

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



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.

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



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.



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.



Bodytone

The right mix of aerobics and legs, bums and tums.



Boxercise

Classic boxing using the boxing ring, punching bags and jump ropes. This class will help you to increase your speed, agility and strength.



Body Condition/LBT

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



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.



Kettlebell

An all-over body conditioning class using kettlebells to ensure a fat burn that will lead to an increase in muscle tone, strength and endurance.



Mini Circuits

A mix of cardio and resistance stations using a variety of equipment from weights to skipping ropes. A fun, fast, effective workout for those wanting to keep fit and burn fat.



Padbox (\$)

Punch your way to your fitness goals with this high energy class. Learn to jab, cross, hook and move like a pro boxer for fun, fitness and fat burn. Please note there is an additional charge for this class.



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.



Monday

Aqua	10.45 – 11.30
Over 50s	13.30 – 14.15
Bodytone	18.00 – 18.45
Mini Circuits	18.45 – 19.30
Aerobics	19.45 – 20.45

Tuesday

Kettlebell	11.00 – 11.45
Bodytone	18.00 – 18.45
Aqua (Shallow)	19.00 – 19.45
Aqua (Deep)	19.15 – 20.00
Indoor Cycling (NSH)	19.30 – 20.15
Aqua (Shallow)	19.45 – 20.30

Wednesday

Bodytone	10.00 – 10.45
Body Condition/LBT	18.00 – 18.45
Boxercise	18.45 – 19.30

Thursday

Aqua	11.15 – 12.00
Aerobics	18.00 – 18.45
Padbox (£)	19.00 – 20.00
Aqua (Shallow)	19.30 – 20.15

Friday

Padbox (£)	19.30 – 20.30
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Sunday

Mini Circuits	11.00 – 11.45
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(£) Please note there is an additional charge for this class.



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 8 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.

Sleaford Leisure Centre
Eastbanks, Sleaford,
Lincs NG34 7ET

01529 303081

sleaford@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



Leisure in the Community Ltd and Leisure Connection Ltd working in partnership to develop and deliver high quality leisure services in North Kesteven District.

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.

