

# 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

# 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 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 Aqua Gentle**  
A gentle way to workout for pregnant and post natal mums or those recovering from strains or injuries.

**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.

**b Body Blitz**  
A low impact resistance workout for the upper and lower body, incorporating the stability ball, free weights and resistance bands to achieve a total body workout.

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

**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.

**c FAB**  
A gentle exercise class aimed at those recovering from serious illness or injury to improve strength and balance. Seated options available if needed.



## **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.

## **a** Military Circuits

Is a harder version of circuits with some military style exercises involved.

## **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.

## **b** Pure Abs

Is 30 minutes of abs/lower back core exercises. Ideal as part of your gym workout.

## **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.

## **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**

Indoor Cycling	09.30 – 10.30
Pure Abs	17.30 – 18.00
Step	18.30 – 19.30
Body Condition/LBT	19.30 – 20.30
Aqua	19.30 – 20.30
Indoor Cycling	20.00 – 21.00
Pilates	20.30 – 21.30

### **Tuesday**

Aqua	09.00 – 10.00
Body Blitz	11.00 – 12.00
FAB	13.30 – 14.30
Pure Abs	17.30 – 18.00
Yoga	18.15 – 19.15
Indoor Cycling	19.00 – 20.00
Body Condition/LBT	19.30 – 20.30
Circuits	20.30 – 21.30

### **Wednesday**

Body Condition/LBT	09.30 – 10.30
Indoor Cycling	10.30 – 11.30
Pilates	11.30 – 12.30
Body Pump	18.00 – 19.00
Military Circuits	19.00 – 20.00
Aqua	19.30 – 20.30
Indoor Cycling	19.30 – 20.30

### **Thursday**

Body Condition/LBT	09.30 – 10.30
Aqua	10.00 – 11.00
Indoor Cycling	11.30 – 12.00
Indoor Cycling	12.00 – 12.30
Boxfit	18.30 – 19.30
Step	19.30 – 20.30
Body Balance	20.30 – 21.30

### **Friday**

Indoor Cycling	07.00 – 07.30
Indoor Cycling	07.30 – 08.00
Aqua Gentle	09.30 – 10.30
Step	09.30 – 10.30
Body Balance	10.30 – 11.30
Pure Abs	18.00 – 18.30

### **Saturday**

Aerobics	09.30 – 10.30
Indoor Cycling	10.30 – 11.30

### **Sunday**

Body Pump	09.30 – 10.30
-----------	---------------

## 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.

**Blackwater Leisure Centre**  
Park Drive, Maldon,  
Essex CM9 5UR

**01621 851898**

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

### 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.

