

STUDIO TIMETABLE

2019



CLASS ETIQUETTE & CANCELLATION POLICY

- Book up to 7 days in advance online or via Reception.
- Please arrive 5 minutes before for all classes, and check-in at Reception. If you are late, you will not be able to participate.
- Body Pump, Strong Not Skinny & all Group Cycle classes require ample time to set up your equipment before the class.
- An induction must be completed prior to booking any Suspension or Functional Training class. You can book inductions at Reception or with a member of the Gym Team.
- Cancellations require a minimum of 2 hours notice. This allows us to offer the place to someone else. Cancellation charges or booking suspensions may apply for repeat late cancellations or 'no shows'.
- Please complete the cool down at the end of each class.
- Please wipe and put away any equipment you have used.

THANK YOU FOR YOUR UNDERSTANDING & CO-OPERATION.

Caroline Taylor

(Fitness & Wellbeing Manager)

CLASS DESCRIPTIONS

AQUA A pool-based class to improve fitness, burn fat and tone muscles. Some classes will be deep water based.

MIX - Uses a variety of equipment and challenging exercises to make you work harder.

HIIT - Incorporates intensive cardio exercises to test you 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 bums, 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 using squats, presses, lifts and curls. Great music & fast results! Express classes are for 45 minutes.

BOXING CIRCUITS Based on boxing concepts, this is fun, challenging & suitable for all fitness levels. Each session includes shadow-boxing, skipping, sparring and pad work, press-ups, shuttle-runs and sit-ups.

CIRCUITS Improves fitness, strength & flexibility. Suitable for all levels.

CLUB ACTIVE This offers a variety of classes and activities that are aimed at those new/returning to exercise or looking for more gentle classes.

CORE CONDITIONING Classes held in Studio 1, aimed at strengthening and flattening abdominal and back muscles.

FITNESS PILATES Utilises all Pilates principles, including mat-work exercises from traditional Pilates but offers modifications to provide a controlled body conditioning class. **NOT suitable for those with injuries.**

FUNCTIONAL TRAINING An intense strength & conditioning class which will improve joint mobility & stability using a variety of different circuits to put you through your paces over half an hour.

GYM CORE Short, intense classes held in the gym, to strengthen and flatten abdominal and back muscles.

GROUP CYCLE The ultimate low-impact workout to burn fat fast & improve your fitness. Group cycling has a variety of styles:

COACH BY COLOUR - Power-based, using your FTP and accurate zonal training to improve your experience and performance.

HIIT - High Intensity Interval Training - a short but tough class!

INSANITY LIVE!™ A cardio class based on max. interval training that will push you past your limits. Athletic/plyometric drills mixed with intervals of strength, power, resistance and core training. You don't have to be in extreme shape as levels for each exercise are provided. Time to dig deep!

KONGA A wild mash-up of boxing with rock & disco music. Fun & funky!

PILATES Classes focus on developing core strength, flexibility, balance and stamina. Students learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core. Various equipment - bands, foam rollers, rings, light weights, and balls - is incorporated to enhance and intensify the workout.

LEVELS:

1 - **BEGINNER OR RECOVERING FROM INJURY**

2 - **IMPROVER:** attended Pilates before; good understanding of Pilates practices

3 - **INTERMEDIATE:** regularly attends 1-2 Pilates classes a week

POST NATAL CONDITIONING Weekly class focussing on breathing, posture & stretching for new mums. See poster for more details.

SIT & GET FIT A chair-based fitness class that will use bands and weights to improve strength, flexibility, coordination and mobility.

STRONG NOT SKINNY A fun and effective conditioning class using free weights to tone and strengthen your body into the shape you have always wanted. Learn strong & effective conditioning moves and notice a difference in how your body looks and feels.

SUSPENSION CIRCUIT As well as working on 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.

SWIM FIT Improve your swimming technique & stamina using swimming drills to work all muscle groups and increase your fitness levels.

TOTAL BODY WORKOUT A tough, low-impact workout, strengthening and conditioning the whole body, particularly those stubborn areas.

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

DYNAMIC YOGA - By combining breathing techniques with postures, the focus is on activating specific energy lines in the body to enhance physical and mental strength - excellent for energising and stress relief.

GENTLE FLOW VINYASA - A perfect class for beginners with traditional poses and relaxation.

IYENGAR - Emphasis on alignment and posture.

IYENGAR FLOW - Classical poses, with a focus on correct alignment.

HATHA - Achieve balance between body & mind through poses and breathing.

POWER - Strong precision moves in a warm room. Not suitable for beginners.

YIN - A relaxing yoga class which focuses on long-held, passive floor poses, typically 3-5 minutes, that mainly work parts of the lower body. Suitable for almost all abilities.

ZUMBA A dance-style class with Latin rhythms and easy-to-follow moves to create a fun & dynamic workout.

MONDAY

06:35	SUSPENSION CIRCUIT*	3
07:20	FUNCTIONAL TRAINING	3
08:00	DYNAMIC YOGA	1-3
09:00	GYM CORE	1-3
09:15	KONGA*	1-3
09:30	GROUP CYCLE*	1-2
09:45	AQUA - MIX*	1-2
10:05	TOTAL BODY WORKOUT	2-3
10:30	BARRE CONCEPT	1-2
11:30	FUNCTIONAL TRAINING	3
11:35	BACK CARE	1-2
11:35	GROUP CYCLE COACH BY COLOUR	2-3
11:45	PILATES	2-3
12:30	CORE CONDITIONING*	1-2
13:15	FUNCTIONAL TRAINING	3
14:00	SIT & GET FIT	1-2

17:30	GROUP CYCLE*	1-3
18:15	BARRE CONCEPT	1-2
18:30	GYM CORE	1-2
18:30	SUSPENSION CIRCUIT	2-3
18:30	AQUA - MIX	1-2
19:15	KONGA	1-2
19:15	PILATES	1-2
19:30	GROUP CYCLE	1-3
20:00	SWIM FIT	1-3
20:15	PILATES	2-3
20:15	GENTLE FLOW VINYASA YOGA	1-2

TUESDAY

06:35	FITNESS PILATES	1-3
09:15	ZUMBA*	1-2
09:20	GROUP CYCLE HIIT*	3
09:30	FLOW VINYASA YOGA*	1-2
09:45	AQUA DEEP WATER*	1-2
10:00	GYM CORE*	1-2
10:05	BODY PUMP	2-3
11:30	FUNCTIONAL TRAINING	3
11:35	DYNAMIC YOGA	2-3
11:45	GROUP CYCLE*	1-3
12:35	PILATES*	2-3
13:00	FUNCTIONAL TRAINING	3
14:00	CLUB ACTIVE	1-2

18:30	BODY PUMP	2-3
18:45	AQUA - MIX	1-3
18:50	GROUP CYCLE HIIT	2-3
19:30	FUNCTIONAL TRAINING	3
19:30	GYM CORE	1-3
19:30	FITNESS PILATES	2-3
19:40	BOXING CIRCUITS	2-3

NEW

WEDNESDAY

06:35	CIRCUITS*	1-3
08:15	FUNCTIONAL TRAINING	3
09:00	FUNCTIONAL TRAINING	3
09:30	GROUP CYCLE COACH BY COLOUR*	1-3
09:30	SUSPENSION CIRCUITS	2-3
09:30	BARRE CONCEPT*	2-3
09:45	AQUA MIX*	1-2
10:30	PILATES*	2-3
10:45	IYENGAR YOGA*	2-3
11:30	PILATES*	1-2
12:30	BODY PUMP EXPRESS	1-2
12:30	PILATES	1-3
13:15	FUNCTIONAL TRAINING	3
13:30	DYNAMIC YOGA	1-3

17:30	STRONG NOT SKINNY*	1-3
18:00	FUNCTIONAL TRAINING	3
18:30	KONGA	1-3
18:30	PILATES	2-3
18:45	FUNCTIONAL TRAINING	3
19:30	INSANITY LIVE!™	2-3
19:30	DYNAMIC YOGA	2-3

THURSDAY

06:35	BODY PUMP EXPRESS	2-3
06:35	SWIM FIT*	1-2
06:40	FUNCTIONAL TRAINING	3
09:10	BARRE CONCEPT*	1-2
09:15	SUSPENSION CIRCUIT	2-3
09:15	GROUP CYCLE	1-2
09:45	AQUA DEEP WATER*	1-3
10:00	GYM CORE*	1-3
10:05	TOTAL BODY WORKOUT	2-3
10:10	IYENGAR YOGA*	2-3
11:10	AQUA - HIIT	1-2
11:30	FUNCTIONAL TRAINING	3
11:35	KONGA	1-3
11:35	PILATES*	1-2
12:15	SWIM FIT*	1-3
12:30	BACK CARE	1-2
12:30	SUSPENSION CIRCUITS	2-3
13:30	GENTLE YOGA*	1-2

18:30	GYM CORE	1-2
18:30	AQUA - HIIT	1-3
18:30	GROUP CYCLE	1-3
19:30	BODY PUMP	2-3
19:30	IYENGAR FLOW YOGA	1-2

FRIDAY

06:40	GROUP CYCLE HIIT*	3
08:30	FUNCTIONAL TRAINING	3
09:00	FUNCTIONAL TRAINING	3
09:30	GROUP CYCLE*	2-3
09:30	BARRE CONCEPT	1-2
09:30	BODY PUMP	2-3
10:30	PILATES*	2-3
10:35	ZUMBA*	1-3
11:30	FUNCTIONAL TRAINING	3
11:35	FITNESS PILATES*	1-3
11:35	GROUP CYCLE COACH BY COLOUR	1-3
11:35	GENTLE FLOW VINYASA YOGA*	1-2
12:35	BOXING CIRCUITS*	1-3
13:00	FUNCTIONAL TRAINING	3
13:00	POST-NATAL CONDITIONING	1-2
18:30	GYM CORE	1-3
18:30	YIN YOGA	1-3

NEW

SATURDAY

08:35	KONGA*	1-3
08:50	GYM CORE*	1-3
09:00	PILATES*	2-3
09:20	KONGA*	1-3
09:30	FUNCTIONAL TRAINING	3
09:30	GROUP CYCLE COACH BY COLOUR*	1-3
10:00	FUNCTIONAL TRAINING	3
10:05	INSANITY LIVE!™	2-3
10:15	DYNAMIC YOGA	2-3
11:00	TOTAL BODY WORKOUT*	2-3
17:00	GYM CORE*	1-3

SUNDAY

09:00	GYM CORE*	1-2
09:00	HATHA YOGA*	1-2
09:30	GROUP CYCLE*	2-3
09:30	BOXING CIRCUITS*	1-3
10:30	GYM CORE*	1-2
10:30	BODY PUMP	2-3
10:45	FLOW VINYASA YOGA*	1-3
17:00	CIRCUITS*	1-3
18:00	MONTHLY WORKSHOPS	
18:55	See studio notice board for details	

NEW

Ask Reception for the location of each class.
*Class may be booked by junior members (14+).

- Mind & Body
- High Intensity
- Dance
- Cycling
- Strength/Conditioning
- Pool
- Other

@COLETShealth

FOR THE LATEST
TIMETABLE, VISIT
OUR WEBSITE.

- LEVEL 1** Suitable as fun & enjoyable starter activities. Great classes if you are new or returning to exercise.
- LEVEL 2** Suitable for those attending group exercise classes regularly and wanting to maintain their fitness.
- LEVEL 3** Intense, challenging classes! A high level of fitness & mobility is required. Not suitable for those with injuries.

MONDAY

06:35-07:20	SUSPENSION CIRCUIT*	3	Rodney
07:30-08:00	FUNCTIONAL TRAINING	3	Tom
08:00-09:00	DYNAMIC YOGA	1-3	Delia
09:00-09:30	GYM CORE	1-3	TEAM
09:15-10:00	KONGA*	1-3	Lily
09:30-10:15	GROUP CYCLE*	1-2	Kathy
09:45-10:30	AQUA - MIX*	1-2	Tracey
10:05-11:00	TOTAL BODY WORKOUT	2-3	Caroline
10:30-11:30	BARRE CONCEPT	1-2	Vanessa
11:30-12:00	FUNCTIONAL TRAINING	3	TEAM
11:35-12:15	BACK CARE	1-2	Rodney
11:35-12:25	GROUP CYCLE - COACH BY COLOUR	2-3	Stefan
11:45-12:45	PILATES	2-3	Vanessa
12:30-13:10	CORE CONDITIONING*	1-2	James
13:15-13:45	FUNCTIONAL TRAINING	3	James
14:00-14:50	SIT & GET FIT	1-2	Lynne
17:30-18:15	GROUP CYCLE*	1-3	Caroline
18:15-19:10	BARRE CONCEPT	1-2	Vanessa
18:30-19:00	GYM CORE	1-2	TEAM
18:30-19:15	SUSPENSION CIRCUIT	2-3	James
18:30-19:15	AQUA - MIX	1-2	Mara
19:15-20:10	KONGA	1-2	Lily
19:15-20:10	PILATES	1-2	Caroline G
19:30-20:15	GROUP CYCLE	1-3	Jess
20:00-20:45	SWIM FIT	1-3	Chris
20:15-21:10	PILATES	2-3	Caroline G
20:15-21:30	GENTLE FLOW VINYASA YOGA	1-2	Julia

TUESDAY

06:35-07:20	FITNESS PILATES	1-3	Lynne
09:15-10:00	ZUMBA*	1-2	Gerda
09:20-09:50	GROUP CYCLE - HIIT*	3	Lily
09:30-10:45	FLOW VINYASA YOGA*	1-2	Rebecca
09:45-10:30	AQUA - DEEP WATER*	1-2	Dorota
10:00-10:30	GYM CORE*	1-2	TEAM
10:05-11:05	BODY PUMP	2-3	Katie
11:30-12:00	FUNCTIONAL TRAINING	3	Lily
11:35-12:35	DYNAMIC YOGA	2-3	Sarah
11:45-12:30	GROUP CYCLE*	1-3	Caroline
12:35-13:20	PILATES*	2-3	Caroline
13:00-13:30	FUNCTIONAL TRAINING	3	TEAM
14:00-14:45	CLUB ACTIVE	1-2	Poppy
18:30-19:25	BODY PUMP	2-3	Julia
18:45-19:30	AQUA - MIX	1-3	Arthur
18:50-19:20	GROUP CYCLE - HIIT	2-3	Tom
19:30-20:00	FUNCTIONAL TRAINING	3	Dan
19:30-20:00	GYM CORE	1-3	TEAM
19:30-20:30	FITNESS PILATES	2-3	Stefan
NEW 19:40-20:30	BOXING CIRCUITS	2-3	Tom

WEDNESDAY

06:35-07:20	CIRCUITS*	1-3	Tom
08:15-08:45	FUNCTIONAL TRAINING	3	Chris
09:00-09:30	FUNCTIONAL TRAINING	3	Chris
09:30-10:20	GROUP CYCLE - COACH BY COLOUR*	1-3	Sam
09:30-10:20	SUSPENSION CIRCUITS	2-3	Caroline
09:30-10:30	BARRE CONCEPT*	2-3	Rebecca H
09:45-10:30	AQUA MIX*	1-2	Tracey
10:30-11:25	PILATES*	2-3	Caroline
10:45-12:00	IYENGAR YOGA*	2-3	Sharon
11:30-12:25	PILATES*	1-2	Caroline
12:30-13:15	BODY PUMP EXPRESS	1-2	Katie
12:30-13:15	PILATES*	1-3	Chris
13:15-13:45	FUNCTIONAL TRAINING	3	Tom
13:30-14:45	DYNAMIC YOGA	1-3	Hala
17:30-18:15	STRONG NOT SKINNY*	1-3	Lily
18:00-18:30	FUNCTIONAL TRAINING	3	TEAM
18:30-19:20	KONGA	1-3	Lily
18:30-19:25	PILATES	2-3	Caroline
18:45-19:15	FUNCTIONAL TRAINING	3	James
19:30-20:20	INSANITY LIVE!™	2-3	James
19:30-20:45	DYNAMIC YOGA	2-3	Delia

THURSDAY

06:35-07:20	BODY PUMP EXPRESS	2-3	Haley
06:35-07:20	SWIM FIT*	1-2	Chris
06:40-07:10	FUNCTIONAL TRAINING	3	Katie
09:10-09:55	BARRE CONCEPT*	1-2	Vanessa
09:15-10:00	SUSPENSION CIRCUIT	2-3	Haley
09:15-10:00	GROUP CYCLE	1-2	Kathy
09:45-10:30	AQUA - DEEP WATER*	1-3	Dorota
10:00-10:30	GYM CORE*	1-3	Tom
10:05-11:00	TOTAL BODY WORKOUT	2-3	Haley
10:10-11:25	IYENGAR YOGA*	2-3	Sharon
11:10-11:45	AQUA - HIIT	1-2	Haley
11:30-12:00	FUNCTIONAL TRAINING	3	Tom
11:35-12:25	KONGA	1-3	Lily
11:35-12:30	PILATES*	1-2	Vanessa
12:15-13:00	SWIM FIT*	1-3	Kathy
12:30-13:15	BACK CARE	1-2	Rodney
12:30-13:15	SUSPENSION CIRCUITS	2-3	James
13:30-14:30	GENTLE YOGA*	1-2	Terri
18:30-19:00	GYM CORE	1-2	Ross
18:30-19:10	AQUA - HIIT	1-3	Arthur
18:30-19:15	GROUP CYCLE	1-3	Mike
19:30-20:30	BODY PUMP	2-3	Mike
19:30-20:45	IYENGAR FLOW YOGA	1-2	Yolanda

FRIDAY

06:40-07:10	GROUP CYCLE - HIIT*	3	Lily
08:30-09:00	FUNCTIONAL TRAINING	3	Lily
09:00-09:30	FUNCTIONAL TRAINING	3	Lily
09:30-10:20	GROUP CYCLE*	2-3	Sam
09:30-10:25	BARRE CONCEPT	1-2	Vanessa
09:30-10:30	BODY PUMP	2-3	Haley
10:30-11:30	PILATES*	2-3	Vanessa
10:35-11:30	ZUMBA*	1-3	Deimante
11:30-12:00	FUNCTIONAL TRAINING	3	Dan
11:35-12:20	FITNESS PILATES*	1-3	Haley
11:35-12:25	GROUP CYCLE - COACH BY COLOUR	1-3	Stefan
11:35-12:45	GENTLE FLOW VINYASA YOGA*	1-2	Julia
NEW 12:35-13:20	BOXING CIRCUITS*	1-3	Tom
13:00-13:30	FUNCTIONAL TRAINING	3	TEAM
13:00-13:45	POST-NATAL CONDITIONING	1-2	Haley
18:30-19:00	GYM CORE	1-3	TEAM
18:30-19:30	YIN YOGA	1-3	Sarah

SATURDAY

08:35-09:15	KONGA*	1-3	Lily
08:50-09:20	GYM CORE*	1-3	TEAM
09:00-10:00	PILATES*	2-3	Caroline
09:20-10:00	KONGA*	1-3	Lily
09:30-10:00	FUNCTIONAL TRAINING	3	Dan/Katie
09:30-10:15	GROUP CYCLE - COACH BY COLOUR*	1-3	Kathy
10:00-10:30	FUNCTIONAL TRAINING	3	Dan/Katie
10:05-10:55	INSANITY LIVE!™	2-3	Alice/Emma
10:15-11:30	DYNAMIC YOGA	2-3	Delia
11:00-11:45	TOTAL BODY WORKOUT*	2-3	Caroline
17:00-17:30	GYM CORE*	1-3	Cameron

SUNDAY

09:00-09:30	GYM CORE*	1-2	Cameron
09:00-10:15	HATHA YOGA*	1-2	Nicky
09:30-10:20	GROUP CYCLE*	2-3	Steph
NEW 09:30-10:20	BOXING CIRCUITS*	1-3	Tom
10:30-11:00	GYM CORE*	1-2	Cameron
10:30-11:30	BODY PUMP	2-3	Steph
10:45-11:45	FLOW VINYASA YOGA*	1-3	Terri
17:00-17:45	CIRCUITS*	1-3	Rob/Tom
18:00-18:55	MONTHLY WORKSHOPS See studio notice board for details		

LEVEL 1 Suitable as fun & enjoyable starter activities. Great classes if you are new or returning to exercise.
LEVEL 2 Suitable for those attending group exercise classes regularly and wanting to maintain their fitness.
LEVEL 3 Intense, challenging classes! A high level of fitness & mobility is required. Not suitable for those with injuries.

