



Willesden 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.harpersfitness.co.uk

Descriptions

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



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.



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



African Dance

Sounds and moves of Africa. A fun work out experience.



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.



Body Attack

Combining high and low aerobics, this class offers a good cardio and toning workout.



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.



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.



Body Condition/LBT

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



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!



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.



Boxercise

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



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.



Gregory Technique

A class that has a mixture of pilates, stretch, posture improvement, core strength and co-ordination. This class will strengthen the body from the inside out.



GP Referral/Cardio Rehab

An exercise programme working with and linking to the GP's recommendations.



Hatha 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.

a Hi-Lo Aerobics

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

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.

a Revolutions

Cardio workout on a stationary bike,

this class will improve your fitness levels and tone legs and bums.

a Revolutions & Abs

Cardio workout on a stationary bike, this class will improve your fitness levels and tone legs and bums. Also includes a workout for the stomach muscles.

a Step

A fun exercise to music class based on the use of a step which will help to increase fitness levels as well as increasing fat burning benefits.

a Zumba

A mixture of Latin and Caribbean music with moves to go with it. A fun way to shape and tone your body and improve fitness.

*Only available at certain facilities.

Monday

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|----------------------------------|---------------|
| Revolutions | 07.00 – 07.45 |
| Hi-Lo Aerobics | 09.30 – 10.30 |
| Pilates (Beginner/Intermediate) | 10.00 – 11.00 |
| Body Condition/LBT (Female only) | 10.30 – 11.30 |
| Over 50s | 13.30 – 15.00 |
| GP Referral/Cardio Rehab | 15.00 – 16.00 |
| Yoga (Mixed) | 18.00 – 19.30 |
| Body Attack | 18.30 – 19.30 |
| Aqua | 18.30 – 19.30 |
| Body Pump | 19.30 – 20.30 |
| Revolutions & Abs | 19.30 – 20.30 |
| Body Balance | 19.30 – 20.30 |
| Zumba | 20.30 – 21.30 |
| Circuits | 20.30 – 21.30 |

Tuesday

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|----------------------------------|---------------|
| Revolutions | 09.30 – 10.30 |
| Body Step | 10.00 – 11.00 |
| Body Pump | 11.00 – 12.00 |
| Body Condition/LBT (Female only) | 13.00 – 14.00 |
| Pilates (Female only) | 14.00 – 15.00 |
| Pilates | 18.00 – 19.00 |
| Step | 19.00 – 20.00 |
| Revolutions | 19.30 – 20.30 |
| Body Condition/LBT | 20.00 – 21.00 |

Wednesday

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|-------------------------|---------------|
| Body Pump | 07.00 – 08.00 |
| Body Condition/LBT | 09.30 – 10.30 |
| Body Balance | 10.30 – 11.45 |
| Aqua (50+ Yrs) | 12.30 – 13.30 |
| Body Attack (10-16 yrs) | 16.30 – 17.15 |
| Body Balance | 18.00 – 19.15 |
| Body Attack | 18.15 – 19.15 |
| Body Pump | 19.15 – 20.30 |
| African Dance | 19.30 – 20.30 |
| Circuits | 19.30 – 20.30 |

Thursday

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|------------------------------------|---------------|
| Zumba | 09.30 – 10.30 |
| Hatha Yoga (Beginner/Intermediate) | 09.30 – 11.00 |
| Revolutions | 09.45 – 10.45 |
| Body Pump | 11.00 – 12.00 |
| GP Referral/Cardio Rehab | 14.00 – 15.00 |
| Body Condition/LBT (Female only) | 18.30 – 19.30 |
| Revolutions | 18.45 – 19.45 |
| Aqua (Female only) | 19.00 – 20.00 |
| Body Combat | 19.30 – 20.30 |

Friday

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|--------------------|---------------|
| Body Attack | 09.30 – 10.30 |
| Pilates | 10.00 – 11.00 |
| Body Condition/LBT | 10.30 – 11.30 |
| Aqua (50+ Yrs) | 12.30 – 13.30 |
| Body Pump | 18.15 – 19.15 |
| Revolutions | 19.00 – 20.00 |

Saturday

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|-----------------------|---------------|
| Gregory Technique | 08.30 – 09.30 |
| Body Combat | 09.30 – 10.30 |
| Gregory Technique | 09.30 – 10.30 |
| Body Pump | 10.30 – 11.45 |
| Body Step | 11.30 – 12.30 |
| Hatha Yoga (Beginner) | 12.15 – 13.45 |

Sunday

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|-----------------------|---------------|
| Zumba | 10.00 – 11.00 |
| Pilates (Advanced) | 10.00 – 11.00 |
| Revolutions & Abs | 10.00 – 11.00 |
| Body Condition/LBT | 11.00 – 12.00 |
| Boxercise | 11.00 – 12.00 |
| Hatha Yoga (Advanced) | 12.00 – 13.30 |
| Revolutions | 16.30 – 17.30 |
| Aqua (Female only) | 18.00 – 19.00 |

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.

Willesden Sports Centre
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Willesden,
London NW10 3QX

020 8955 1120

willesden@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.

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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