



Bisham Abbey National
Sports Centre

BISHAM ABBEY
National Sports Centre

Group exercise programme



**DO YOUR BIT
SAVE PAPER**

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

www.bishamabbeynsc.co.uk

Descriptions

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



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.



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 45 minute GTS introduction class, we will provide you with the very best opportunity to book your workouts and like what you book!

Class Descriptions



Ab Class

15 minute work-out focusing on toning your abdominal area. This class is great for improving your breathing and posture.



Aerobics

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



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.



Kickboxing

A fun, high energy, stress busting workout! All over body toning, strictly no contact. Pads and mitts provided.



Legs, Bums & Tums

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



Martial Blast

For people with martial arts experience who want a high energy workout to showcase their skills.



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.



Prime Timers

Are you 50? 60? 70 or older? Then join our prime timers club and enjoy one exercise class and one gym session per week. Weekly health checks if required. Meet new friends, get fit and enjoy life to the full!



Revolutions

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.



a Running Club

Join in our running club; a 5km or 5 mile route. Talk to the health and fitness manager about what's on offer.

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.

a Salsa Hip Hop

A spicy mix of Latino dance and hip hop rhythms to get your body grooving! Come and join in the fun with Loreto our South American Latin Dance Champion!

Monday

Body Pump	09.30 – 10.30
Revolutions	18.00 – 18.45
Body Pump	18.00 – 19.00
Yoga	18.45 – 19.45
Revolutions	19.00 – 19.45
Total Conditioning Circuit	19.00 – 20.00
Salsa – Beginners*	19.15 – 20.20
Salsa – Improvers*	20.00 – 21.00
Salsa – Intermediate*	20.00 – 21.00

* £5 – members

£6 – non-members

Tuesday

Legs, Bums & Tums	09.30 – 10.30
Prime Timers (gym)	11.00 – 12.30
Revolutions	12.30 – 13.15
Pilates	12.30 – 13.30
Aerobics	18.00 – 19.00
Revolutions	18.00 – 19.00
Martial Blast	19.00 – 20.00
Pilates	19.00 – 20.00
Running Club	19.00 – 20.00

Wednesday

Body Pump	09.30 – 10.30
Pilates	11.20 – 12.20
Yoga	12.30 – 13.30
Yoga (advanced)	18.15 – 19.15
Body Pump	18.00 – 19.00
Salsa Hip Hop	19.00 – 20.00
Revolutions	19.00 – 19.45

Thursday

Legs, Bums & Tums	09.30 – 10.30
Pilates – Beginners	11.00 – 12.00
Prime Timers (class)	11.00 – 12.00
Pilates – Intermediate	12.30 – 13.30

a Total Conditioning Circuit

A multi-stationed exercise class which does not involve weights. This class is designed to burn maximum calories and improve fitness levels. All abilities welcome.

c 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.

* Only available at certain facilities.

Circuits	18.00 – 19.00
Kick Boxing	19.00 – 20.00
Pilates	19.00 – 20.00

Friday

Body Pump	09.30 – 10.30
Revolutions	12.30 – 13.15
Body Pump	18.00 – 19.00
Pilates	18.00 – 19.00
Revolutions	19.00 – 19.45

Saturday

Revolutions	09.30 – 10.15
Ab Class	10.15 – 10.30

Sunday

Yoga	10.30 – 11.30
------	---------------

Tennis Programme

Senior Club Night	Tues	20.00 – 22.00
Team Practice Night	Wed	20.00 – 22.00
Senior Club Night	Sun	19.00 – 22.00
Club Morning	Fri	10.00 – 14.00
Junior Club Night	Fri	17.00 – 19.00

Squash Programme

Senior Club Night	Fri	17.15 – 19.30
Senior Club Night	Sat	16:30 – 18.45
Junior Club Morning	Sat	09.00 – 12.45

Golf Programme

Mens Morning	Mon	09.15 – 13.00
Ladies Morning	Tues	09.15 – 13.00
Senior Club Night	Wed	17.30 – 20.00
Junior Club Night	Tues	17.00 – 19.00

**Open Monday to Friday 6.30am to 10pm,
Saturday and Sunday 8am to 7pm.**

**Please book at reception or ring:
01628 476911.**

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 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.

Bisham Abbey National Sports Centre

Bisham, Near Marlow,
Bucks SL7 1RR

01628 476911

bisham.abbey@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.bishamabbeynsc.co.uk
www.harpersfitness.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.

