



Downham Health & Leisure 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.downhamhealthandleisurecentre.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



Ab Attack

60 minute work-out focusing on toning your abdominal area. This class is great for improving your breathing and posture.



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 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

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



Body Pump

Is a non-impact, resistance-training programme, which utilises barbells and adjustable weights helping to improve muscular strength and 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/Box Skip

Boxercise/Box Skip is a fantastically fun class based on boxing training principles. It is a pad focused workout incorporating some old school style boxing training (including skipping), creating a highly effective fitness class for everybody.



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.



GP Referral

An exercise programme working with and linking to the GPs recommendations.



Hi-Lo Aerobics/Keep Fit

A great fat burning class set to music. Classes may include some choreography. Format and intensity levels may vary. Fun and a great way to increase fitness levels. (Keep Fit lower intensity & GP referral exit route.)



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.



Legs, Bums & Tums (LBT)

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



Pilates

Developed in the 1920s by Joseph H. Pilates whose aim was to combine the physique of the ancient Greeks with the 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 mainstream.

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 Street-Dance

This class mixes it up with street moves tossed with classic dance moves to create a one-of-a-kind hybrid dance workout. From funky and raw.

C Stretch/Relax

This class contains a sequence of movements that progress. The Stretch class allows improvement in technical performance of the various stretches, and provides a variety of stretching methods to the worked muscles. The gradual progression of each exercise allows an increased functional capacity of every participant.

a Triple Challenge

Total body conditioning combines 20 minutes of aerobics, 20 of step and 20 of toning. A great total body workout.

a Zumba

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system. It's fun! It's different! It's easy! It's effective!

*Only available at certain facilities.



Monday

Indoor Cycling	10.00 – 11.00
Body Pump	10.00 – 11.00
Aqua	18.00 – 19.00
Zumba	18.30 – 19.30
Indoor Cycling	19.00 – 20.00
Triple Challenge	19.30 – 20.45

Tuesday

Triple Challenge	09.30 – 10.30
LBT	10.30 – 11.30
Aqua Fit	11.00 – 12.00
GP Referral	11.00 – 12.00
Hi-Lo Aerobics	18.30 – 19.30
Indoor Cycling	18.30 – 19.30
Circuits	19.30 – 20.30

Wednesday

Body Conditioning	09.30 – 10.30
Indoor Cycling	10.00 – 11.00
Zumba	11.15 – 12.00
Cardiac Rehab (circuits)	14.00 – 15.30
GP Referral	18.00 – 20.00
Body Pump	18.30 – 19.30
Boxercise	19.30 – 20.30
Ab Attack	20.30 – 21.15

Thursday

Step	09.30 – 10.30
GP Referral	11.00 – 12.00
Zumba	13.00 – 14.00
LBT	18.30 – 19.30
Aqua	19.00 – 20.00
Indoor Cycling	19.30 – 20.30
Body Pump	19.45 – 20.45

Friday

Aqua	09.30 – 10.30
LBT	09.30 – 10.30
Aqua 60+	10.30 – 11.30
Stretch/Relax	10.30 – 11.30
GP Referral	13.00 – 14.00
Street Dance – 3 – 6yrs	16.00 – 16.30
Street Dance – 7 – 9yrs	16.30 – 17.00
Teen Street Dance	17.00 – 17.45
GP Referral Aqua	18.30 – 19.30
Zumba	19.00 – 20.00

Saturday

Body Pump	09.30 – 10.30
Indoor Cycling	10.00 – 11.00
Body Combat	10.30 – 11.30
LBT	11.30 – 12.30
Zumba	13.30 – 14.30

Sunday

Indoor Cycling	10.00 – 11.00
Pilates	10.00 – 11.00

There is a crèche available.

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.

Downham Health & Leisure Centre

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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 5 minutes after the advertised start time.



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