

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.

b Aquanatal
Gentle session for expectant mothers.

a Body Attack
Combining high and low aerobics, this class offers a good cardio and toning workout.

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.

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!

a Body Jam
Body Jam is an intoxicating pot-pourri of movement and music; this is the world's greatest dance-party – a new generation fitness class that unlocks everyone's rhythmic and dancing instincts. "Come on can you Jam like Body Jam"

b 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.

b Body Vive
This is a low impact workout, integrating aerobic exercise for heart fitness, resistance training for strength and stability and stretching and mobility work.



a **Boxercise**

Classic workout. Feel like a boxing star using boxing moves, punching bags and jump ropes. This class will help you to increase your speed, agility and strength, and overall cardiovascular fitness.

a **Aqua Zumba**

Join us for a Zumba party like never before! A challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness. Shake, shimmy and sizzle in the water as we create some heat, Zumba style!

a **Freestyle Step**

An all over body workout, using exercises on and around the step, set to rhythmic music which helps you to keep the beat.

a **Indoor Cycling**

An indoor cycling workout. This class is tailored to your own level and is sure to develop your cardiovascular fitness and burn plenty of calories. This programme incorporates flat and hills simulated by increasing the resistance.

b **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.

b **Zumba**

Zumba is a fusion of body sculpting movements designed to tone the entire body from top to bottom. Inspired by Latin dance and music, this high/low impact class has something to offer all fitness levels.

Monday

Zumba	09.30 – 10.30
Body Balance	10.30 – 11.30
Over 50s	13.30 – 14.30
Indoor Cycling	18.00 – 18.45
Body Pump	18.00 – 19.00
Body Combat	19.00 – 20.00
Body Balance	20.00 – 21.00

Tuesday

Indoor Cycling	07.30 – 08.15
Body Attack	09.30 – 10.30
Body Pump	10.30 – 11.30
Body Vive	13.30 – 14.30
50+ Aqua	14.30 – 15.30
Body Pump	18.00 – 19.00
Indoor Cycling	18.30 – 19.15
Body Jam	19.00 – 20.00
Indoor Cycling	19.30 – 20.15
Boxercise	20.00 – 21.00

Wednesday

Body Combat	09.30 – 10.30
Body Balance	10.30 – 11.30
Aquanatal	10.30 – 11.30
Body Step	18.00 – 19.00
Indoor Cycling	18.00 – 18.45
Body Pump	19.00 – 20.00
Body Combat	20.00 – 21.00

Thursday

Indoor Cycling	09.30 – 10.15
Body Vive	13.30 – 14.30
Body Attack	18.00 – 19.00
Indoor Cycling	19.00 – 19.45
Body Jam	19.00 – 20.00
Aqua Zumba	19.45 – 20.30
Body Pump	20.00 – 21.00

Friday

Body Jam	09.30 – 10.30
Aqua	10.30 – 11.15
Body Pump	10.30 – 11.30
Boxercise	18.00 – 19.00

Saturday

Body Pump	09.00 – 10.00
Indoor Cycling	10.00 – 10.45
Body Vive	10.00 – 11.00
Body Combat	11.00 – 12.00
Body Balance	12.00 – 13.00

Sunday

Body Pump	10.00 – 11.00
Body Combat	11.00 – 12.00

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 5 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.

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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.

