

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.

Riverside Leisure Centre, Norwich
Wherry Road, Riverside,
Norwich NR1 1WX

01603 625166

norwich@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



Managed by Leisure Connection Ltd on behalf of Norwich City Council.



Riverside Leisure Centre, Norwich

27/07/11 19823 v2

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.



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.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.

*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!

*Swimming Intro Class

Do you know how to use the pool? If yes or no then get the very best from our programmes in the pool and book onto your FREE workout!

Class Descriptions

- a Aerobics**
A great fat-burning class based upon exercise to music, which may include some elements of choreography. Excellent for increasing fitness and reducing fat in a fun class environment.

- 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 Body Attack**
Cardio workout for building strength and stamina. High-energy interval training class combines athletic aerobic movements with strength and dynamic stabilisation exercises.
- 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 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 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.
- a Spinning**
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.

- c Pilates**
Developed in the 1920s 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.

- 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 Zumba**
The Zumba programme fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness programme that will blow you away.

*Only available at certain facilities.

Monday

Spinning	10.15 – 11.00
Circuits	18.00 – 19.00
Spinning	18.00 – 18.45
Spinning	19.00 – 19.45
Body Combat	19.00 – 20.00
Body Pump	20.00 – 21.00

Tuesday

Spinning	10.15 – 11.00
Aqua	11.00 – 12.00
Zumba	17.30 – 18.30
Spinning	17.45 – 18.30
Body Pump	18.30 – 19.30
Body Attack	19.30 – 20.30

Wednesday

Tai Chi	11.30 – 12.30
Spinning	12.15 – 13.00
Circuits	18.00 – 19.00
Spinning	18.00 – 18.45
Pilates	19.00 – 20.00
Spinning	19.00 – 19.45
Aqua	20.00 – 21.00
Body Combat	20.00 – 21.00

Thursday

Aqua	11.00 – 12.00
Body Attack	18.00 – 19.00
Body Combat	19.00 – 20.00
Aqua	19.00 – 20.00
Zumba	20.00 – 21.00

Friday

Spinning	10.15 – 11.00
Circuits	18.00 – 19.00
Spinning	19.00 – 19.45

Saturday

Body Attack	09.00 – 10.00
Body Pump	10.00 – 11.00
Spinning	10.15 – 11.00
Zumba	11.00 – 12.00

Sunday

Aerobics	10.00 – 11.00
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A health questionnaire must be completed prior to using the facilities.