



(Okehampton)
Parklands Leisure Centre

Dance Studio Programme



**DO YOUR BIT
SAVE PAPER**

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

www.harpersfitness.co.uk

Descriptions

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

- a 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.
- 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 Fit**
It is not necessary to be able to swim to join this class. Use the water as resistance for toning and there is very little impact on your joints. The woogles and weights add variety.
- b Body Max**
Bringing the gym workout to the dance studio, free weights are incorporated into this resistance training class for re-shaping and toning the body.
- b Body Sculpting**
A top to toe inspirational conditioning class focusing on functional exercise and isolation work, using weighted body bars or resistance tubing to re-shape the body.
- b Box Fit**
A power packed class incorporating boxing style training techniques.
- a Dancersise**
A high energy class which improves fitness levels, strength, stamina and conditioning.



a Hi Low Dip It Slow

Exactly what it says it is, an exercise to music class that is a mixture of high and low impact. Packed with fun, funk and frolics. Good for those who are looking for something a little challenging – within the realms of possibility! All levels welcome.

b Jim's Power Hour

A specifically-designed area, equipment based to improve your cardiovascular fitness and maximise strength.

a Legs, Bums and Tums

A conditioning class focusing on re-shaping the lower body. Tone and sculpt with fun and aerobic conditioning.

c Pilates

Core conditioning, multi-muscle exercises focusing on strength and relaxation through the principles of concentration, breathing, control, flowing movement and isolation.

b Tone and Stretch

A session focused on muscular strength, good body alignment and balance along with developing and strengthening key muscle groups.



Monday

Aqua Fit (Pool)	10:00 – 11:00
Pilates	10:00 – 11:00
Body Max	18:00 – 19:00
Dancercise	19:00 – 20:00

Tuesday

Hi Lo Dip It Slow	10:30 – 11:30
Box Fit	18:00 – 19:00
Aqua Fit (Pool)	18:00 – 19:00

Wednesday

Body Sculpting	10:00 – 11:00
Jims Power Hour	18:00 – 19:00

Thursday

Aqua Fit (Pool)	10:00 – 11:00
Tone and Stretch	12:00 – 13:00
Legs, Bums, Tums	18:00 – 19:00
Aqua Fit (Pool)	19:00 – 20:00

Friday

Pilates	10:30 – 11:30
---------	---------------

Booking Information

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.

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.

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.

(Okehampton)
Parklands Leisure Centre
Simmons Park,
Okehampton,
Devon EX20 1EP

01837 659154

okehampton@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

