

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 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

b **Aerobics & Abs**
A moderate impact aerobics combined with abdominal workout. Suitable for beginners and intermediates.

a **Aqua Fit**
People 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 **Below The Belt**
A low impact workout. A sculpting class to tone the lower body. Suitable for all levels.

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 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 **Body 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 **Circuits**
Multi stationned 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 **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 **Low Butt Loaded**
Low to moderate impact aerobics with basic choreography. Suitable for beginners to intermediates.



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 it has begun to break through into the mainstream.

c Tai Chi

Combine basic Chinese principles in a combination of movement and energy. Based on relaxation and awareness, this even-keeled martial arts practice reduces stress while increasing overall body awareness through balance, co-ordination, and proper alignment. Flow into well-being and rejuvenation – Bruce Lee style.

a 20/20/20

A dynamic session of 20 minutes Revolutions, 20 minutes Circuit Training and 20 minutes Stretching and Flexibility. Suitable for all levels.

Monday

Tai Chi	09.15 – 10.15
Young at Heart	10.30 – 11.25
Body Step	18.00 – 18.55
Aqua Fit	18.45 – 19.30
Body Pump	19.00 – 19.55
Pilates	20.00 – 20.55

Tuesday

Body Step	09.30 – 10.25
Low Butt Loaded	10.30 – 11.25
Below The Belt	18.00 – 18.55
Circuits*	18.15 – 19.00
Body Pump	19.00 – 19.55
Indoor Cycling	20.00 – 20.55

Wednesday

Body Pump	09.30 – 10.25
Over 50s	10.30 – 11.25
Body Pump	18.00 – 18.55
Body Balance	19.00 – 19.55

Thursday

Aerobics & Abs	09.15 – 10.00
Body Step	17.30 – 18.25
Aqua Fit	18.30 – 19.15
Tai Chi	18.45 – 19.45
Body Balance	20.00 – 20.55

Friday

Body Pump	09.30 – 10.25
Body Step	10.30 – 11.25
Body Pump	17.15 – 18.00
Indoor Cycling	18.00 – 18.55

Saturday

Body Balance	09.30 – 10.30
Body Step	10.30 – 11.30

Sunday

Body Step	09.00 – 09.55
Indoor Cycling	10.00 – 10.45
Body Pump	10.45 – 11.45

*Circuits is held in main Sports Hall.

Prices Per Class

	Leisure Card Holders	Casual User
Young at Heart	£3.00	Young at Heart £3.70
55 min class	£4.50	55 min class £4.50
Aquasplash	£4.30	Aquasplash £4.30
Body Combat	£4.80	Body Combat £4.80

Booking for Classes

Harpers Member	Allowed to book up to 2 weeks in advance
Leisure Card Holder	Allowed to book up to 1 week in advance
Casual User	Allowed to book up to 3 days in advance

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 14 days in advance. Leisure card holders can book 7 days in advance and non-members can book 3 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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www.riversideleisurecentremorpeth.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.

