

Book classes up to 7 days in advance online, at reception or call 020 8398 7108. Please contact reception to request online login details.

## CLASS DESCRIPTIONS

**Aqua** A pool-based exercise class to improve your fitness, burn fat and tone. Some classes will be **deep water** based. **Aqua Mix** -with added variety to make you work harder with a range of equipment and more challenging exercises. **HIIT Aqua** - incorporates intensive exercises to challenge your heartbeat and improve fitness.

**Back Care** Strengthen your back and prevent injuries with a set of slow and controlled exercises. Please see Rodney in the gym prior to booking to ensure this class is suitable for you.

**Barre Concept** Incorporates precision moves with ballet technique. This low-impact, total body workout lifts the bum, tones thighs, flattens abs and sculpts arms whilst protecting joints, giving a longer, leaner look.

**Body Pump** The ultimate workout that challenges your major muscle groups by using the best weight-room exercises including squats, presses, lifts and curls. Great music and the results you came for... and fast! Please turn up 5 minutes before the start of the class to allow time to set up your equipment.

**Boxing Circuits** A class that will cover aspects of boxing drills, circuit exercises to improve overall stamina, fitness and strength. Please purchase your cotton glove inners from reception before attending a Boxing Circuits class for hygiene reasons.

**Club Active** Suitable for both men and women, this session offers a variety of classes and activities for our those new to exercise or those looking for more gentle exercise.

**Fitness Pilates** is a modern group fitness class created for our members who have not been diagnosed with injuries. FP utilises all of the principles and includes many of the mat work exercises in traditional Pilates but offers modifications to provide a controlled body conditioning class.

**Group Cycle** Please turn up 5 minutes before the start of the class to allow time to set up your bike. The ultimate low-impact workout to burn fat fast & improve your fitness level - group cycling in a variety of styles:

**Endurance:** Long endurance tracks will help to improve your stamina, strength & cycling endurance.

**Groove:** Great music, fun atmosphere - you'll forget you're working hard!

**HIIT:** High Intensity Interval Training - these Group Cycle classes are short & tough to help you improve your sprint training & burn calories fast!

**Insanity LIVE!™** A cardio class based on max interval training which will push you past your limits. Athletic/plyometric drills are mixed with intervals of strength, power, resistance and core training. No equipment or weights needed. You don't have to be in extreme shape as levels for each exercise are provided. Time to dig deep!

**Functional Training** A high intensity strength & conditioning class which will improve joint mobility & stability. A 30-minute induction **must** be completed & passed prior to booking this class - book with the Gym Team.

**Gym Core** Short, intense classes held in the gym, to strengthen and flatten abdominal and back muscles.

**Konga** A wild mash-up of boxing, rock & disco music. A fun class to take part in and burn the calories!

## Outdoor Circuit

A mix of running/power walking, plyometric moves and resistance work using bands/kettle bells/sandbags/slam balls etc. A great all round class in the summer sunshine!

## Pilates Courses £

**Beg/Rehab** Correct posture/injuries whilst focusing on core stability. Gentle, effective & suitable for all. Benefits include longer leaner muscles, core strength, injury prevention and relief from stress and back pain.

**Int/Sports** Must have a solid grounding in Pilates. Work to improve sports/fitness performance whilst focusing on strength, flexibility and endurance.

**Suspension Training /Circuit** As well as working on your cardio fitness, you will use a system of straps, buckles and grips to work against your own body weight to build strength, balance, flexibility, endurance and core stability. Suspension Training classes are run in smaller groups and focus on strap work only **NB. You must have a suspension gym induction before attending either of these classes. Please book at reception.**

**Swim Fit** Improve your swimming technique & stamina using swimming drills to work all muscle groups and increase your fitness levels.

**Total Body Tone** A tough workout strengthening and conditioning the whole body to get results quickly. A low impact class focusing on those stubborn areas using a variety of equipment for more challenge nd added resistance.

**Yoga** These classes have a unifying effect on mind, body and spirit, fostering health and harmony. We offer several types of yoga.

**Gentle Flow Vinyasa Yoga:** A perfect class for beginners with traditional poses and relaxation.

**Flow Vinyasa Yoga:** Emphasis on breathing and relaxation.

**Iyengar Yoga:** Emphasis on alignment and posture.

**Warm Vinyasa Yoga:** Strong precision moves starting in a warm room. Not suitable for beginners.

**Iyengar Flow Yoga:** Classical poses, with a focus on correct alignment, which is practised dynamically.

**Hatha Yoga:** Emphasis on achieving balance between body & mind through poses and breathing.

**Zumba** A dance-style class with Latin rhythms and easy-to-follow moves to create a fun, dynamic workout.

## LEVELS

**Level 1** Suitable for members looking for fun & enjoyable starter activities. Great classes if you are new, returning to exercise, have injuries or a GP referral.

**Level 2** Suitable for those who have been attending group exercise classes regularly and want to maintain their fitness levels.

**Level 3** High intensity, challenging classes for maximum results! A good level of fitness & mobility is required. Not suitable for those with any injuries.

£ Pilates is a payable activity (courses)

## CLASS ETIQUETTE & CANCELLATION POLICY

Please be on time for all classes. If you are more than 5 minutes late, you will not be able to attend the class. Due to high demand, and to allow us to operate waiting lists effectively, a **minimum 12 hours' cancellation notice is required.**

# STUDIO TIMETABLE

24<sup>th</sup> July - 3<sup>rd</sup> September



  
**COLETS**  
HEALTH & FITNESS

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**MONDAY**

06:35-07:20	Suspension Circuit*	3	Rodney
09:30-10:15	Group Cycle - Groove*	1-2	Kathy/Stefan
09:45-10:30	Aqua Mix*	1-2	Tracey
09:30-10:30	Total Body Tone	2-3	Caroline
10:30-11:30	Barre Concept	1-2	Vanessa
11:30-12:00	Functional Training	2-3	Brandon
11:35-12:15	Back Care	1-2	Rodney
12:30-13:00	Gym Core*	1-2	James
12:30-13:15	Suspension Circuit	2-3	Rodney
13:00-13:30	Functional Training	2-3	James
18:15-19:10	Barre Concept	1-2	Rebecca
18:30-19:20	Outdoor Circuit	2-3	James/Stefan
18:30-19:15	Aqua	1-2	Mara
18:30-19:00	Gym Core	1-2	Lynne
19:10-20:00	Group Cycle Endurance	2-3	Stefan
19:15-20:10	Konga	1-2	Lilly
20:00-20:45	Swim Fit	1-3	Chris
20:15-21:30	Gentle Flow Vinyasa Yoga	1-2	Julia

**TUESDAY**

06:45-07:15	Functional Training	2-3	Brandon
09:00-09:55	Zumba*	1-2	Hannah
09:20-09:50	Group Cycle - HIIT*	3	Brandon
09:45-10:30	Deep Water Aqua*	1-2	Dorata
09:45-11:00	Flow Vinyasa Yoga*	1-2	Rebecca
10:00-10:30	Gym Core*	1-2	Emma
10:00-11:00	Body Pump	2-3	Brandon
11:30-12:00	Functional Training	2-3	Brandon
12:35-13:15	Fitness Pilates*	2-3	Caroline
14:00-14:45	Club Active (until 8th Aug only)	1-2	Poppy
18:30-19:30	Body Pump	2-3	Shelly
18:45-19:15	Group Cycle - HIIT	3	Stefan
18:45-19:30	Aqua Mix	1-3	Tracey
19:00-19:30	Gym Core	1-2	Rob
19:30-20:00	Functional Training	2-3	Katie
19:35-20:30	Total Body Tone	1-3	Shelly
19:30-20:30	Fitness Pilates	1-3	Stefan
20:00-20:30	Functional Training	2-3	Rob

# SUMMER 2017 STUDIO TIMETABLE

**WEDNESDAY**

06:35-07:20	Boxing Circuits*	2-3	Harriet
08:15-08:45	Functional Training	2-3	Chris
09:30-10:30	Barre Concept*	2-3	Paola
09:30-10:20	Outdoor Circuit	2-3	Caroline/Harriet
09:45-10:30	Aqua Mix*	1-2	Tracey
10:30-11:30	Fitness Pilates*	2-3	Caroline/Harriet
10:45-12:00	Iyengar Yoga*	2-3	Sharon
12:30-13:15	Fitness Pilates*	1-2	Chris
18:30-19:00	Functional Training	2-3	James
18:30-19:20	Konga	1-3	Lilly
19:30-20:20	Insanity LIVE!™	2-3	James
19:30-20:45	Warm Vinyasa Yoga	2-3	Delia

**THURSDAY**

06:35-07:20	Body Pump	2-3	Haley
06:35-07:20	Swim Fit*	1-2	Chris
06:35-07:15	Outdoor Circuit	2-3	Katie
09:10-09:55	Barre Concept*	1-2	Vanessa
09:15-10:00	Group Cycle - Groove	1-2	Kathy/Haley
09:45-10:30	Deep Water Aqua*	1-3	Dorata
10:00-10:30	Gym Core*	1-3	Brandon
10:10-11:25	Iyengar Yoga*	2-3	Sharon
10:05-10:50	Total Body Tone	2-3	Haley
11:30-12:15	Fitness Pilates*	1-2	Haley
12:30-13:20	Outdoor Circuit	2-3	James
13:45-14:30	Club Active (until 10th Aug only)	1-2	Haley
18:15-19:00	HIIT Aqua	1-3	Jo
18:30-19:00	Group Cycle - HIIT	3	Harriet
18:30-19:15	Fitness Pilates	1-2	Rodney
19:20-20:20	Body Pump	2-3	Harriet
19:30-20:45	Iyengar Flow Yoga	1-2	Yolanda

**FRIDAY**

06:40-07:10	Group Cycle - HIIT*	3	Haley
09:00-09:30	Functional Training	2-3	Harriet
09:30-10:20	Group Cycle - Endurance	2-3	Stefan
09:30-10:30	Body Pump	2-3	Haley
10:45-11:30	Fitness Pilates	1-3	Haley
11:30-12:00	Functional Training	2-3	Harriet
11:40-12:20	Post Natal Workshop <i>See Studio notice board for details</i>		
11:30-12:40	Gentle Flow Vinyasa Yoga*	1-2	Julia
18:30-19:00	Gym Core	1-3	Ross

**SATURDAY**

09:00-09:30	Gym Core*	1-3	Emma
09:00-09:45	Outdoor Circuit	2-3	Brandon/Katie
09:00-09:55	Fitness Pilates*	2-3	Caroline/Sam
09:10-09:55	Konga*	1-2	Lilly
09:30-10:15	Group Cycle - Groove*	1-2	Kathy
10:00-10:50	Insanity LIVE!™	2-3	Caroline/Emma
10:15-11:30	Warm Precision Vinyasa Yoga	2-3	Delia
11:00-11:45	Total Body Tone	2-3	Caroline/Emma
17:00-17:30	Gym Core*	1-3	Dan/Cameron

**SUNDAY**

09:00-09:30	Gym Core*	1-2	Cameron
09:00-10:15	Hatha Yoga*	1-2	Rebecca
09:30-10:20	Group Cycle - Endurance*	2-3	Harriet/Steph
09:30-10:25	Zumba*	1-2	Mara
10:30-11:30	Barre Concept*	1-2	Mariam
10:30-11:30	Body Pump	2-3	Harriet/Steph
17:00-17:45	Boxing Circuits*	1-3	Brandon/Rob

\*Subject to availability, these classes may be booked by junior members (14+).

**Please note:** due to staff holidays, classes may not be taught by the instructors as listed above. Please check with reception for more details.