

Fitness Classes Timetable

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

Monday	Tuesday
<p>Rehab Circuits 9.00am – 10.00am</p> <p>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.</p>	<p>Yoga 8.30am – 9.30am</p> <p>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.</p>
<p>Young at Heart 9:00am – 3:00pm</p> <p>Gym</p>	<p>Young at Heart 9:00am – 3:00pm</p> <p>Gym</p>
<p>BodyATTACK™ * 10:00am – 11:00am</p> <p>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.</p>	<p>Badminton 9.30am – 11.00am</p>
<p>BodyBalance™ * 11:00am – 12:00pm</p> <p>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+</p>	<p>Body Box 9.30am – 10.30am</p> <p>Sam Walker An all over body workout, using both high impact moves, to tone and strengthen your body, including stretching/toning and cardiovascular workouts.</p>
<p>Junior Gym 4.00pm – 5.00pm</p> <p>A supervised gym session for 10–15 yr olds, to improve fitness and strength.</p>	<p>Low Impact Fitness 11.00am – 12.00pm</p> <p>A great class for those easing back into exercise or after an injury at a reasonable fat burn pace.</p>
<p>HIIT 6.00pm – 6.30pm</p> <p>A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.</p>	<p>Walking Football 2.00pm – 3.00pm</p> <p>Walking football for over 50s is a great session for anyone who still loves to play, but at a slower yet challenging rate.</p>
<p>Body Attack 6.30pm – 7.30pm</p> <p>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.</p>	<p>Body Blitz 6.00pm – 6.45pm</p> <p>A fun all over body workout, focussing on strength, endurance and fitness conditioning to help develop a strong toned physique.</p>

Intensity Chart:

High Medium Low

** excluding student membership holders

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

*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	Thursday
<p>Young at Heart 9:00am – 3:00pm</p> <p>Gym</p>	<p>Young at Heart 9:00am – 3:00pm</p> <p>Gym</p>
<p>Zumba 9.15am – 10.15am</p> <p>Party yourself into shape. An exhilarating, effective, easy-to-follow, Latin – inspired, calorie – burning dance workout.</p>	<p>Badminton 9:30am – 11:00am</p>
<p>Walking Club 11.45am – 1.30pm</p> <p>Walking your way to fitness at your own pace around some local routes with our fitness instructor Anne. Then when you finish its back to the centre for tea and biscuits.</p>	<p>Low Impact Fitness 11.00am – 12.00pm</p> <p>A great class for those easing back into exercise or after an injury at a reasonable fat burn pace.</p>
<p>Junior Gym 4.00pm – 5.00pm</p> <p>As Monday</p>	<p>Les Mills Body Pump* 6:00pm – 6:45pm</p>
<p>Metafit 6:00pm – 6:30pm</p> <p>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+</p>	<p>Fitness Pilates 6:15pm – 7:00pm</p> <p>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.</p>
<p>Pilates 6:35pm – 7:15pm</p> <p>Strengthen your core and improve your posture and flexibility.</p> <p>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.</p> <p>Increase muscular balance and strength, improve clients posture and improve core and back strength.</p>	<p>Bounce Dance Fit 7:15pm – 8:15pm</p> <p>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!</p>
<p>Zumba 7.30pm – 8.15pm</p> <p>As 9.15 but 45mins long</p>	

Friday
<p>Bodybalance™ * 8:45am – 9:45am</p> <p>Gym Age 14+</p>
<p>Young at Heart 9:00am – 3:00pm</p> <p>Gym</p>
<p>Walking Netball 11:00am – 12:00pm</p> <p>Walking Netball is a slowed down version of the game, designed for all ages and abilities in a fun, relaxed supportive and friendly environment.</p>

Saturday
<p>Les Mills Body Pump* 9:00am – 10:00am</p> <p>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.</p>
<p>Powerhoop 9:00am – 9:45am</p> <p>Lifts the spirits, improves posture, eats up calories, helps to trim the waist and firm the thighs.</p>
<p>Junior Gym 10:00am – 11:00am</p> <p>As Monday</p>
<p>Zumba 10:00am – 11:00am</p> <p>As Wednesday</p>
<p>HIPHOP ALL STYLEZ with Banksy 11:00am – 12:00pm</p> <p>Breakdance & Street Dance sessions Ages 7+. Term time only.</p>

Sunday
<p>Metafit 9:30am – 10:00am</p>
<p>Walking Football 10:00am – 11:00am</p> <p>Walking Football Pay & Play.</p> <p>Targeted towards 50 plus, but open to anyone who still loves to play the game at a slower rate.</p>