



Important Information



Water & towel are essential for all classes - compulsory for Studio Cycle.

There are limited spaces available for many of the classes, in order to avoid disappointment please ensure you book.

You may book up to 13 days in advance at reception.

If you do not cancel your class and fail to arrive, then the class fee will be charged to your membership account.

Any illness, injuries and pregnancies should be reported to the instructor prior to the start of the class.

All newcomers to Studio Cycling should take part in the beginners cycle prior to attempting the other listed classes.

Class participants are not permitted to enter a class once the warm-up has commenced.

Non-members are welcome but must be accompanied by a member. Non-members are not permitted to book for classes.

Guests are not permitted to use the gym.

No Classes will take place on Bank Holidays.

Disability Inclusion Policy - the Studio has access for Disabled users.

Please consult with the instructor for class suitability.

No bags or coats are to be allowed in the Studio's, due to Health & Safety.

Instructors / Classes can change at Studio coordinators discretion.



Group Training Programmes



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Class Descriptions

BODYPUMP® - A 45-60 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. After an initial warm-up, all the major muscle groups are worked via a series of weight-bearing exercises including squats, presses and lifts. The class finishes with a cool-down and stretch. (45 mins)

BODYBALANCE® - A revolution in mind-body training. A dynamic, fitness-to-music programme that leaves you feeling relaxed and renewed, BODYBALANCE® combines the best of eastern disciplines, like Yoga and tai chi, with popular new methods such as Pilates. (1 hr)

Studio Cycle - Cycle your way to fitness on a specially designed bike along with a motivated instructor and music. This class is guaranteed to leave you energised and wanting more. Be sure to bring a drink & towel. (45 mins)

Studio Cycle 'n' Abs - As above with the addition of abdominal work on mats. (1 hr)

Express Cycle - A 30 minute intensive cardiovascular workout.

Circuits - An interval training class based around stations for a whole body Workout. Good for muscular strength and endurance, with a motivating instructor. Great class to do with a friend or partner. (45 mins)

Core Conditioning - This class is based around working the mid section and Lower parts of your body. The stability ball is used to target those abdominals, back and legs to gain effective results. (45 mins)

Step 'n' Tone - The perfect workout to challenge your cardiovascular system, legs and buttocks and your co-ordination. Various toning exercises are included in this class. (45 mins)

Light 'n' Easy - Ease yourself back into exercise with this gentle aerobic and tone class. Great for the 50+ and those new comers to fitness. (1 hr)

Yoga - A holistic system of exercise, which increases flexibility, strength and relaxation as the body systems become more balanced a sense of well being evolves. (1 hr 15 mins)

Beginners Yoga - A class for beginners to learn basic yoga techniques also increases flexibility, strength and relaxation a great way to enjoy learning the art of Yoga. (45 mins)

Sculpt 'n' Tone - A body sculpting class with an all over workout format to help you tone those problem areas. (1 hr)

Aerobic 'n' Tone - A traditional aerobic class with a toning section. (1 hr)

Pilates - A mat based session focusing on core and shoulder stability. Strengthens abdominal and back muscles. Improves posture and flexibility. (45 mins)

Boxer-fit - A total body workout that incorporates boxing exercises with fitness strength and conditioning training. This is a non-contact interval training class. This class is designed to burn calories while building more lean muscle mass. (45 mins)

Gym Floor Blast - A daily intensive Gym floor circuit class for anyone to enjoy, please ask the gym instructor on shift for more information. (15 mins)

Abs Blast - A daily intensive abdominal workout class for anyone to enjoy, please ask the gym instructor on shift for more information. (15 mins)

Those new to the above classes must see instructors prior to start of class for technique demonstration.

Pilates Courses - To check dates, availability or to book and pay call reception.

Note: Classes and instructors can change at short notice, at coordinators discretion.

Class Timetable

Day	Time	Class	Location	Instructor
Monday	07:45 - 08:00	Abs Blast	Gym Floor	Gym instructor
	12:00 - 12:45	Studio Cycle	Studio 1	Michelle
	12:00 - 12:15	Gym floor Blast	Gym Floor	Gym instructor
	17:45 - 18:30	Express Cycle (½ hr)	Studio 1	Jazmin
	18:00 - 19:00	Sculpt 'n' Tone	Sports Hall	Debbie W
	18:30 - 19:30	Studio Cycle 'n' Abs	Studio 1	Jazmin
	19:00 - 20:00	Body Balance®	Studio 2	Naledi
Tuesday	07:45 - 08:00	Gym floor Blast	Gym Floor	Gym instructor
	11:45 - 12:30	Pilates (all levels)	Studio 2	Teresa
	12:00 - 12:15	Abs Blast	Gym Floor	Gym instructor
	12:00 - 12:45	Circuits	Sports Hall	Nick
	17:45 - 18:30	Core Conditioning	Sports Hall	Debbie W
	18:30 - 19:15	Studio Cycle	Studio 1	Jazmin
	18:45 - 19:30	Body Pump	Sports Hall	Nikki
	18:45 - 20:00	Yoga	Studio 2	Debbie W
Wednesday	07:00 - 07:45	Studio Cycle	Studio 1	Lisa
	07:45 - 08:00	Abs Blast	Gym Floor	Gym instructor
	09:15 - 10:15	Light 'n' Easy	Sports Hall	Lisa
	12:00 - 12:15	Gym floor Blast	Gym Floor	Gym instructor
	12:00 - 12:45	Studio Cycle	Studio 1	Michelle
	12:00 - 12:45	Circuits	Sports Hall	Mike Lord
	12:00 - 12:45	Beginners Yoga	Studio 2	Debbie W
	18:00 - 18:45	Aerobic 'n' Tone	Sports Hall	Debbie W
	18:15 - 18:45	Express Cycle (½ hr)	Studio 1	Jazmin
	19:15 - 20:00	Studio Cycle	Studio 1	Mike lord
Paid course	18:30 - 19:30	Pilates (intermediate 8 wk)	Studio 2	Daryl
	19:45 - 20:45	Pilates (beginners 6 wk)	Studio 2	Daryl
Thursday	07:45 - 08:00	Gym floor Blast	Gym Floor	Gym instructor
	11:45 - 12:30	Pilates	Studio 2	Michelle
	12:00 - 12:15	Abs Blast	Gym Floor	Gym instructor
	12:15 - 13:00	Studio Cycle	Studio 1	Lisa
	12:30 - 13:15	Boxer-Fit	Sports Hall	Mike Lord
	17:45 - 18:30	Step 'n' Tone	Sports Hall	Lisa
	17:45 - 18:30	Studio Cycle	Studio 1	Jim
Friday	07:45 - 08:00	Abs Blast	Gym Floor	Gym instructor
	12:00 - 12:45	Body Pump	Sports Hall	Nikki
	12:00 - 12:15	Gym floor Blast	Gym Floor	Gym instructor
	17:45 - 18:30	Studio Cycle	Studio 1	Michelle
Saturday	10:00 - 10:45	Studio Cycle	Studio 1	Lisa
Sunday	10:00 - 11:00	Aerobic 'n' Tone	Sports Hall	Jo. M
	11:00 - 12:00	Body Balance	Studio 2	Naledi