



harpers
health & fitness

Westminster Lodge Leisure Centre

Group exercise programme



Provided by St Albans City & District Council.
Managed in partnership with Leisure Connection.



**DO YOUR BIT
SAVE PAPER**

View this time table 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

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.

b Ante Natal Aqua
An exercise class for any stage of pregnancy to strengthen your core and loosen the pelvis muscles within the water to music.

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.

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.

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

c 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.

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

Monday

Aerobics (Term Time Only)	08.45 – 09.30
Hi – Lo Aerobics	09.30 – 10.30
Pilates (Improver)	10.30 – 11.30
Pilates	11.30 – 12.30
Body Pump	18.00 – 19.00
Pilates Course	19.15 – 20.00

Tuesday

50+ Aerobics	09.30 – 10.30
Hatha Yoga	10.30 – 11.30
50+ Aerobics	11.30 – 12.30
Boxercise	18.00 – 19.00
Hi – Lo Aerobics	19.00 – 20.00
Body Pump	20.00 – 21.00

Wednesday

Body Pump	09.15 – 10.00
Step	10.00 – 11.00
Pilates	11.00 – 12.00
Body Condition/LBT	17.30 – 18.30
Step	18.30 – 19.30
Hi-Lo Aerobics	19.30 – 20.30
Aqua	19.30 – 20.15
Aqua	20.15 – 21.00
Pilates	20.30 – 21.30

Thursday

Body Condition/LBT	09.30 – 10.30
Hatha Yoga	10.30 – 11.30
Ante Natal Aqua	14.00 – 14.45
Aqua	14.45 – 15.30
Body Pump	18.00 – 19.00
Hi – Lo Aerobics	19.00 – 20.00
Boxercise	20.15 – 21.15

Friday

Step	09.30 – 10.30
Pilates (Improver)	11.00 – 12.00
Pilates	12.00 – 13.00
Salsa	18.00 – 19.00
Pilates (beginners)	19.00 – 20.00

Saturday

Body Pump	08.55 – 09.55
Aerobics	11.30 – 12.30

Sunday

Body Pump	09.00 – 10.00
Boxercise	10.00 – 11.00
Body Pump	11.30 – 12.30
Hatha Yoga	14.00 – 15.00
Boxercise	17.00 – 18.00



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 Salsa

This sexy dance workout to authentic salsa, merengue and Reggae-ton music will improve your groove and give you confidence while shaking it on the dance floor.

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.

*Only available at certain facilities.

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 8 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.

Westminster Lodge 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.stalbans.gov.uk

www.leisureinstalbans.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.

