

Fitness Classes Timetable

Spend time **relaxing** in **Grange Leisure coffee shop** for **lunch, snacks** and **drinks**

Monday

Rehab Circuits

9.00am – 10.00am

This class is suited to anyone recovering from injury, illness or just wanting low impact. There is a mixture of different exercises including, skipping, jumping on the trampette, step ups and much more.

Young at Heart

9:00am – 3:00pm

Gym

BodyATTACK™ *

10:00am – 11:00am

A whole body workout that burns calories while toning and shaping. You'll build stamina and our sports-inspired moves will improve your coordination and agility.

BodyBalance™ *

11:00am – 12:00pm

A motivating blend of Yoga with Tai Chi and Pilates. Improve your flexibility and increase core strength while you reduce your stress levels.

Children Age 14+

Junior Gym

4.00pm – 5.00pm

A supervised gym session for 10–15 yr olds, to improve fitness and strength.

HIIT™ * Strength

6.00pm – 6.30pm

BodyATTACK™ *

6.30pm – 7.30pm

BodyBalance™ *

7.30pm – 8.30pm

As 11.00am class.

Children Age 14+

Tuesday

Yoga

8.30am – 9.30am

Find your inner peace with our yoga sessions. Helping you to improve your health, relieve stress, improve your posture, lose weight and increase your energy.

Body Box

9.30am – 10.30am

An all over body workout, using both high impact moves, to tone and strengthen your body, including stretching/toning and cardiovascular workouts.

Young at Heart

9:00am – 3:00pm

Gym and Badminton

Low Impact Fitness

11.00am – 12.00pm

A great class for those easing back into exercise or after an injury at a reasonable fat burn pace.

Walking Football

2.00pm – 3.00pm

Walking football for over 50s is a great session for anyone who still loves to play, but at a slower yet challenging rate.

Body Blitz

6.00pm – 6.45pm

A fun all over body workout, focussing on strength, endurance and fitness conditioning to help develop a strong toned physique.

*The perfect programme for your fitness goals run in association with

LES MILLS

Sometimes an instructor may be poorly or there may be unavoidable circumstances which mean we have to cancel a class or close the centre. When this happens, we will do our very best to let you know with as much notice as possible.

Fitness classes are **FREE** to gym passholders**

Gym Opening Times:

Monday – Friday: 7.30am – 10.00pm

Saturday & Sunday: 8.30am – 10.00pm

Prices start from **£3** please see the website for up to date information:

Wednesday

Young at Heart

9:00am – 3:00pm

Gym

Zumba

9.15am – 10.15am

Party yourself into shape. An exhilarating, effective, easy-to-follow, Latin – inspired, calorie – burning dance workout.

Walking Club

11.45am – 1.30pm

Walking your way to fitness at your own pace around some local routes with our fitness instructor Anne. Then when you have finished your walk its back to the centre for tea and biscuits.

Junior Gym

4.00pm – 5.00pm

As Monday

Metafit

6:00pm – 6:30pm

Metafit is a high-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete. Designed by a former marine, this is a class you can be sure to push your limits in. **Age 14+**

Pilates

6:35pm – 7:15pm

Strengthen your core and improve your posture and flexibility.

The Pilates technique focuses on strengthening the centre by relearning the mind and body to recruit core muscles. Basic Pilates involves finding and maintaining the neutral position during standing, prone and supine positions.

Increase muscular balance and strength, improve clients posture and improve core and back strength.

Zumba

7.30pm – 8.15pm

As 9.15 but 45mins long

Thursday

Young at Heart

9:00am – 3:00pm

Gym

Aerobics

11.00am – 12.00pm

Les Mills Body Pump*

6:00pm – 6:45pm

Fitness Pilates

6:15pm – 7:00pm

Focusing on a functional approach to traditional Pilates. Fitness Pilates will not only help improve your breathing concentration, balance and control but more functional flowing movements to help improve all over body muscular strength, joint mobility, flexibility, core stability and posture.

Bounce Dance Fit

7:15pm – 8:15pm

The perfect combination of fitness and dance that creates a fun workout environment that will leave you wanting more! This addictive class was created so that it is easy enough for everyone to follow, no matter your experience, age, ability or fitness level!

Friday

Young at Heart

9:00am – 3:00pm

Gym - As Monday

Bodybalance™ *

9:30am – 10:30am

Gym Age 14+

Walking Netball

11:00am – 12:00pm

Walking Netball is a slowed down version of the game, designed for all ages and abilities in a fun, relaxed supportive and friendly environment.

Soccer Skillz with Aaron Webb

3:15pm – 4:00pm

Get football fit and learn new skills with our fully qualified FA football coaches.

Saturday

Powerhoop

9:00am – 9:45am

Lifts the spirits, improves posture, eats up calories, helps to trim the waist and firm the thighs.

Les Mills Body Pump*

9:15am – 10:00am

This full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health. This program is based on THE REP EFFECT, a proven formula that exhausts muscles using light weights, while performing high repetitions – this is the secret to developing lean, athletic muscle.

Zumba

10:00am – 11:00am

As Wednesday

Junior Gym

10:00am – 11:00am

As Monday

HIPHOP ALL STYLEZ with Banksy

11:00am – 12:00pm

Breakdance & Street Dance sessions **Ages 7+**. Term time only.

Sunday

Metafit

9:30am – 10:00am

Back to Netball

10:00am – 11:00am

Taking part in Back to Netball is great for you in so many ways. The benefits include losing weight, developing the body's cardiovascular system and improving muscle tone. Sessions cover the basics including passing, footwork and shooting.

Intensity Chart:

High Medium Low

** excluding student membership holders

To book a class or join call: **(01793) 825525**
www.strattonstmargaret.gov.uk