



harpers
health & fitness

Harpers at Seaham Leisure Centre

Group exercise programme



**DO YOUR BIT
SAVE PAPER**

View this time table online
www.harpersfitness.co.uk
then click on our centre's home page

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.

***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



Boxer Circuits

A cardio workout which helps you get into shape by incorporating traditional boxing exercises.



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 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.



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.



Interval Training

A highly intensive work-out not for the faint hearted.



Legs, Bums & Tums

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



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.



Yoga

In addition to improving your strength, balance and flexibility, this class also gives a relaxed sense of well being.

*Only available at certain facilities.



Monday

Body Combat
Body Pump

18.00 – 19.00
19.15 – 20.15

Tuesday

Legs, Bums and Tums
Boxer Circuits

18.00 – 19.00
19.00 – 20.00

Wednesday

Circuits

18.10 – 19.10

Thursday

Body Pump
Body Combat

18.00 – 19.00
19.00 – 20.00

Friday

Body Combat
Yoga

18.00 – 19.00
18.15 – 19.15

Saturday

Body Combat
Interval Training

10.00 – 11.00
16.00 – 17.00



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 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.

Harpers at Seaham Leisure Centre

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0191 581 6366

seaham@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

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.

