



Harpers at Ponteland Leisure Centre

harpers
health & fitness

Group exercise programme



www.harpersfitness.co.uk

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

b Abs Blast
Get the six pack you always dreamed of by attending our two abs sessions per week.

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.

c Body Balance
A unique blend of Yoga, Tai-Chi and Pilates set to soothing music. This class will help to improve posture, core stability and overall strength.

a 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!

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 Body Step
A high energy class set to motivational music, great full body workout using the step. Get fit quick and have a lot of fun this one!

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 Line Dancing
A fun exercise class which incorporates the moves and steps of line dancing. This class would suit all levels.

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.

C Tai Chi

Combine basic Chinese principles in a combination of movement and energy. Based on relaxation and awareness, this even-keeled martial arts practice reduces stress while increasing overall body awareness through balance, co-ordination, and proper alignment. Flow into well-being and rejuvenation – Bruce Lee style.

b Young @ Heart

A class specifically designed for the mature mover set to motivational music. This class has a balanced mix of aerobic and toning exercises.

Monday

Aqua	09.30 – 10.30
Body Combat (Express Class)	09.30 – 10.15
Body Pump (Express Class)	10.15 – 11.00
Body Balance (Express Class)	11.00 – 11.45
Abs Blast	17.45 – 18.00
Body Pump	18.00 – 18.55
Body Combat	19.00 – 19.55

Tuesday

Body Step	09.30 – 10.25
Pilates	10.30 – 11.30
Young @ Heart	11.30 – 12.15
Indoor Cycling	18.00 – 18.45
Abs Blast	18.45 – 19.00
Indoor Cycling	19.00 – 19.45

Wednesday

Indoor Cycling (Express Class)	09.30 – 10.15
Abs Blast	10.15 – 10.30
Body Pump	10.30 – 11.25
Line Dancing	13.30 – 14.30
Body Step (Express Class)	18.00 – 18.45
Abs Blast	18.45 – 19.00
Body Pump	19.00 – 19.45

Thursday

Indoor Cycling	09.15 – 10.00
Tai-Chi	10.00 – 11.00
Body Combat	18.00 – 18.55
Pilates	19.30 – 20.30

Friday

Indoor Cycling	09.15 – 09.45
Body Pump	09.45 – 10.45
Young @ Heart	11.00 – 12.00

Saturday

Indoor Cycling	10.00 – 10.55
Body Pump	11.00 – 12.00

Sunday

Body Combat (Express Class)	09.30 – 10.15
Body Step (Express Class)	10.15 – 11.00

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 14 days in advance. Non-members can book 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.

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.

Harpers at Ponteland 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.

www.harpersfitness.co.uk

NORTHUMBERLAND

Northumberland County Council

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.

