

## 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](http://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.

## Lord Butler Fitness & Leisure Centre

Peaslands Road, Saffron Walden,  
Essex CB11 3EG

# 01799 522777

[lord.butler@harpersfitness.co.uk](mailto:lord.butler@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](http://www.harpersfitness.co.uk)



An Uttlesford Leisure Ltd. facility managed by Leisure Connection Ltd.

### 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.



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# Lord Butler Fitness & Leisure Centre

# Group exercise programme



**DO YOUR BIT  
SAVE PAPER**

View this leaflet online  
[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)  
then click on our centre's home page

[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)

# 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.

**a Boxercise**  
Boxercise uses various equipment including gloves and pads. This high energy class is fantastic for all fitness levels and gives you a chance to let off steam.

**a Body Attack**  
Combining high and low impact 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!

**b Body Condition/LBT**  
An all over body conditioning class using various pieces of equipment to ensure an increase in muscle tone, strength and endurance.

**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.

**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.

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

**a Hi-Lo Aerobics**  
This class is for all abilities incorporating high and low aerobic options for a heart and body workout.

**a Junior Fusion**  
Junior Fusion is a mixture of street dance, funk, and hip hop, all done to the latest music. Beginners always welcome, come prepared to have fun and make new friends.

**b On The Ball**  
A fantastic class utilising the "Stability Ball" to help develop functional strength - Strength that carries over to every day life - A must for all levels.

**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 1920's by Joseph H. Pilates whose aim was to combine the physique of the ancient Greeks with 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 main stream.

**b Pure Conditioning**  
This class is an all over body conditioning class, hitting all those troublesome areas. Using balls, bands and hand weights, this class is an essential to your weekly workout.

**a Spinning**  
The original and most widely used bike class in the world, the Johnny G spinner. This program 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 Wake Up and Workout**  
Freestyle aerobics for all abilities. Fun, simple, high energy moves to modern music.

**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.

## Monday

Body Combat	09.15 - 10.10
Body Pump	10.15 - 11.15
Spinning	11.30 - 12.15
Pilates	17.30 - 18.25
Body Pump	18.30 - 19.25
Body Attack	19.30 - 20.25

## Tuesday

Body Step	09.15 - 10.10
Pilates	10.15 - 11.10
Zumba*	11.15 - 12.15
Aqua	11.30 - 12.00
Over 50s	14.00 - 14.30
Body Balance	17.30 - 18.25
Body Step	18.30 - 19.25
Body Pump	19.30 - 20.25
Boxercise	20.30 - 21.25

## Wednesday

Body Attack	09.15 - 10.10
Body Pump	10.15 - 11.15
Body Vive	11.15 - 12.10
Body Combat	17.30 - 18.25
Body Pump	18.30 - 19.25
Spinning	19.30 - 20.15

## Thursday

Wake Up and Workout	09.15 - 09.55
Ladies Morning**	09.15 - 12.00
Pure Conditioning	10.30 - 11.25
On The Ball	17.30 - 18.25
Body Condition/LBT	18.30 - 19.25
Body Attack	19.30 - 20.25
Aqua	20.00 - 20.45
Body Pump	20.30 - 21.25

## Friday

Body Step	09.30 - 10.25
Body Pump	10.30 - 11.25
Body Vive	11.30 - 12.25
Over 50s	14.00 - 14.30
Junior Fusion (5 - 11yrs)	16.00 - 16.45
Junior Fusion (11+ yrs)	16.45 - 17.30
Spinning	18.30 - 19.15

## Saturday

Yoga	08.30 - 09.25
Body Condition / LBT	09.30 - 10.25
Body Pump	10.30 - 11.25

## Sunday

Body Combat	10.15 - 11.10
Body Balance	11.15 - 12.10

\*there is a £5 fee for this class

\*\*this includes  
09.15 Class  
10.00 Basketball/Gym  
11.00 Ladies only swim/Health Suite  
11.30 Tea & Coffee  
- non members fee of £6.00,  
Centre members £5.35, all other members included as part of membership