



Harpers Health & Fitness at Wyboston

**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.

## Class Descriptions



### **Aerojam**

For juniors aged between 5-11 years. The class is based on fun exercise incorporating the use of space hoppers, balls, parachute games and lots, lots more. Please speak to a member of the Harpers Fitness team for more information.



### **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 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!



### **Body Condition/LBT**

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



### **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.



### **Body Jam**

A dance based aerobics class. Great for fitness and toning and having fun. Learn some new techniques and work your way to a dancers body.



### **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.



### **Combat Circuit**

The best way to get boxing fit. A 30 mins class of technique, fitness and muscle sculpting in our brand new combat zone.



### **Fitness Pilates**

This class blends yoga, pilates, strength and flexibility training into one challenging but relaxing class. Concentrating on posture and body alignment as well as improving balance and co-ordination.



### **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.



## **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** 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.

## **Strike Martial Arts**

Strike is a fusion of martial arts techniques and pre-choreographed routines to music. This fun-based class has been developed exclusively by Leisure Connection in association with Strike made famous by their spellbinding performances on ITV's Britain's Got Talent show.

## **a** Treadmill Class

This class takes place on the new interactive treadmills. You will be provided with a Heart Rate monitor where the fitness team will work out your individual heart rate and give you different ways to train within the correct Heart Rate zone for you. Great for fitness improvement and new ideas to challenge your workout.

### **Monday**

Combat Circuit	07.15 – 07.45
Indoor Cycling	09.30 – 10.00
Body Condition/LBT	09.45 – 10.45
Body Condition/LBT	18.00 – 19.00
Indoor Cycling	19.00 – 19.45
Body Combat	19.00 – 20.00
Body Pump	20.00 – 21.00

### **Tuesday**

Treadmill Class	09.45 – 10.15
Pilates	09.35 – 10.35
Body Pump	11.15 – 12.15
Indoor Cycling	10.35 – 11.05
Aqua	11.00 – 11.45
Aeroram	16.30 – 17.30
Body Combat	18.00 – 19.00
Step	19.00 – 20.00

### **Wednesday**

Indoor Cycling	07.15 – 07.45
Circuits	09.45 – 10.45
Strike Martial Arts (5-7yrs)	15.45 – 16.30
Strike Martial Arts (8-11yrs)	16.30 – 17.30
Body Pump	18.00 – 19.00
Aqua	18.45 – 19.30
Body Combat	19.00 – 20.00
Fitness Pilates	20.00 – 21.00

### **Thursday**

Combat Circuit	07.15 – 07.45
Treadmill Class	09.15 – 09.45
Body Pump	09.45 – 10.45
Pilates	11.00 – 12.00
Aqua	12.15 – 13.00
Step	18.00 – 19.00
Indoor Cycling	18.15 – 19.00
Circuits	19.15 – 20.15

### **Friday**

Indoor Cycling	07.15 – 07.45
Treadmill Class	09.30 – 10.00
Body Combat	09.45 – 10.45
Indoor Cycling	17.30 – 18.00
Aqua	18.15 – 19.00
Body Pump	19.00 – 20.00

### **Saturday**

Body Condition/LBT	10.00 – 11.00
Indoor Cycling	11.00 – 11.45

### **Sunday**

Body Pump	09.00 – 10.00
Body Jam	10.00 – 11.00
Body Condition/LBT	11.00 – 12.00

# Booking Information

## 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 3 days in advance.

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.

## Harpers Health & Fitness at Wyboston

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