

CLASS TIMETABLE

from 7th September 2020




COLETS
HEALTH & FITNESS

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CLASS ETIQUETTE & CANCELLATIONS

- Book up to 7 days in advance.
- 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 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.

H.I.I.T. - 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 (Gym Manager) 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.

CIRCUITS A great workout involving a series of exercises performed in rotation with minimal rest. Using different pieces kit, circuits is a tough but fun class for all levels. Great for getting fit for the ski season!

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.

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.

GYM STRETCH Take some time to go over stretches with our gym team. Perfect for those post-class or workout, or just wanting to limber up and focus more on their flexibility.

INSANITY High energy interval class using plyometric moves for cardio, body weight for strength, and power moves for core.

KONGA® Easy-to-follow, mood-elevating, high intensity fusion of Boxing, Cardio, Dance and Sculpting set to the hottest beats. KONGA® is the all-in-one workout that will torch calories, tone up your body, make your soul smile & inject your body with an endorphin overload.

L1FT The ultimate total body strength & conditioning class. L1FT workouts sculpt lean muscles and turn you into a fat burning machine long after the workout is over. High reps + smart, safe and progressive movements ensures no fitness level is left behind.

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

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

STREET-BOX A mixture of, street dance, boxing, toning & high-energy cardio. It's easy to follow, effective & fun! Move with power to the sounds of hip hop, club & dance music. Come join the party!

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. 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.

TOTALLY SHREDDED Totally Shredded incorporates combat & HIIT to the best Drum & Bass, UK Garage, Funky House & Club Classic tunes. The class is designed & developed for any fitness level and the combination of music & atmosphere will leave you exhilarated & wanting more. This addiction is real.

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

DYNAMIC - 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.

CHI - The ultimate stress buster class, it will offer an effective solution to tension and stress. Chi Yoga improves flexibility, fitness and strength. A Tai Chi style warm up, powerful yoga postures and a relaxation section at the end.

FLOW & RESTORE - Soulful, slow flow Vinyasa Style with a restorative section at the end. The perfect way to end your week.

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

HATHA - Hatha practices are designed to align and calm your body, mind, and spirit in preparation for meditation.

IYENGAR - Emphasis on alignment and posture.

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

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

MONDAY

08:30	CARDIO & CORE*	1-2
09:15	GYM TEAM	
09:30	STREETBOX*	3
10:15	LILY	
09:45	PILATES	1-2
10:35	VANESSA	
10:05	AQUA	1-2
10:45	TRACEY	
10:30	BOOTCAMP*	3
11:15	GYM TEAM	
10:30	STRONG NOT SKINNY	1-3
11:45	LILY	
10:45	BARRE	2-3
11:35	VANESSA	
11:30	BACK CARE	1-2
10:30	RODNEY	
11:45	DYNAMIC YOGA	2-3
13:00	DELIA	
12:30	BODY PUMP	1-2
13:15	JULIA J	
12:30	FUNCTIONAL TRAINING	3
13:15	GYM TEAM	
13:45	SIT & GET FIT	1-2
14:30	LYNNE	

17:30	FUNCTIONAL TRAINING	3
18:45	GYM TEAM	
17:50	BARRE	1-2
18:35	VANESSA	
18:30	FUNCTIONAL TRAINING	3
19:15	LILY	
18:30	PILATES	1-2
19:30	CAROLINE G	
18:45	GENTLE FLOW VINYASA	1-2
20:00	JULIA W	
19:05	AQUA	1-2
19:45	MARA	
19:30	STREETBOX	3
20:15	LILY	

TUESDAY

07:05	SWIM FIT	2-3
07:45	CHRIS	
07:30	FITNESS PILATES*	1-3
08:15	LYNNE	
08:45	BARRE*	1-2
09:35	PAOLA	
09:30	BODY PUMP*	1-2
10:45	KATIE	
09:45	PILATES	1-2
10:35	PAOLA	
10:05	AQUA DEEP WATER	1-2
10:45	ARTHUR	
10:30	BODY PUMP	2-3
11:15	KATIE	
10:30	BOOTCAMP*	3
11:15	GYM TEAM	
10:45	GENTLE FLOW VINYASA YOGA	1-2
12:00	REBECCA	
11:30	ZUMBA*	1-3
12:15	GERDA	
12:30	KETTLE BELL WORKOUT	3
13:20	GYM TEAM	
12:45	PILATES*	1-3
13:35	CAROLINE G	
13:45	CLUB ACTIVE	1-2
14:30	POPPY	

17:30	BOOTCAMP*	3
18:15	GYM TEAM	
18:05	AQUA	1-3
18:45	ARTHUR	
18:30	KETTLE BELL WORKOUT	3
19:15	KATHERINE	
18:30	BODY PUMP	2-3
19:30	JULIA J	
18:45	FITNESS PILATES	2-3
19:45	STEFAN	

WEDNESDAY

07:45	PILATES*	1-3
08:35	CAROLINE T	
08:30	CARDIO & CORE*	1-3
09:15	GYM TEAM	
08:45	PILATES	2-3
09:35	CAROLINE T	
09:30	ZUMBA*	1-3
10:15	MARA	
10:05	AQUA	1-2
10:45	TRACEY	
10:30	LIFT	3
11:15	ALICE	
10:45	IYENGAR YOGA	2-3
12:00	SHARON	
12:30	BODY PUMP EXPRESS	1-2
13:15	KATIE	
12:45	PILATES*	1-2
13:30	CHRIS	

17:30	FUNCTIONAL TRAINING*	3
18:15	GYM TEAM	
18:05	AQUA DEEP WATER	1-2
18:45	MARIYA	
18:30	FUNCTIONAL TRAINING	3
19:15	LILY	
18:30	BODY PUMP	2-3
19:30	CAT	
18:45	FLOW AND RESTORE YOGA	1-3
20:00	JO	
19:30	STREETBOX	3
20:15	LILY	

THURSDAY

07:05	SWIM FIT*	1-2
07:45	CHRIS	
07:45	FLOW VINYASA YOGA*	3
09:00	MARJAN	
08:30	CARDIO & CORE*	1-2
09:15	GYM TEAM	
09:30	LEGS, BUMS & TUMS*	1-2
10:15	GINA	
09:45	BARRE*	1-3
10:25	VANESSA	
10:05	AQUA DEEP WATER	1-2
10:45	ARTHUR	
10:30	BOOTCAMP*	3
11:15	GYM TEAM	
10:30	FITNESS PILATES*	1-3
11:15	VANESSA	
10:45	IYENGAR YOGA	1-2
12:00	SHARON	
11:30	STREETBOX	3
12:15	LILY	
12:30	FUNCTIONAL TRAINING	3
13:10	GYM TEAM	
12:30	BACK CARE	1-2
13:15	RODNEY	
12:45	PILATES*	1-3
13:45	CAROLINE G	

17:30	BOOTCAMP*	3
18:15	GYM TEAM	
17:30	TOTALLY SHREDDED	3
18:15	SARA	
18:05	AQUA	1-2
18:45	ARTHUR	
18:30	BODY PUMP	1-2
19:30	JULIA	
18:45	IYENGAR FLOW YOGA	1-2
20:00	YOLANDA	
19:30	CORE & STRETCH	1-3
20:10	GYM TEAM	

FRIDAY

07:30	CARDIO & CORE*	1-3
08:15	GYM TEAM	
09:30	BODY PUMP	1-2
10:15	JULIA	
09:45	PILATES	1-2
10:35	VANESSA	
10:05	AQUA	1-2
10:45	TRACEY	
10:30	BODY PUMP	1-3
11:15	JULIA	
10:30	BOOTCAMP*	3
11:15	GYM TEAM	
10:45	BARRE	2-3
11:25	VANESSA	
11:30	FITNESS PILATES*	1-3
12:15	VANESA	
11:45	GENTLE FLOW VINYASA YOGA	1-3
13:00	JULIA	
12:30	KETTLE BELL WORKOUT	3
13:15	GYM TEAM	
13:45	CLUB ACTIVE	1-2
14:30	POPPY	

17:30	FUNCTIONAL TRAINING*	3
18:15	GYM TEAM	
18:05	AQUA DEEP WATER	1-2
19:45	ARTHUR	
18:45	YIN YOGA	1-3
20:00	MICHELLE	

SATURDAY

08:30	STREETBOX*	3
09:15	LILLY	
08:45	PILATES	2-3
09:35	CAROLINE T	
09:30	LIFT	3
10:15	ALICE	
09:45	PILATES*	1-3
10:35	CAROLINE T	
10:30	BOOTCAMP*	3
11:15	GYM TEAM	
10:30	KONGA*	3
11:15	SARA	
10:45	DYNAMIC YOGA	2-3
12:00	DELIA	
11:30	TOTALLY SHREDDED*	3
12:15	SARA	
12:30	FUNCTIONAL TRAINING*	3
13:15	GYM TEAM	
17:30	CORE & STRETCH*	1-2
18:15	GYM TEAM	
18:05	AQUA	1-2
19:45	ARTHUR	

SUNDAY

08:30	CARDIO & CORE*	1-3
09:15	GYM TEAM	
08:30	BODY PUMP	1-3
09:15	LISETTE	
08:45	GENTL FLOW VINYASA YOGA	1-2
10:00	MARJAN	
09:05	AQUA	1-2
09:45	MARA	
09:30	BODY PUMP	1-3
10:15	CAT	
10:30	FUNCTIONAL TRAINING*	3
11:15	GYM TEAM	
10:30	KONGA*	3
11:15	SARA	
10:45	YIN YOGA	1-3
12:00	MARJAN	
12:30	KETTLE BELL WORKOUT	3
13:15	GYM TEAM	
17:30	FUNCTIONAL TRAINING*	3
18:15	GYM TEAM	
18:05	AQUA	1-2
19:45	MARA	

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

*Class may be booked by junior members (14+).

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.



**LOOKING FOR GROUP CYCLING CLASSES?
THEY HAVE THEIR OWN TIMETABLE ONLINE OR AT RECEPTION.**