

# Group exercise programme



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



**DO YOUR BIT  
SAVE PAPER**

View this leaflet online  
[www.leisureinstalbans.co.uk](http://www.leisureinstalbans.co.uk)  
then click on our centre's home page

# Descriptions

## IT'S AS EASY AS A.B.C.



### AEROBIC

Great for the heart and 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.

## \*Group Fitness Intro Class

Upon joining ensure you take up our 45minute GTS introduction class, we will provide you with the very best opportunity to book your workouts and like what you book!

## \*Swimming Intro Class

Do you know how to use the pool? If yes or no then get the very best from our programmes in the pool and book onto your FREE workout!

## 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.



### Aerotone

The right mix of aerobics and legs, burns and turns.



### 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.



### Aero Dance

Mixing various aerobic dance styles to create a high energy workout.



### Ashtanga Yoga

A more challenging yoga workout for those with experience or for those wanting to test themselves further.



### 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.



### Body Condition/LBT

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



### 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.



### Core Stability

Improve your posture and health by developing back and abdominal muscle strength.



### The Firm

A more intensive level of body conditioning, the next level up from Body Tone.



### 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.



### Heartbeats

A rehabilitation class for people who have had minor heart problems. A very basic, gentle class to improve fitness and flexibility.



### Kick Aerobics

Combines powerhouse moves and stances developed from a range of self defence disciplines. This adrenaline pumping routine will have you "fighting fit" in record time.



### Over 50s

A comfortable workout to keep you fit and healthy, this class incorporates everything you will require to stay active and full of life.

## **C** 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.

## **a** Running Club

Join in our running club; this could be outside or even on the treadmills. Talk to the health and fitness manager about what's on offer.

## **a** Spinning

The original and most widely used bike class in the world, the Johnny G spinner. This programme incorporates flat and hills simulated by increasing the resistance. Classes run from 30 to 60 minutes and believe us you will feel the ride!

## **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.

\*Only available at certain facilities.

## **Monday**

Step	09.30 – 10.30
Running Club	09.30 – 10.30
Body Condition/LBT	10.30 – 11.30
Aqua (50+)	11.00 – 11.45
Body Condition/LBT (50+)	11.30 – 12.15
Step	18.30 – 19.30
Body Condition/LBT	19.30 – 20.30
Circuits	20.30 – 21.30
Pilates	20.30 – 21.30

## **Tuesday**

Spinning	09.30 – 10.30
Body Condition/LBT	09.30 – 10.30
Running Club	09.30 – 10.30
Aero Dance	10.30 – 11.30
Core Stability	11.30 – 12.30
Pilates (Intermediate)	12.45 – 13.45
Pilates (Beginners)	13.45 – 14.45
Kick Aerobics	17.45 – 18.30
Body Pump	18.30 – 19.30
Spinning	19.30 – 20.15
Aerotone	19.30 – 20.30
Aqua	20.15 – 21.00
Body Balance	20.30 – 21.30

## **Wednesday**

Spinning	09.30 – 10.15
Aerobics	09.30 – 10.30
Spinning	10.30 – 11.15
Body Pump	10.30 – 11.30
Aquafit (Ladies Only)	11.00 – 11.45
Ashtanga Yoga	11.45 – 12.45
Heartbeats	12.50 – 13.50

Body Pump	17.45 – 18.30
Step	18.30 – 19.30
Spinning	19.30 – 20.15
Core Stability	19.30 – 20.30
Pilates	20.30 – 21.30

## **Thursday**

Step	09.30 – 10.30
Over 50s	11.00 – 11.45
Aqua (50+)	11.00 – 11.45
Pilates	13.00 – 14.00
The Firm	18.30 – 19.30
Circuits	19.15 – 20.15
LBT	19.30 – 20.30
Hatha Yoga	20.30 – 21.30

## **Friday**

The Firm	09.30 – 10.30
Running Club	09.30 – 10.30
Core Stability	10.30 – 11.30
Body Condition/LBT	11.30 – 12.30
Aerotone	17.45 – 18.30

## **Saturday**

Spinning	09.00 – 09.45
Step	09.30 – 10.30
Spinning	09.45 – 10.30
Body Pump	10.30 – 11.30

## **Sunday**

Step	10.00 – 11.00
Body Pump	11.00 – 12.00
Body Condition	19.30 – 20.30

## 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 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.

**Harpenden  
Sports Centre**  
Leyton Road, Rothamsted  
Park, Harpenden,  
Herts AL5 2HU

**01582 767722**

[harpenden.sports.centre@harpersfitness.co.uk](mailto:harpenden.sports.centre@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.leisureinstalbans.co.uk](http://www.leisureinstalbans.co.uk)

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



Provided by St Albans City & District Council. Managed in partnership with Leisure Connection.



### 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.

