

Group exercise programme



**DO YOUR BIT
SAVE PAPER**

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

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

b Body Pump & Pump FX
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 Bums, Tums & Thighs
A class for all fitness levels to help tone all those problem areas.

a Cardio Pump
This fun and invigorating workout requires concentration, commitment and focus. It's an integration of structural muscle building exercises, isolation body shaping combinations and large motor cardio moves.

a Cardio Tone & Stretch - (A private hire class)
A non-impact session that is designed to give you an effective and challenging workout.

a 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.



a **Hydro Running & Aquafit**

A challenging and exciting workout in the water that complements all training regimes.

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.

Karate Club (Private Hire)

A local club with a high reputation that practice this sport based on a method developed in Japan of defending oneself without the use of weapons.

Soccer School

A planned, fun, safe, ethical and effective coaching sessions for boys and girls aged 3 to 10 years and of all abilities, including the fun tuition of basic skills and techniques within a safe professional environment. Coached by Mike Shilton (son of ex-England player Peter Shilton).

b **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.

C Yoga

This yoga class integrates the postures, breathing exercises, relaxation and meditation to harmonise you on every level – body, mind and spirit. It is a delicious, mindful and moving class. All levels welcome.

b Yoga Iyengar

Iyengar yoga emphasises the development of strength, stamina, balance and flexibility, as well as concentration and meditation.

C Yoga Self Practice

The studio is available at this time for the more experienced Yoga enthusiast to practice Yoga without the guidance of a trained instructor.

*Only available at certain facilities.



Monday

Yoga	09.15 – 10.45
Cardio Tone & Stretch***	11.00 – 12.20
Adults Swim School	14.00 – 15.00
Body Pump Technique	18.15 – 18.30
Body Pump	18.30 – 19.30
Hydro Running	19.30 – 20.30

Tuesday

Yoga Self Practice	07.30 – 09.00
Pump Fx	09.10 – 10.25
Tai Chi	10.30 – 12.00
Hydro Running	11.00 – 12.00
Indoor Cycling	17.00 – 17.45
Pump Fx Technique	18.05 – 18.20
Pump Fx	18.20 – 19.35
Karate Club***	19.45 – 21.15

Wednesday

Fitness Pilates	09.30 – 11.00
50+ Swim	11.00 – 12.00
Yoga	13.00 – 14.30
Burns, Tums & Thighs	18.30 – 19.30
Hydro Running	19.30 – 20.30
Tai Chi	20.00 – 21.30

Thursday

Yoga Iyengar	09.30 – 11.30
Aquafit	11:00 – 12:00
Indoor Cycling	17.15 – 18.00
Cardio Pump	18.30 – 19.30
Yoga	19.45 – 20.45

Friday

Yoga Self Practice	07.30 – 09.00
Indoor Cycling	09.15 – 10.00
Pilates	10.30 – 11.30
Circuits	11.45 – 12.45
Tai Chi	13.00 – 14.30
Karate Club***	19.30 – 21.00

Saturday

Soccer School***	08.15 – 13.00
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Sunday

Indoor Cycling	09.15 – 10.00
Karate Club***	10.00 – 12.00

*** not included in Harpers membership



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.

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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.

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.

