

Group exercise programme



**DO YOUR BIT
SAVE PAPER**

View this leaflet online
www.harpersfitness.co.uk
then click on our centre's home page

Descriptions

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

a 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.

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

c 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

a Aqua
Open water athletes who want to build strength with no impact can dive in for a free floating aerobic programme that builds agility, balance, alignment, flexibility and muscle strength.

c Aqua Natal
All pregnant ladies welcome.

c Aqua Therapy
Suitable for the older exerciser in shallow water. Non swimmers welcome. Ideal for those who are less able.

c Body Balance
Combines the benefits of Yoga and Pilates as well as other eastern disciplines into a challenging and invigorating experience using a unique blend of movement and music.

b Body Condition/LBT
An all over body conditioning class using various pieces of equipment to ensure an increase in muscle tone, strength and endurance.

a Body Combat
Combines powerhouse moves and stances developed from a range of self-defence disciplines including Karate, Kickboxing, Tai Chi and Tae Kwon create a "take no prisoners", adrenaline-pumping routine. It is an empowering, athletic workout that will have you "fighting fit" in record time!

b Body Pump
Is a non-impact, resistance-training programme, which utilises barbells and adjustable weights helping to improve muscular strength and 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.

a 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.

a Dance Fever
Salsa, latin, merengue or even Broadway routines. A basic level of dance for all to enjoy.

a Deep Water Workout
Deep water energy workout, working on stamina, suppleness and strengthening.

c Extend 'Older Activity Class
Regain independence by attending this gentle class. Anyone welcome, any age and ability.

a Hi-Lo Aerobics
This class is for all abilities incorporating high and low aerobic options for a heart and body workout. Complemented with body toning exercises.

a Spinning

An intense 45 minute group cycling session to music, lead by inspiring trainers, this class is empowering.

a Step

A fun exercise to music class based on the use of a step which will help to increase fitness levels as well as increasing fat burning benefits.

b Strength Circuits

Body Pump, bar squats, bicep curls, bench press, etc. Increase muscle mass, decrease fat mass. Timed circuits only for those who want to see results.

a Swim Fit

For the stronger swimmer, swim training with a qualified coach.

c 50+ Active Life

Gentle choreographed exercise class with floor work, aimed at the older adults.

Monday (Dryside)

Body Condition/LBT	09.30 – 10.30
Body Balance	10.30 – 11.30
Step	18.00 – 19.00
Spinning	18.30 – 19.15
Body Condition/LBT	19.00 – 20.00
Body Combat	20.00 – 21.00

Monday (Wetside)

Aqua Therapy	12.15 – 13.00
Aqua	15.00 – 16.00
Deep Water Workout*	19.00 – 19.45
Aqua*	20.00 – 20.45

Tuesday (Dryside)

Extend 'Older' Activity Class	09.30 – 10.30
Dance Fever	10.30 – 11.30
Circuits	18.30 – 19.30
Body Balance*	19.30 – 20.30
Spinning	19.30 – 20.15

Wednesday (Dryside)

Circuits	09.30 – 10.30
Body Balance	10.30 – 11.30
Hi - Lo Aerobics	18.00 – 19.00
Body Pump	19.00 – 20.00
Spinning	19.15 – 20.00
Spinning	20.00 – 20.45

Wednesday (Wetside)

Aqua (multi level)	15.05 – 15.50
Swim Fit	18.00 – 19.00
Deep Water Workout*	19.00 – 19.45
Aqua (multi level)*	20.00 – 20.45

Thursday (Dryside)

Body Combat / Body Pump	09.30 – 10.30
Strength Circuits	18.00 – 19.00
Body Combat	19.00 – 20.00
Body Balance*	19.00 – 20.00

Thursday (Wetside)

Aqua	14.45 – 15.45
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Friday (Dryside)

50+ Active Life	10.00 – 11.00
50+ Active Life	11.00 – 12.00
Spinning	12.45 – 13.30
Step/Circuits	18.00 – 19.00

Friday (Wetside)

Aqua Natal	13.00 – 14.00
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Sunday (Dryside)

Body Pump	09.30 – 10.30
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Crèche Available

Monday, Wednesday & Thursday	09.30 – 11.30
Friday	12.30 – 14.30
Only £1.65 per hour	
Spinning	£1.50 members £4.50 non-members

The following classes will not operate during the school holiday period.

Wednesday	
Aqua (Multi-level)	15.05 – 15.50

The following classes will operate at the times below during the school holiday period.

Monday & Thursday	
Aqua	09.00 – 10.00

Our professional teachers ensure all classes contain suitable warm up, stretching and cool down periods. Classes cater for all ages and all levels of ability.

Alternatively, speak to one of our customer advisors about our all inclusive monthly payment packages.

* Booking advisable

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. Harpers members can book up to 7 days in advance. Non-members can book 4 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.

Castle Sports Complex

Albion Street, Spalding,
Lincs PE11 2AJ

01775 710496/762178

01775 725978 (Pool)

saspalding@harpersfitness.co.uk

Leisure Connection reserve the right to alter fees and services described within this leaflet. Photographs and images are for illustration purposes only.

www.harpersfitness.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.

