

Exercise Classes and Courses 2010-2011

Want to improve your fitness? Then come along to an exercise class! There's something for everyone no matter what level of fitness you are! You don't have to be superfit or supertoned! No special kit or equipment required, just get your tee shirt, shorts and trainers on and come and join in!

Non enrolment "drop in" classes are free to members and take place in the main sports halls where numbers are unlimited and therefore people may just turn up and give it a go!

Most of the enrolment classes take place in the Practice Rooms where there is a limit on numbers and those interested must sign up at least a week beforehand. Teachers are hired in to take the classes and therefore the classes are subject to cancellation if not enough people sign up in advance.

If you are interested, please do not leave it too late before you sign up.

For enrolment classes in the practice rooms, please sign up at the reception desk. Payment may be made for the full course by cash, cheque or card.

All sign up classes are subject to a course fee payable at the time of booking.

Enrolment Exercise Classes University Park Campus

CLASS	DAY OF WEEK	TIME	STYLE/ LEVEL	TEACHER	DATES	COST PER COURSE Member	COST PER COURSE Non Mem.
URBAN FUNK	Wednesday	6.30-7.30pm	All welcome	Cheryl	Term 1: Oct 6-Nov 24 inclusive 8 weeks) Term 2: Feb 2 – Mar 23 inclusive (8 weeks) Term 3: No course	£16 £16	£24 £24
PILATES	Thursday	5.15-6.15pm.	Beginner	Emanuela	Term 1: Oct 7-Dec 2 inclusive (9 weeks) Term 2 /3: Feb 3-Mar 24 and May5,12 (10 weeks)	£18 £20	£27 £30
			Beginner	Emanuela	Term 1: Oct 7-Dec 2 inclusive (9 weeks)	£18	£27
		6.15-7.15pm.	Mixed Ability	Emanuela	Term 2/3 : Feb 3-Mar 24 and May5,12 (10 weeks)	£20	£30
SALSA	Tuesday	7.00-8.30pm.	Beginner	Monica	Term 1 Course 1: Oct 5-26 inc. (4 weeks) Term 1 Course 2: Nov 2-23 inc. (4 weeks)	£8 £8	£12 £12
			Beginner	Monica	Term 2: Course 1: Feb 1-22 inc. (4 weeks) Term 2 Course 2: Mar 1-22 inc. (4 weeks)	£8 £8	£12 £12
ZUMBA	Wednesdays	4.00-5.00pm.	All welcome	Becky	Term 1: Oct 6-Dec 1 inc. (9 weeks) Term 2: Feb 2-Mar 30 inc (9 weeks)	£18 £18	£27 £27
BODY BLITZ WORKOUT	Tuesdays	5.30-6.30pm.	All welcome	Ann	Term 1: Oct 5 – Nov 30 inc (9 weeks) Term 2: Feb 1-Mar 22 inc. (8 weeks)	£18 £16	£27 £24
BOXERCISE	Mondays	7.00-8.00pm.	Mixed Ability	Tommy	Term 1: Oct 4-Nov 29 inc. (9 weeks) Term 2: Jan 31 – Mar 28 inc. (9 weeks)	£18 £18	£27 £27
YOGA	Monday	4.30-5.30pm.	Hatha	Paul	Term 1 : Oct 4-Nov 29 inc (9 weeks) Term 2: Jan 31 – Mar 21 inc. (8 weeks)	£18 £16	£27 £24
	Monday	6.00-7.00pm	Vinyasa	Karen J.	Term 1: Oct 4 -Nov 29 inc. (9 weeks) Term 2: Jan 31 – Mar 28 (9 weeks)	£18 £18	£27 £27
	Wednesday	5.30-6.30pm.	Mixed styles	Julie M	Term 1: Oct 6 – Dec 1 inc. (9 weeks) Term 2/3: Feb 2- Mar 23 inc and May 4,11 (10 weeks)	£18 £20	£27 £30
	Thursday	4.00-5.00pm.	Hatha	Paul	Term 1: Oct 7-Dec 2 inc.(9 weeks) Term 2: Feb 3 – Mar 24 (8 weeks)	£18 £16	£27 £24
TUMS BUMS AND THIGHS	Wednesdays	12-12.45pm..	All welcome	Kelly	Term 1: Oct 6-Dec 1 (9 weeks) Term 2/3: Feb 2- Mar 30 and May4,11 (11 weeks)	£18 £22	£27 £33

Enrolment Exercise Classes Jubilee Campus

You may sign up at reception either at University Park Campus or Jubilee Campus.

CLASS	DAY OF WEEK	TIME	STYLE/ LEVEL	TEACHER	DATES	COST PER COURSE Member	COST PER COURSE Non Mem.
ZUMBA	Monday	5.30-6.30pm.	All levels	Becky	Term 1: Oct 4 –Nov 29 inc. (9 Weeks) Term 2: Jan 31 – March 28 (9 weeks)	£18 £18	£27 £27
AEROTONE	Wednesday	1.30-2.30pm.	All levels	Kelly	Term 1: Oct 6 – Dec 1 inc. (9 weeks) Term 2/3: Feb 2 – May 11 (excluding Easter Break)	£18 £22	£27 £33
WEDNESDAY WORKOUT	Wednesday	3.00-4.00pm.	All levels	Pam	Term 1: Oct 6 – Dec 1 inc. (9 weeks) Term 2: Feb 2 – Mar 30 inc. (9 weeks)	£18 £18	£27 £27
PILATES FITNESS	Friday	1.00-2.00pm.	All levels	Pam	Term 1: Oct 8 – Dec 3 inc. (9 weeks) Term 2 : Feb 4 – Mar 25 inc. (8 weeks)	£18 £16	£27 £24
YOGA	Tuesday	6.00-7.00pm.	Hatha Fusion Yoga	Julie R.	Term 1: Oct 5 – Nov 30 inc. (9 weeks) Term 2/3 : Feb 1 – Mar 29 inc. (9 weeks)	£18 £18	£27 £27
	Wednesday	4.00-5.00pm.	Hatha	Paul	Term 1: Oct 6 – Dec 1 inc. (9 weeks) Term 2/3: Feb 2 – Mar 30 and May 4,11 (11 weeks)	£18 £22	£27 £33

University Park and Jubilee Non Enrolment “Drop in” Classes (Just turn up!)

Autumn Term Classes start week beginning September 27th (Term times only)

Spring Term classes start week beginning January 24th at University Park and
January 10th at Jubilee.

Summer term classes begin week beginning May 2nd *

*no classes on Bank Holiday Monday 2nd May

Non enrolment classes are not restricted in numbers. For these classes just turn up and take part! The classes are FREE for all members and £5.00 for non-members. The sports centre at University Park is used for examinations and therefore classes will not take place at these times. Please remember that a clean pair of aerobics shoes or trainers is essential for each class. Anyone with dirty shoes may be asked to leave the hall.

DAY	TIME	CLASS	VENUE
MONDAY	4.0-4.45pm.	Introduction to Physical training	University Park
	5.00-6.00pm.	Circuit training	University Park
	6.00-7.00pm.	Aerobics	Jubilee Campus
	6.15-7.15pm.	Military Circuit training	University Park
TUESDAY	5.00-6.00pm.	Aerobics	University Park
	6.00-7.00pm.	Circuit Training	Jubilee Campus
THURSDAY	12.30-1.30pm.	Circuit Training	Jubilee Campus
	6.00-7.00pm.	Aerobics	University Park

Additional classes including spinning, body sculpt and Stomp are available at the Fitness Centre for details ring 951 67533

Class descriptions

Monday/Tuesday Aerobics Exercise with the masses in a fun yet challenging hi/lo impact full body workout! It's really good – come along and give it a go!

Thursday Aerobics A fun invigorating class with easy to follow routines including some cardio kick, cardiovascular and toning exercises.

Aerotone A combination of cardio work and toning using hand weights that will invigorate and burn fat like no other class!

Body Blitz Workout – an excellent way to improve strength, mobility and stamina. It is easy to follow - a great workout and great for targeting fat!

Boxercise – The world's most popular boxing fitness session. Boxercise will get you in top condition and help you de-stress, with combinations of pad work, skipping and bodyweight circuits.

Introduction to Physical training - aimed at students and staff keen to get fitter by following a progressive program of preliminary circuits-based exercises with a relaxed approach. If you are nervous or don't feel ready to join the 5pm Circuits class, then this course is for you. You are advised to wear loose clothing (e.g. tracksuit bottoms and t-shirt) and trainers.

Mixed Ability Circuit Training Multi station muscular endurance circuit finishing with shuttle runs you can push yourself as hard as you like.

Military Circuits - aimed at students and staff serious about physical fitness training. Featuring circuits-based exercises delivered with a no nonsense approach, whereby maximum effort, determination and mental toughness is essential. Expect to be encouraged and pushed to your limit. Not for the faint-hearted! Particularly useful for anybody aspiring to join the Armed Forces.

Pilates A gentle mind body approach to exercise aiming to create muscle balance, promote core stability and maintain mobility in the joints

Fitness Pilates – toning class targeting abdominals, arms, bottom, legs and back incorporating Pilates principles. Suitable for all fitness levels

Salsa Get fit the fun way! Latin American dancing from basic steps to full routines. Improvers course assumes you know some basic steps

Urban Funk Hip Hop, Street and Jazz moves blended into smooth choreography, excellent form of cardiovascular training.

Wednesday workout – Fun packed total body workout with 20 minutes aerobic element to burn calories and promote fitness, followed with body toning for the arms, abdominals legs and bum Everyone welcome, you can make it as challenging as you want.

Hatha Yoga A gentle paced class that will increase your flexibility and strength, ease tension from the body and improve breath awareness

Hatha Fusion Yoga A rounded flowing practice of postures slightly faster than Hatha suitable for all levels. Each session will include breathing practices, physical posture work and relaxation to leave you feeling rejuvenated and energised.

Vinyasa Yoga – A moderately dynamic flowing yoga class, suitable for beginners and improvers where movements are matched to the breath. Enjoy the physical and mental health benefits of key yoga postures and feel relaxed yet rejuvenated after the class.

Zumba – The fastest growing dance / aerobic craze around! A fusion of Latin and International dance moves that creates a dynamic, exciting, and effective fitness system. This class provides a non-intimidating opportunity for non dancers and new exercisers to take part. At the same time dancers and long time exercisers thoroughly enjoy the change of pace, exercising in a healthy, fun party like environment.