

Walnuts Group Exercise Programme - updated 21 June 2010

Day	Class	Venue	Level
Monday			
09:30-10:30	Triple Challenge	Studio	m/a
10:30-11:30	Aquafit	Pool	m/a
12:15-13:00	BODY PUMP	Studio	m/a
13:15-14:45	Keep Fit	Studio	50+
14:45-15:45	Line Dancing	Studio	50+
18:00-19:00	BODY PUMP	Studio	m/a
18:30-19:00	Kettlebells - Beginners	Gym	Beg
19:00-19:30	Kettlebells - Beginners	Gym	Int
19:00-20:00	Boxercise	Studio	m/a
20:00-21:00	BODY COMBAT	Studio	m/a
Tuesday			
09:30-10:30	BODY PUMP	Studio	m/a
10:30-11:30	Pilates	Studio	m/a
11:30-12:15	BODY BALANCE	Studio	m/a
12:15-13:00	Complete Conditioning	Studio	m/a
18:00-19:00	Aero Combo	Studio	Int
18:30-19:00	Kettlebells - Beginners	Gym	Beg
19:00-19:30	Kettlebells - Intermediate	Gym	Int
19:00-20:00	BODY BALANCE	Studio	m/a
20:00-21:00	Circuit Training	Studio	Adv
Wednesday			
09:15-10:15	Step Circuit	Studio	m/a
10:15-11:15	Pilates	Studio	m/a
10:30-11:30	Aquafit	Pool	m/a
11:15-12:15	Pilates	Studio	Int
12:45-13:30	Zumba	Studio	m/a
13:45-14:30	Salsa	Studio	50+
15:00-16:00	Line Dancing	Studio	50+
18:15-19:15	Pilates	Studio	m/a
19:15-20:15	Box-Circuits	Studio	Adv
20:00-21:00	Aquafit	Pool	m/a
20:15-21:15	Complete Conditioning	Studio	m/a

Day	Class	Venue	Level
Thursday			
09:30-10:30	Complete Conditioning	Studio	m/a
10:30-11:30	Iyengar Yoga	Studio	50+
11:30-12:30	Keep Fit	Studio	50+
12:30-13:15	BODY PUMP	Studio	m/a
18:00-19:00	Dance Active	Studio	m/a
19:00-20:00	BODY PUMP	Studio	m/a
20:15-21:15	BODY BALANCE	Studio	m/a
Friday			
09:30-10:30	Aero Combo	Studio	m/a
10:00-11:00	Aquafit	Pool	m/a
10:30-11:30	Iyengar Yoga	Studio	m/a
11:30-12:30	BODY BALANCE	Studio	m/a
14:00-15:00	Line Dancing	Studio	m/a
18:00-19:00	Zumba	Studio	m/a
19:00-20:00	Triple Challenge	Studio	Int
20:00-22:00	Line Dancing	Studio	Adv
Saturday			
09:00-10:00	BODY PUMP	Studio	m/a
10:00-11:00	Aerobics	Studio	Int
11:00-12:00	BODY BALANCE	Studio	m/a
12:30-13:30	Zumba	Studio	m/a
Sunday			
09:30-10:30	Circuit Training	Studio	Int/Adv
10:30-11:30	Triple Challenge	Studio	m/a

Beg = Beginners
 m/a = Mixed Ability
 Int = Intermediate
 Adv = Advanced

Day	Class	Venue	Level
GROUP CYCLE			
Monday			
19:15-20:15	Hi Performance	Cycle Room	m/a
Tuesday			
10:30-11:15	Classic	Cycle Room	m/a
17:30-18:15	Classic	Cycle Room	m/a
19:15-20:00	Classic	Cycle Room	m/a
Wednesday			
07:00-07:45	Classic	Cycle Room	m/a
10:15-11:00	Classic	Cycle Room	m/a
19:15-20:00	Classic	Cycle Room	m/a
Thursday			
10:30-11:15	Classic	Cycle Room	m/a
19:00-20:00	Hi Performance	Cycle Room	m/a
Friday			
07:00-07:45	Classic	Cycle Room	m/a
10:00-10:45	Classic	Cycle Room	m/a
Saturday			
10:00-10:45	Classic	Cycle Room	m/a
Sunday			
09:30-10:30	Hi Performance	Cycle Room	m/a

The Group Cycle class name refers to the length of the class, not the difficulty level.

All classes are mixed ability

Class Descriptions

Complete Conditioning/Triple Challenge

Exciting and Effective toning class to up-beat music, that targets all major muscle groups. Concentrating on all regions of the body, this type of class is excellent for increasing lean body mass and muscle definition.

Yoga, Pilates

Relaxing & health enhancing movements co-ordinated to help focus mind & body.

Aquafit

Rhythmic exercise to music, using water as resistance and support, non impact and suitable for all levels.

Aerobics

From Lo to Hi/Lo, these classes are fun and exploding with great routines for all to follow. Step classes use a platform with risers of varying heights for added intensity.

Total Torso

Exercises specifically targeting your mid-section, concentrating on abdominal and back muscles to build core strength, and improve posture.

Circuits/Step Circuits/Aero Combo

Challenging cardio and strength routines creating a fun packed circuit to leave you exhilarated and motivated.

Keep Fit / Line Dancing

Light and easy exercise routines and dance classes, immensely enjoyable as well as being suitable for all ages.

Class Descriptions

Dance Active

This concept of dance themed choreographed classes offers a wide range of ways to keep fit and exercise.

BODYBALANCE

A dynamic programme that combines the fundamental principles of yoga, Pilates and Feldenkrais, such as controlled breathing, concentration, flexibility and strength training.

BODYPUMP

A non-impact, resistance training programme that combines high repetition weight training with aerobic conditioning. BODYPUMP is guaranteed to tone and condition your body as well as help you to lose weight.

BODYCOMBAT

Combines powerhouse moves from a mixture of self defence disciplines, including Karate, Kickboxing, Tae Kwon Do and Tai Chi.

Boxercise

A circuit based class using traditional Western boxing techniques on pads and bags. Including non-contact partner work, this class is great for cardio fitness.