

Group exercise programme



**DO YOUR BIT
SAVE PAPER**

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www.harpersfitness.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.

Class descriptions



20-20-20

A combination of step, aerobics and body conditioning.



Abdominal Workout

Explore this core and strength based abdominal workout, get rid of the middle bulge and build a strong toned 6-pack.



Aquafit

An aerobics session in the water.



Aquanatal

Low impact exercises in the pool designed for pre and post-natal mothers.



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 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!



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 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.



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.



Hi-Lo Aerobics

This class is for all abilities incorporating high and low aerobic options for a heart and body workout.



Latin

Mambo, or Cha-Cha, these are just a few of the dance moves that you'll learn and use in this "sizzling" south of the border workout. The combinations are "hot" and the rhythms are "Strictly Latin!"

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.

c Pilates

Developed in the 1920s by Joseph H. Pilates whose aim was to combine the physique of the ancient Greeks with the 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 mainstream.

a Salsa

This sexy dance workout to authentic salsa, merengue and Reggae-ton music will improve your groove and give you confidence while shaking it on the dance floor.

Monday

Spinning	09.15 – 10.00
Aquafit	10.00 – 11.00
Body Condition/LBT	10.00 – 11.00
Body Balance	11.00 – 12.00
Pilates	12.00 – 13.00
Over 50s	13.00 – 14.00
Body Pump	18.00 – 19.00
Spinning	19.00 – 20.00
Aquafit	20.00 – 21.00
Circuits	20.00 – 21.00

Tuesday

Body Condition/LBT	09.15 – 10.00
Body Pump	10.00 – 11.00
Spinning	13.15 – 14.00
Body Combat	12.00 – 13.00
Sculpt	18.00 – 19.00
Aquanatal	18.00 – 18.30
Zumba	18.00 – 19.00
Body Condition/LBT	19.00 – 20.00
Body Combat	19.00 – 20.00
Body Balance	20.15 – 21.15

Wednesday

Spinning	07.00 – 07.45
Salsa	09.15 – 10.00
Pilates	10.00 – 11.00
20-20-20	11.00 – 12.00
Body Balance	13.15 – 14.00
Abdominal Workout	17.30 – 18.00
Body Pump	18.00 – 19.00
Circuits	18.00 – 19.00
Body Combat	19.00 – 20.00
Body Conditioning/LBT	20.15 – 21.15

a Sculpt

A studio-based class incorporating cardio and resistance work with two instructors for double the effort.

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 Zumba

A mixture of Latin and Caribbean music with moves to go with it. A fun way to shape and tone your body.

Thursday

Over 50s	09.15 – 10.15
Aquafit	10.00 – 11.00
Sculpt	10.15 – 11.15
Zumba	12.30 – 13.15
Ashtanga Yoga	13.15 – 14.15
Body Condition/LBT	17.45 – 18.30
Spinning	18.45 – 19.30
Pilates	19.30 – 20.30

Friday

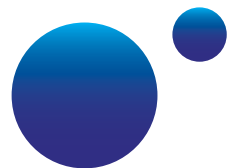
Spinning	07.00 – 07.45
Body Condition/LBT	09.15 – 10.00
Aquafit	09.30 – 10.30
Hi-Lo Aerobics	10.00 – 11.00
Spinning	13.15 – 14.00
Latin	18.00 – 19.00

Saturday

Body Pump	09.00 – 10.00
Body Combat	10.15 – 11.15
Ashtanga Yoga	11.15 – 12.15

Sunday

Spinning	09.15 – 10.00
Pilates	10.00 – 11.00



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. Harpers members can book up to 7 days in advance. Non-leisure card members can book 6 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. Bookings are non transferable and non refundable.

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

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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.

