



Harpers at Tiddenfoot Leisure Centre

**harpers**  
health & fitness

# Group exercise programme



[www.harpersfitness.co.uk](http://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



### **Adult Swim Club**

Swimming training for adults. The minimum requirement is to be able to swim 1000m (40 lengths) in one hour and be able to swim at least two different strokes. The class consists of sets of endurance, speed, kicks and pulls.



### **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.



### **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.



### **Body Condition/LBT**

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



### **Boxercise**

Classic boxing using the boxing ring, punching bags and jump ropes. This class will help you to increase your speed, agility and strength.



### **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.



### **Hatha 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.



### **Legs, Bums & Thighs**

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



### **Pilates**

Developed in the 1920's 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.



### **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.

Minimum age requirement is 16 years for Fitness Classes and 18 years for Swim for Fitness.

\*Only available at certain facilities.



## Monday

Aqua*	09.15 – 10.00
Aqua*	12.00 – 12.45
Pilates	13.15 – 14.15
Body Condition/LBT	18.00 – 19.00
Aerobics	19.00 – 20.00
Aqua	20.15 – 21.00
Hatha Yoga	20.15 – 21.45

## Tuesday

Legs, Bums & Thighs	09.30 – 10.30
Aqua (Deep)*	09.30 – 10.15
Aqua	
13.00 – 13.45	
Pilates	18.00 – 18.45
Aqua	19.00 – 19.45
Boxercise	19.00 – 20.00
Aqua (Deep)	20.00 – 20.45

## Wednesday

Aqua*	09.10 – 09.55
Pilates*	09.30 – 10.30
Hatha Yoga*	11.00 – 12.30
Aqua (50+)	12.30 – 13.15
Aqua	18.45 – 19.30
Aqua	19.30 – 20.15
Adult Swim Club	20.00 – 21.00
Hatha Yoga	20.00 – 21.30

## Thursday

Aqua*	09.10 – 09.55
Step*	11.00 – 12.00
Aqua	19.15 – 20.00
Body Condition/LBT	19.15 – 20.15

## Friday

Aqua*	09.15 – 10.00
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## Sunday

Circuits	09.30 – 10.30
Pilates	10.30 – 11.30

\*Crèche is available



## 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](http://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 Tiddenfoot Leisure Centre**  
Mentmore Road, Linslade,  
Leighton Buzzard, Beds LU7 2AF

**01525 375765**

[tiddenfoot@harpersfitness.co.uk](mailto:tiddenfoot@harpersfitness.co.uk)

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[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)

**Central  
Bedfordshire**

### 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.

