book the night before

£ A supplement charge will apply for these classes, please book at Wellbeing Reception as limited spaces available.

**Club** These classes are for Club members only

**N.b. Classes may be subject to change, please check fitness notice board**

### IN THE GYM

**GYM INTRO** ED EVERYONE  
Join one of our qualified fitness instructors who will show you how to use the Gym Equipment safely and effectively.

**CARDIO XPRESS\*** RT EVERYONE  
30-minute session utilising the cardio machines in the gym designed to improve cardio fitness – an excellent fat burning session. A hard but motivating session. A gym induction is a prerequisite.

**VIBROGYM DEMO\*** ED EVERYONE  
Join a member of the wellbeing team for an introduction to the Vibrogym. This revolutionary piece of equipment will assist in weight loss, improve muscle tone and sports specific fitness.

### STUDIO CLASSES

**WAKE UP WORKOUT** CV/FL/RT EVERYONE  
Early morning mixture of fun, toning and/or stretching to get you ready for the day ahead.

**LITE & LO** CV/FL/RT EVERYONE  
30minute This class caters for total beginners, the elderly and for participants not used to the studio environment.

**TOTAL BODY STRETCH** FL EVERYONE  
Flexibility is an important part of your fitness programme. Don't miss this chance to stretch your muscles.

**INDOOR CYCLING \*** CVFB INTERMEDIATE/ADVANCED  
A cardio class without comparison; this intense class offers a unique aerobic challenge for even the fittest individual. Based on the Schwinn fixed wheel stationary bikes, the instructor will guide you through a motivating fitness experience.

**HI/LO AEROBICS** CV/FB/RT INTERMEDIATE  
For the more experienced participant. The complete workout. Hi/Lo Aerobics/aerobic circuit with body conditioning.

**BODY SCULPTING** CV/RT EVERYONE  
Body conditioning class to add muscle tone and improve your shape. Hand held weights and Spa bands are used.  
or Salsa, the style will vary daily. Guaranteed to be highly enjoyable!

**SKIP & TONE \*** CV/FB/RT INTERMEDIATE  
Simple skipping drills with intervals of toning work to give you an all over body workout.

**REBOUNDING \*** CV/FB/RT INTERMEDIATE  
A superb fat burning workout using a mini trampoline challenging balance, co-ordination and cardio fitness levels.

**FITNESS HULA HOOP\*** CV/FB EVERYONE  
It's a fun and easy way to work your core muscles, slim down your waist and tone up the abs.

20/20\*

Leg,Bum,Tums

**CIRCUIT TRAINING** CV/FB/RT INTERMEDIATE  
A good cross training session where you can work at your own level, without the need of fancy footwork. A total workout.

**PERFECT POSTURE** RT/ED EVERYONE  
Learn correct posture and techniques to prevent back problems. Strengthen and stretch the back muscles, abdominals and hamstrings.

**FITBALL \*** CV/RT INTERMEDIATE  
A total body conditioning class, for all fitness levels, using the Fitball. Learn how to improve functional strength and coordination in a safe and effective way.

**DANCE CLASS** CV/FB EVERYONE  
Find your creative self, bring out the performer in you, dance and come alive.

### IN THE POOL

**Please ensure that you shower before entering the pool.**

**AQUA MITT** CV/FB/RT EVERYONE  
Join us in the pool to enjoy an energetic session. An excellent cardiovascular workout using aqua mitts (non swimmers welcome).

**AQUA FIT** CV/RT/FB EVERYONE  
Join us in the pool to enjoy an energetic session. An excellent cardiovascular workout using noodles and aqua dumbbells (non swimmers welcome)

**AQUA CIRCUITS** CV/RT/FB EVERYONE  
Join us in the pool and enjoy an energetic session. An excellent cardio vascular workout and toning using a circuit based style class. (non swimmers welcome)

**AQUA JOG** FB/CV EVERYONE  
An excellent class to burn fat improve CV fitness of even rehabilitate injuries.

**ULIMATE AQUA** FB/RT/CV INTERMEDIATE  
The ultimate water based class. A combination of aqua jogging and resistance exercises utilising the floats, woggles and dumbbells. A workout with a difference. Must have swimming ability.

### ACCOMPANIED OUTDOOR ACTIVITIES

**LEISURE WALK** CV/FB EVERYONE  
A guided walk around the beautiful lake, cameras recommended.

**POWER WALK** CV/FB EVERYONE  
A pulse-raising walk at a brisk pace. Recommended for higher levels of fitness.

### ALTERNATIVE CLASSES

**PILATES(£)\*** RT/FL EVERYONE  
Strength training emphasising, torso stabilisation and flexibility through the use of subtle, slow, controlled conditioning exercises.