

# RIVER CLUB TIMETABLE

From April 2025 onwards

MONDAY			Book from Thursday
08.15-09.00	Kettlebell Fitness	Cheryl	
08.15-09.00	Aqua Aerobics	Gabor	
09.00-09.45	Aqua Aerobics	Gabor	
09.15-10.00	Kettlebell Fitness	Cheryl	
09.45-10.30	Aqua Aerobics	Gabor	
10.15-11.00	Low Fu Fitness	Karen	
10.30-11.15	Aqua Aerobics	Gabor	
11.15-12.15	Yoga	Dee	
17.00-17.50	Advanced Pilates	Anna	
18.00-18.45	Barre	Anna	
18.30-19.30	Bootcamp (Outside)	Cheryl	
18.50-19.35	Body Conditioning	Lauren	
19.00-19.45	Spin	Jodie	
19.45-20.40	Pilates	Susanne	
TUESDAY			Book from Friday
06.45-07.30	Spin	Cheryl	
09.15-10.00	Body Blitz	Cheryl	
10.10-10.55	Zumba	Michelle G	
11.00-11.55	Tai Chi	Noel	
12.15-13:15	Hatha Yoga (Beginners)	Kaushika	
17.45-18.30	Aerolatino	Jeff	
18.40-19.25	Pump & Tone	Cheryl	
19.00-19.45	Spin	Karen	
19.30-20.15	Aqua Aerobics	Cheryl	
19.45-20.45	Yoga	Judi	
WEDNESDAY			Book from Saturday
06.45-07.30	Kettlebell Fitness	Cheryl	
08.15-09.10	Pilates	Pat	
09.00-09.45	Aqua Aerobics	Michelle G	
09.15-10.15	Yoga	Elif	
09.30-10.15	Outdoor Body Blast	Gym Team	
09.45-10.30	Aqua Aerobics	Michelle G	
10.30-11.15	Aerolatino	Jeff	
11.30-12.25	Pilates	Theresa	
18.00-18.45	Booty Bands	Cheryl	
19.00-19.45	Kettlebell Fitness	Alison	
20.00-20.55	Pilates	Nicola	

THURSDAY			Book from Sunday
06.45-07.30	Spin	Jodie	
07.45-08.30	Kettlebell/HIIT	Jodie	
09.15-10.00	Pump & Tone	Caroline	
10.15-11.00	Legs Bums & Tums	Belinda	
11.15-12.10	Pilates	Alla	
12.15-13.10	Pilates	Alla	
18.00-18.55	Pilates	Susanne	
18.45-19.45	Bootcamp (Outside)	Lauren	
19.00-19.45	Zumba	Jacqui X	
19.00-19.45	Spin	Karen	
19.15-20.00	Aqua Aerobics	Susanne	
19.50-20.50	Yoga	Shira	
FRIDAY			Book from Monday
06.45-07.30	Kettlebell/HIIT	Jodie	
06.45-07.30	Spin	Cheryl	
08.15-09.10	Pilates	Toni	
08.15-09.00	Aqua Aerobics	Cheryl	
09.00-09.45	Aqua Aerobics	Cheryl	
09.15-10.10	Pilates	Toni	
09.30-10.15	Outdoor Body Blast	Gym Team	
09.45-10.30	Aqua Aerobics	Cheryl	
10.30-11.15	Aqua Aerobics	Cheryl	
10.30-11.15	Cardio Combat	Caroline	
11.30-12.30	Tai Chi	Kai	
17.30-18.15	Low Fu Fitness	Noel	
SATURDAY			Book from Tuesday
08.00-08.55	Bootcamp (Outside)	Lauren	
08.05-09.00	Intermediate Pilates	Anna	
08.15-09.00	Aqua Aerobics	Gina	
09.00-09.45	Aqua Aerobics	Gina	
09.15-10.00	Shredded Combat	Lauren	
09.15-10.00	Spin	Cheryl	
10.15-11.00	Kettlebell Fitness	Cheryl	
11.15-12.10	Beginners Pilates	Anna	
12.30-13.25	Beginners Pilates	Anna	
SUNDAY			Book from Wednesday
08.15-09.00	Pilates	Stephanie	
09.00-09.45	Aqua Aerobics	Mariya	
09.10-10.10	Yoga	Dee/Elif	
10.20-11.20	Yoga	Dee/Elif	
11.30-12.25	Beginners Pilates	Kaushika	
12.35-13.30	Beginners Pilates	Kaushika	

# RIVER CLUB TIMETABLE

## EASTER 2025 OPENING TIMES & TIMETABLE

### GOOD FRIDAY 18th April : Timing: 8.00-17.00 Book from Monday

08.15	Pilates	Toni
08.15	Aqua	Cheryl
09.15	Pilates	Toni
09.00	Aqua	Cheryl
09.30	Bootcamp	Lauren
09.45	Aqua	Cheryl
10.15	Spin	Jodie
10.30	Cardio Combat	Caroline
10.30	Aqua	Cheryl
11.30	Tai Chi	Kai

### EASTER SATURDAY 19th April : Timing: 8.00-18.00 Book from Tuesday

08.00	Bootcamp	Lauren
08.05	Pilates	Anna
08.15	Aqua	Gina
09.00	Aqua	Gina
09.15	Shredded Combat	Lauren
09.15	Spin	Cheryl
10.15	Kettlebell	Cheryl

### EASTER SUNDAY 20th April : Timing: 8.00-18.00

NO CLASSES

### EASTER MONDAY 21st April : Timing: 8.00-17.00 Book from Thursday

08.15	Kettlebell	Cheryl
09.15	Kettlebell	Cheryl
09.15	Spin	Karen
09.30	Bootcamp	Lauren
10.15	Low Fu Fitness	Karen
11.15	Yoga	Dee

# CLASS DESCRIPTIONS

## Cardiovascular & Toning

**Body Blitz:** A total body workout. This is a training session that exercises all major muscle groups in the body in one session. This includes exercises that use the upper and lower body, as well as the core. They can include warm-up, training, stretching, and cool-down.

**Low Fu Fitness:** Low Fu Fitness blends martial arts, dance & music into one super workout. Combining basic kickboxing techniques and fabulous aerobic moves.

**Aqua:** a water-based aerobics class, using the natural support of the water. Work hard against the resistance for a low impact effective calorie burning, muscle toning workout.

**Body Conditioning:** A whole-body workout that can improve your overall fitness. Body Conditioning classes can help you on your way to get in great and feel great about your body. Focusing on strength, muscular endurance and fitness conditioning.

**Barre:** This creative dance class combines the precision of Pilates, alignment of yoga and grace and ballet techniques. You'll perform a series of repetitive low-impact movements at varying intensities, working the muscles to fatigue to burn fat and sculpt the body.

**HIIT:** High intensity interval training sessions are commonly called HIIT workouts. This type of training involves high bouts of high intensity effort followed by varied recovery times.

**Spin:** Indoor cycling, Indoor cycling, also known as spinning or spin class, involves pedaling on a stationary bike, also known as a flywheel, using various levels of speed and resistance. Different positions on the bike are also used to target different muscles. We have Life Fitness Spin Bikes with an exciting colour-coded system. The bikes have 5 coloured working zones which consider your own fitness level to ensure that everyone will be working at the same intensity on the same colour throughout the class.

**Kettlebell Fitness:** Strengthen and tone your whole body! You will swing, lunge and squat your way to a more toned body whilst improving your strength, flexibility and

cardiovascular endurance. Come join a class and get to grips with a kettlebell and find out why it's a powerful tool for improving your fitness and overall body composition.

**LBT: "Legs, bums, and tums" (LBT)** is a popular exercise class and workout routine that targets the lower body and core muscles. The exercises are designed to tone and strengthen the legs, glutes, and abs, and can help you burn calories and improve your fitness level. LBT classes are suitable for all abilities, and some offer beginner-friendly options.

**Pump & Tone:** Using a Barbell or hand weights to perform high-repetition, low-resistance exercises, targeting major muscle groups for a full-body workout that builds strength and endurance.

**Cardio Combat:** Punch & kick your way to fitness in this high energy choreographed class. It's a great way to get rid of stress! Focus on your technique, whilst getting a great cardio workout from the combinations of jabs, hooks, crosses & kicks. Ab based workout also included for conditioning.

**Bootcamp & Outdoor Body Blast:** Our outdoor fitness classes are structured, full-body workouts that incorporate both cardio and strength training. Workouts typically include a variety of exercises such as push-ups, squats, lunges, burpees, jumping jacks & Sprints. Equipment such as, Battle Rope, Slam Balls, TRX & Core Bags.

## Dance

**Aerolatino:** a group exercise class using a variety of latin dance rhythms and styles including salsa, merengue, reggaeton, Lambada, bachata & Cumbia to form a continuous aerobic routine.

**Zumba:** Dance using a variety of up-tempo Latin styles including salsa, cha-cha reggaeton, mambo and merengue fall in love with the music and easy to follow moves.

## Holistic

**Pilates\*:** a holistic stretch and tone class using the Alexander Techniques that helps you improve core stability and Strength. Pilates can be suitable for people of all ages and fitness levels, including beginners and those with health conditions like arthritis or diabetes. Advocates say that the exercises can be adapted to provide either gentle strength training for rehabilitation or a strenuous workout for skilled athletes. Pilates focuses more on improving muscle tone

than building muscles, but it can still help you achieve greater stability and endurance. It can also help with pain relief, coordination, body awareness, and stress relief.

**Beginners Pilates:** Pilates is a great full-body workout that aims to improve core strength, flexibility, posture and overall muscle tone. The Beginners classes are an introduction to Pilates, suitable for men and women, all ages, no previous experience required. If you are experienced in Pilates and attend a more advanced class, we ask that you do not attend a beginners class. These are intended for people that are either beginners or people that struggle with a more advanced class.

**Beginner's classes** are designed for absolute novices: They focus on foundational movement and techniques, which may be too basic for someone with experience.

**Advanced Pilates:** This class introduces more complex exercises and variations, allowing experienced participants to deepen their understanding and improve their skills. A beginner's class may not provide the necessary stimulation or progression. An advanced class will push your limits and help you achieve new levels of strength, flexibility, and control. If you are unsure about your level, we would suggest a private session with one of our instructors at a cost of 45.00

**Yoga:** The ancient practice of yoga is a holistic system of exercise which increases flexibility, strength and concentration. Some Classes have mixed styles.

**Vinyasa Flow Yoga:** Vinyasa, also called "flow" because of the smooth way that the poses run is one of the most popular contemporary styles of yoga. Tai Chi: this class originates from the old-style Chinese shadow boxing. It is practiced for health, stress management and self-defence.

**Beginner's Yoga:** This is gentle and accessible approach to yoga, focusing on foundational poses, breathwork, and building a basic understanding of yoga principles, suitable for those with little to no experience.

## CLASS BOOKING RULES

- Any equipment/mats that are used are to be cleaned before & after use by the member.
- Members may bring their own equipment, such as mats, at their own risk.
- You may book one class in any one day. Members may book ONE additional class the day before or on the day if there are spaces available. If you already have a class booked, please do not join a waiting list for a second class until the day before the second class is due to take place.
- Founder members can only use their booking privileges 3 times a week.
- Bookings can only be made 5 days in advance from 8am online in the first instance or by phoning the Club.
- If weather permits some classes may be held outside to allow more participants.
- Unable to attend a booked class: please cancel 24 hours before the class is due to start. We are then able to offer the place to another member.

If you do not show up to a class or cancel with less than 2 hours advance notice a "no show" or "late cancellation" strike will apply.

- 3 late classes, cancellations or no-show strikes in any 30-day period will result in the loss of advanced booking rights for 7 days.
- Members must arrive on time for their classes, otherwise they risk their space being taken by another member and not allowed to attend the class.
- Our timetable is subject to change at any time. Any class with less than 40% attendance will also be at risk of being removed or replaced with an alternative class.
- Pilates: if you are new to Pilates classes, we require you to attend a session with our Pilates practitioner before taking part in our timetabled classes. Further details can be obtained from reception. Please note: this is at an extra cost of 45.00 to be paid to the instructor. Alternatively, you may book a Beginner's Pilates Class.