

# Group exercise programme



**DO YOUR BIT  
SAVE PAPER**

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[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)  
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# Descriptions

## IT'S AS EASY AS: A, B, C!



### **AEROBIC**

Great for the heart & lungs and designed to get you a little out of breath. Experience fantastic results whilst increasing the efficiency of your heart and lungs as well as burning lots of calories.



### **BODY CONDITION**

Toning, strength and endurance. These classes are designed to get your muscles working and looking great.



### **CALM**

Take time out to relax and enjoy these classes, "Life takes it out of you... these classes give it back." Increase your flexibility, take an hour out of your busy schedule and learn to unwind.

The best way to plan your group fitness workout is to aim to do one of each colour within a week.



## Class Descriptions



### **Aerobics**

A great fat-burning class based upon exercise to music, which may include some elements of choreography. Excellent for increasing fitness and reducing fat in a fun class environment.



### **Body Pump**

Is a non-impact, resistance-training programme, which utilises barbells and adjustable weights helping to improve muscular strength & endurance. It is a studio-based group session, which is led by highly skilled, motivating instructors who receive on-going training to ensure every class is safe, effective and fun.



### **Circuits**

Multi stationed group exercise class designed to work on all the basic elements of fitness (strength, stamina, flexibility). No co-ordination required and all abilities welcomed.



### **Hatha Yoga**

This yoga class integrates the postures, breathing exercises, relaxation and meditation to harmonise you on every level – body, mind and spirit. It is a delicious, mindful and moving class. All levels welcome.



### **Pilates**

Developed in the 1920s by Joseph H. Pilates whose aim was to combine the physique of the ancient Greeks with meditative strength of the east. It was originally a favourite of ballerinas and professional dancers, but in the last few years has begun to break through into the main stream.

## Monday

Pilates	09.30 – 10.30
Pilates	10.30 – 11.30
Hatha Yoga	14.15 – 15.45
Body Pump	18.30 – 19.30

## Tuesday

Circuits	18.30 – 19.30
Pilates	19.30 – 20.30

## Wednesday

Pilates	09.30 – 10.30
Body Pump	19.30 – 20.30

## Thursday

Body Sculpt	10.00 – 11.00
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## Friday

Body Pump	09.30 – 10.30
Pilates	09.30 – 10.30

## Cost

Resident = £4.90 per class

Resident = £39.20 per 10 session card

Non Resident = £5.40 per class

Non Resident = £43.20 per 10 session card

Classes may not operate during Christmas and summer holidays.



## Booking Information

### Save money by becoming a member

If you attend 2 or more classes per week you could be saving money by becoming a Harpers Member. Please speak to one of the membership team on site to find out how much you can save.

### Booking Information

Whilst not essential it is advisable to book your class in advance.

Bookings are made at reception by telephone or in person or online at [www.harpersfitness.co.uk](http://www.harpersfitness.co.uk). Harpers members can book up to 8 days in advance. Non-members can book up to 7 days in advance and must pay at the time of booking.

Spaces will only be available on the night if the class is not at capacity.

Our Class Instructors are on the Register of Exercise Professionals (REPs) and whilst each individual instructor may have developed their own teaching style the content of the classes will be broadly comparable.

Fees - Payment may be made by cash, credit card or cheque made payable to 'Leisure Connection Ltd', which must be supported by a valid cheque guarantee card. For more details please contact reception.

## London Colney Adventure World & Harpers Gym

Perham Way, London Colney, Herts AL2 1LB

# 01727 822447

[london.colney@harpersfitness.co.uk](mailto:london.colney@harpersfitness.co.uk)

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[www.stalbans.gov.uk](http://www.stalbans.gov.uk)

[www.leisureinstalbans.co.uk](http://www.leisureinstalbans.co.uk)

### Please note

Refunds will only be given on production of a medical certificate for the participant.

In the event that lessons are cancelled by the Centre, as much notice as possible will be given.

### Health & Safety

All items of jewellery, fashion or religious, should be removed whilst participating in activities as they pose a hazard to both the wearer and others.

All classes are open to everyone; however some may be of greater intensity than others. If you are new to a class, please ensure you make the Instructor aware of this so they offer lower intensity alternatives. For safety reasons, participants will not be permitted to enter the class more than 10 minutes after the advertised start time.

