



Wokingham Borough Council

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.

*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

a Aerobics
A great fat-burning class based upon exercise to music, which may include some elements of choreography. Excellent for increasing fitness and reducing fat in a fun class environment.

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.

a Aquacise
A gentle exercise class in the water for pre and post natal ladies. We advise all ladies to check with their medical advisor before embarking on an exercise programme. This is also recommended for anyone on GP referral or in rehabilitation after injury.

a Aqua Natal
A gentle exercise class in the water for pre and post natal ladies. We advise all ladies to check with their medical advisor before embarking on an exercise programme.

a Body Attack
Combining high and low aerobics, this class offers a good cardio and toning workout.

c Body Balance
Combines the benefits of Yoga and Pilates as well as other eastern disciplines into a challenging and invigorating experience using a unique blend of movement and music.

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

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.

b Body Vive

This is a low impact workout, integrating aerobic exercise for heart fitness, resistance training for strength, stability and stretching and mobility work.

a Circuits

Multi stationed group exercise class designed to work on all the basic elements of fitness (strength, flexibility). No co-ordination required and all abilities welcomed.

a Hi-Lo Aerobics

This class is for all abilities incorporating high and low aerobic options for a heart and body workout.

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.

b Over 50s

A comfortable workout to keep you fit and healthy, this class incorporates everything you will require to stay active and full of life.

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 Step and Tone

A combination of step, aerobics and body conditioning.

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.

a Street-Dance

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

b Urban rebounding

Urban rebounding is a unique form of exercise, that reduces your body fat, firms your legs, thighs, abdomens and hips. The workout improves cardio vascular fitness levels whilst developing coordination, balance and proprioception. This workout burns a tremendous amount of calories with minimal stress to the body. It is performed on a specially designed high quality mini trampoline.

*Only available at certain facilities.



Loddon Valley

Monday

Body Combat	09.30 – 10.25
Aquacise	09.30 – 10.15
Pilates**	10.00 – 10.55
Urban Rebounding	10.35 – 11.30
Aerobics†	18.30 – 19.25
Pilates**	18.30 – 19.25
Indoor Cycling*†	18.45 – 19.30
Circuits	19.15 – 20.15
Body Combat	19.30 – 20.25
Pilates**	19.30 – 20.25
Indoor Cycling*	19.45 – 20.30
Body Balance	20.30 – 21.25

Tuesday

Indoor Cycling*	06.45 – 07.30
Circuits	09.30 – 10.25
Pilates**	09.30 – 10.30
Over 50s	10.30 – 11.25
Step†	18.30 – 19.25
Indoor Cycling*†	18.45 – 19.30
Aqua	19.15 – 20.00
Body Pump	19.35 – 20.30
Introduction to Indoor Cycling*	19.45 – 20.00
Yoga**	19.45 – 21.15
Indoor Cycling*	20.00 – 20.45

Wednesday

Body Pump	09.30 – 10.25
Indoor Cycling*	09.45 – 10.30
Body Balance	10.30 – 11.25
Indoor Cycling*†	18.00 – 18.45
Body Attack	19.30 – 20.25
Body Pump	20.30 – 21.30

Thursday

Indoor Cycling*	06.45 – 07.30
Body Condition/LBT	09.30 – 10.25
Over 50s	10.35 – 11.30
Circuits†	18.30 – 19.25
Body Combat†	18.30 – 19.25
Indoor Cycling*†	18.45 – 19.30
Step Aerobics	19.30 – 20.25
Urban Rebounding	19.30 – 20.30
Aqua	20.00 – 20.45

Friday

Step and Tone	09.30 – 10.25
Aqua	09.30 – 10.15
Aquacise 50+	10.15 – 11.00
Urban Rebounding	10.30 – 11.25
Indoor Cycling*	12.45 – 13.30
Indoor Cycling*	18.00 – 18.45
Body Pump	18.30 – 19.25

Saturday

Step and Tone	09.00 – 09.55
Indoor Cycling*†	09.45 – 10.30
Body Pump†	10.00 – 10.55

Sunday

Body Pump	09.30 – 10.25
Body Condition/LBT†	10.30 – 11.25
Body Balance	11.30 – 12.25
Indoor Cycling*	11.45 – 12.30
Street Dance***	18.00 – 19.00

* Indoor Cycling* classes are included in all Harpers Memberships.

** Pilates & Yoga are not included in Harpers Membership, please contact reception for the latest course start dates.

***StreetDance is included in Active membership.

† These classes give you an opportunity to come together as a family starting and finishing adult and junior classes around the same time.



Pod Group Exercise Programme



Monday

Dance Mat Coaching Class† 8-16yrs 18:30 – 19:00

Tuesday

Junior Circuits† 12+ 18:15 – 18:45

Wednesday

Sports Wall Games 8-12yrs 17:30 – 18:00

Thursday

Junior Indoor Cycling 12+ 18:30 – 19:00

Friday

Dance Mat Coaching Class 8-16yrs 17:30 – 18:00

Saturday

Family Sports Wall Class† 8-16yrs 11:00 – 11.30

Sunday

Family Indoor Cycling 12+ 10:15 – 10:45



Carnival Pool

Monday

Aqua 20.10 – 21.00

Tuesday

Aqua 09.30 – 10.15

Aqua Natal 10.15 – 11.00

Aqua 20.10 – 21.00

Thursday

Aqua (Intermediate) 09.30 – 10.15

Aquacise (Beginners) 10.15 – 11.00



St Crispin's

Monday

50+ Aerobics 10.00 – 11.00

Teen Gym* 15.30 – 17.00

Body Pump 18.15 – 19.15

Body Attack 19.20 – 20.20

Urban Rebounding 20.30 – 21.30

Tuesday

Teen Circuits* 15.30 – 16.30

Body Vive 18.00 – 19.00

Hi – Lo Aerobics 19.00 – 20.00

Circuits 19.30 – 20.30

Body Balance 20.30 – 21.30

Wednesday

Teen Gym* 15.30 – 17.00

Body Pump 18.15 – 19.15

Urban Rebounding 19.15 – 20.15

Legs, Bums & Tums 20.15 – 21.15

Thursday

Teen Circuits* 15.30 – 16.30

Body Combat 18.00 – 19.00

Circuits 19.30 – 20.30

Body Balance 20.45 – 21.45

Friday

Teen Gym* 15.30 – 17.00

Legs, Bums & Tums 09.30 – 10.30

Saturday

Body Pump 09.00 – 10.00

Body Attack 10.00 – 11.00



* Junior sessions £2.50 per person but if you attend more than one a week a junior membership may be cheaper.

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 5 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.

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.



How to find us

Harpers at Carnival Pool Leisure

Wellington Road,
Wokingham,
Berks RG40 2AF

0118 977 0007

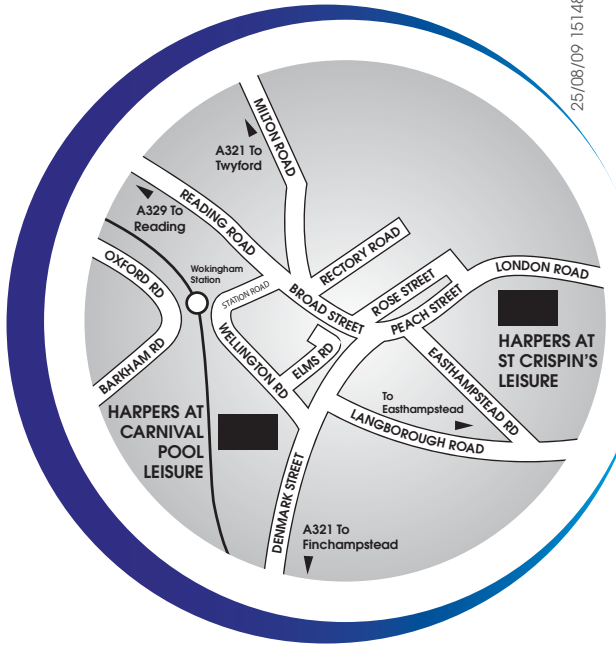
carnival.pool@harpersfitness.co.uk

Harpers at St. Crispin's Leisure

London Road, Wokingham,
Berks RG40 1SR

0118 979 1066

st.crispins@harpersfitness.co.uk



Harpers at Loddon Valley Leisure

Rushey Way, Lower
Earley, Reading,
Berks RG6 4GD

0118 931 2066

loddon.valley@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



**WOKINGHAM
BOROUGH COUNCIL**

Managed by Leisure Connection Ltd.
working in partnership with Wokingham Borough Council.