



**WOKINGHAM**  
BOROUGH COUNCIL

Wokingham Borough Council

# Group exercise programme 2010



**DO YOUR BIT  
SAVE PAPER**

View this leaflet online

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

then click on our centre's home page

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

## 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.

**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** Spinning

A Spinning 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.



## 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

# 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
Spinning*	18.45 – 19.30
Circuits	19.15 – 20.15
Body Combat	19.30 – 20.25
Spinning*	19.45 – 20.30
Body Balance	20.30 – 21.25

## Tuesday

Spinning*	06.45 – 07.30
Circuits	09.30 – 10.25
Pilates**	09.30 – 10.30
Over 50s	10.30 – 11.25
Spinning*	18.00 – 18.45
Step	18.15 – 19.00
Body Pump	19.00 – 20.00
Introduction to Spinning*	19.00 – 19.15
Spinning*	19.15 – 20.00
Aqua	19.15 – 20.00
Yoga**	19.45 – 21.15

## Wednesday

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

## Thursday

Spinning*	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
Spinning*	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
Spinning*	12.45 – 13.30
Spinning*	18.00 – 18.45
Body Pump	18.30 – 19.25

## Saturday

Step and Tone	09.00 – 09.55
Spinning*	09.45 – 10.30
Body Pump	10.00 – 10.55

## Sunday

Urban Rebounding	09.00 – 09.55
Body Condition/LBT	10.00 – 10.55
Body Balance	11.00 – 11.55
Spinning*	11.10 – 11.55
Street Dance***	18.00 – 19.00

\* Spinning\* 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.



# 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](http://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 5 minutes after the advertised start time.

## How to find us

**Carnival Pool Leisure**  
Wellington Road,  
Wokingham,  
Berks RG40 2AF

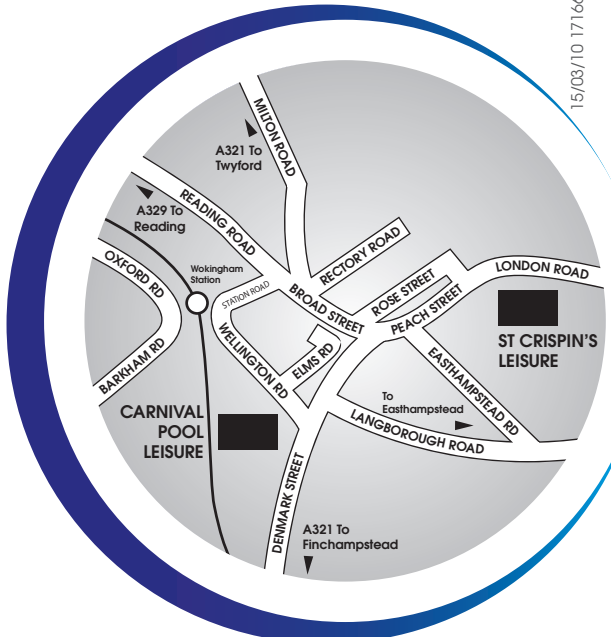
**0118 977 0007**  
carnival.pool@harpersfitness.co.uk

**St. Crispin's Leisure**  
London Road, Wokingham,  
Berks RG40 1SR

**0118 979 1066**  
st.crispins@harpersfitness.co.uk

**Loddon Valley Leisure**  
Rushey Way, Lower  
Earley, Reading,  
Berks RG6 4GD

**0118 931 2066**  
loddon.valley@harpersfitness.co.uk



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Managed by Leisure Connection Ltd.  
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