



Grantham Meres Leisure Centre

# Group exercise programme



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

# 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



### **20-20-20**

A combination of step, aerobics and body conditioning.



### **Active Life**

Fun for the 50+ age group. Enjoy a mix of activities including: aerobics, swimming trampolining, table tennis or workout in our Harpers Gym (Induction and medical screening required prior to participation).



### **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 Condition/LBT**

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 & 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** **Dance Workout**

A fun mixed ability class based on dance moves. Ideal for all ages.

### **c** **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 main stream.

### **b** **Power Yoga**

Using Basic Yoga moves you will tone and shape your body, although this class is challenging it is suitable for beginners and will also challenge advanced athletes.

### **a** **Step 'n' Tone**

Workout, have fun, get fit and tone up! (Intermediate and advanced levels include more choreography.)

#### **Monday**

Step 'n' Tone	09.30 – 10.30
Body Condition/LBT	10.30 – 11.30
Active Life	11.00 – 13.30
20-20-20	18.00 – 19.00
Body Condition/LBT	19.00 – 20.00
Aqua	19.30 – 20.30

#### **Tuesday**

Body Pump	09.30 – 10.30
Step 'n' Tone	18.00 – 19.00
Power Yoga	19.00 – 20.00

#### **Wednesday**

Step 'n' Tone – Intermediate	09.30 – 10.30
Power Yoga	10.30 – 11.30
Dance Workout	18.30 – 19.30
Pilates	19.30 – 20.30

#### **Thursday**

Body Pump	09.30 – 10.30
Aqua	13.30 – 14.30
Step 'n' Tone – Intermediate	18.00 – 19.00
Power Yoga	19.00 – 20.00
Body Pump	20.00 – 21.00

#### **Friday**

Step 'n' Tone	09.30 – 10.30
Pilates	10.30 – 11.30
Active Life	11.00 – 13.30

# 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.leisureconnection.co.uk](http://www.leisureconnection.co.uk) (not available at all facilities). 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.

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.

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.

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## 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 10 minutes after the advertised start time.

