



# EASTER GROUP FITNESS TIMETABLE

Easter Holidays 2025

Saturday 19th	Sunday 20th	Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Saturday 26th
8:30am <b>BODYPUMP</b> 60 MINS (S1)	9:15am <b>BODYPUMP</b> 60 MINS (S1)	9:30am <b>AQUA</b> 60 MINS (IP)	6:00am <b>BODYSTEP</b> 45 MINS (S1)	9:30am <b>ZUMBA</b> 60 MINS (S1)	6:00am <b>BODYPUMP</b> 45 MINS (S1)	8:30am <b>BODYPUMP</b> 60 MINS (S1)
9:30am <b>BODY COMBAT</b> 60 MINS (S1)	9:30am <b>AQUA</b> 60 MINS (IP)	9:30am <b>AEROBICS</b> 60 MINS (S1)	9:05am <b>BODYPUMP</b> 60 MINS (S1)	9:30am <b>AQUA</b> 60 MINS (IP)	9:30am <b>AEROBICS</b> 60 MINS (S1)	9:30am <b>BODY COMBAT</b> 60 MINS (S1)
9:30am <b>AQUA</b> 60 MINS (IP)	10:30am <b>YOGA</b> 60 MINS (S1)	10:45am <b>FUNCTIONAL</b> 45 MINS (S1)	9:30am <b>AQUA</b> 60 MINS (IP)	10:45am <b>ABS, BUTT &amp; THIGHS</b> 45 MINS (S1)	9:30am <b>AQUA HIIT</b> 60 MINS (IP)	9:30am <b>AQUA</b> 60 MINS (IP)
			10:30am <b>YOGA</b> 60 MINS (S1)	1:30pm <b>YOUNG AT HEART</b> 45 MINS (S1)	10:30am <b>YOGA</b> 60 MINS (S1)	10:45pm <b>FUNCTIONAL</b> 45 MINS (S1)
			5:00pm <b>FUNCTIONAL</b> 45 MINS (S1)	5:30pm <b>BODYPUMP EXPRESS</b> 30 MINS (S1)	5:30pm <b>BODYSTEP</b> 45 MINS (S1)	
			6:00pm <b>BODY COMBAT</b> 60 MINS (S1)	6:00pm <b>RPM</b> 45 MINS (S2)	6:30pm <b>BODYPUMP</b> 60 MINS (S1)	
			7:00pm <b>AQUA DEEP</b> 45 MINS (IP)	6:00pm <b>MOBILITY &amp; STRETCH</b> 45 MINS (S1)	5:30pm <b>AQUA DEEP</b> 45 MINS (IP)	
			7:00pm <b>YOGA</b> 60 MINS (S1)	7:00pm <b>ZUMBA</b> 60 MINS (S1)		
				7:00pm <b>AQUA</b> 60 MINS (IP)		

## Please Note:

There are no classes on Friday  
18th & Friday 25th April.

S1: STUDIO 1  
S2: STUDIO 2  
IP: INDOOR POOL  
OP: OUTDOOR POOL  
(SUBJECT TO WEATHER)



# CLASS DESCRIPTIONS

<b>ABBS, BUTT AND THIGHS</b>	A targeted workout focused on strengthening and toning the core, glutes, and thighs for a powerful lower body and core.
<b>AEROBICS</b>	Choreographed exercises to music offering a total-body workout.
<b>AQUA</b>	Moderate intensity workout, suitable for all levels and ages. Uses water resistance to increase strength, endurance and flexibility.
<b>AQUA DEEP</b>	A water-based exercise class held in the deep end of the pool, designed to strengthen core muscles. Floatation belt provided.
<b>AQUA HIIT</b>	High intensity interval training Aqua class, incorporating training and cardio exercises, suitable for all fitness levels.
<b>BODY COMBAT</b>	Aerobic training programming that combines energetic moves and stances developed from self-defence disciplines.
<b>BODYPUMP</b>	A group barbell program that challenges every major muscle in your body.
<b>BOXING</b>	A boxing fitness class using heavy bags or pads, combined with a toing cardio workout – great for all levels of fitness.
<b>CHAIR YOGA</b>	A gentle, seated practice designed to improve flexibility, strength, and relaxation, ideal for those with injuries or health concerns.
<b>FUNCTIONAL TRAINING</b>	Train your body with everyday life and multi-joint movements.
<b>MOBILITY &amp; STRETCH</b>	Static and dynamic stretching to improve your flexibility and stability.
<b>ON THE BALL</b>	A fitball training class that works core muscles, including the abdominals, back, butt and thighs.
<b>RPM</b>	Indoor cycle class based on outdoor riding.
<b>YOGA</b>	A mindful practice combining breath, movement, and balance to improve strength, flexibility, and relaxation.
<b>YOUNG AT HEART</b>	For over 50's, this features low impact exercise with a focus on fun and socialising through fitness.
<b>ZUMBA</b>	Sweat it out with this no-work workout featuring fun dance moves.