

# Group exercise programme



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SAVE PAPER**

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

## 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.



### Ante/Post Natal Aqua

For pre and post natal woman, gentle exercise benefiting you and your unborn baby.



### 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 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 Conditioning

This will help tone, shape and increase flexibility using various pieces of equipment. Suitable for all levels.



### 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.



### Ease into Aerobics

A simple workout yet challenging high/low aerobics for all ages. Including choreography, floor work and stretching.



### Fitness Yoga

Non-spiritual class to improve strength and flexibility, incorporating yoga movements.

## **a** L.B.T

A class for all fitness levels to help tone those problem areas.

## **a** 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.

## **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.

## **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 fun workout. South American/Latin American exercise to music.

### **Worcester Swimming Pool & Fitness Centre**

#### **Monday**

Body Attack 19.00 – 19.50

#### **Tuesday**

Body Balance 18.00 – 18.50

Body Attack 19.00 – 19.50

Aqua 19.30 – 20.20

#### **Wednesday**

50+ Aqua 14.00 – 14.50

Body Pump 18.30 – 19.20

Aqua 19.00 – 19.50

Body Balance 19.30 – 20.20

#### **Thursday**

Ante/Post Natal Aqua 11.30 – 12.20

Body Attack 18.00 – 18.50

L.B.T. 19.00 – 19.50

Aqua 19.00 – 19.50

#### **Friday**

50+ Aqua 14.00 – 14.45

Body Balance 18.00 – 18.50

#### **Saturday**

Fitness Yoga 09.00 – 09.50

Boxercise 10.30 – 11.20

#### **Sunday**

Body Combat 11.00 – 11.50

### **Perdiswell Leisure Centre**

#### **Monday**

Ease into Aerobics 09.30 – 10.20

Body Balance 18.00 – 18.50

Body Combat 18.50 – 19.40

Body Pump 19.45 – 20.35

Indoor Cycling 20.40 – 21.30

#### **Tuesday**

L.B.T. 09.30 – 10.20

Step 17.30 – 18.20

Circuits 18.00 – 18.50

Body Pump 18.30 – 19.20

Body Balance 19.30 – 20.20

Zumba 20.30 – 21.20

#### **Wednesday**

Body Conditioning 09.30 – 10.20

Pilates 18.00 – 18.50

Aerobics 19.00 – 19.50

Boxercise 20.00 – 20.50

#### **Thursday**

Body Attack 09.30 – 10.20

Body Balance 10.30 – 11.20

Body Pump 18.00 – 18.50

Body Combat 19.00 – 19.50

Indoor Cycling 20.00 – 20.50

#### **Friday**

Body Conditioning 09.30 – 10.20

Body Attack 18.15 – 19.05

Boxercise 19.15 – 20.05

#### **Saturday**

Body Combat 09.00 – 09.50

Body Pump 10.00 – 10.50

#### **Sunday**

Body Pump 09.30 – 10.20

Pilates 10.30 – 11.20

Body Combat 16.45 – 17.35



# Booking Information

## Booking Information

Whilst not essential it is advisable to book your class in advance.

Bookings are made at reception or online at [www.cityofworcester.gov.uk](http://www.cityofworcester.gov.uk) (only available to members). Harpers members can book up to 10 days in advance, Advance Card holders can book up to 7 days in advance and non-members can book up to 2 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.

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.

## Perdiswell

### Leisure Centre

Bilford Road, Worcester  
WR3 8DX

**01905 457189**

[perdiswell@harpersfitness.co.uk](mailto:perdiswell@harpersfitness.co.uk)

### Worcester Swimming Pool & Fitness Centre

Sansome Walk,  
Worcester WR1 1NU

**01905 20241**

[worcester@harpersfitness.co.uk](mailto:worcester@harpersfitness.co.uk)

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

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.

## 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.

For safety reasons, participants will not be permitted to enter the class more than 5 minutes after the advertised start time.