

**RIVER CLUB TIMETABLE**  
From 13<sup>th</sup> January 26

			Yellow: new/change			
MONDAY	Class	Book from Thursday		Class	Book from Sunday	
06.45-7.30	Spin (from 5th Jan)	Karvita		06.45-07.30	Jodie	
08.15-09.00	Kettlebell Fitness	Cheryl		07.45-08.30	Jodie	
08.15-09.00	Aqua Aerobics	Gabor		09.15-10.00	Caroline	
09.00-09.45	Aqua Aerobics	Gabor		10.15-11.00	Belinda	
09.15-10.00	Kettlebell Fitness	Cheryl		11.15-12.00	Alla	
09.45-10.30	Aqua Aerobics	Gabor		12.15-13.00	Alla	
10.15-11.00	Low Fu Fitness	Karen		16.45-17.45	Kaushika	
10.30-11.15	Aqua Aerobics	Gabor		18.00-18.45	Susanne	
11.15-12.15	Yoga	Dee		18.45-19.45	Lauren	
17.00-17.45	Advanced Pilates	Michelle G		19.00-19.45	Jacqui X	
17.55-18.40	Booty Bands	Cheryl		19.00-19.45	Karen	
18.45-19.45	Bootcamp (Outside)	Cheryl		19.00-19.45	Susanne	
19:00-19.45	Body Conditioning	Lauren		19.55-20.55	Judi	
19.00-19.45	Spin	Jodie				
19.55-20.40	Pilates	Susanne				
TUESDAY	Class	Book from Friday		FRIDAY	Book from Monday	
06.45-07.30	Spin	Cheryl		06.40-07.25	Jodie	
08.05-08.50	Body Blitz	Cheryl		06.45-07.30	Toni	
09.15-10.00	Body Blitz	Cheryl		07.40-08.25	Toni	
10.10-10.55	Zumba	Michelle G		08.15-09.00	Cheryl	
11.00-11.55	Tai Chi	Noel		08.35-09.20	Toni	
12.15-13.15	Hatha Yoga (Beginners)	Kaushika		09.00-09.45	Cheryl	
16.45-17.45	Yoga	Judi		09.30-10.15	Toni	
18.00-18.45	Aerolatino	Jeff		09.30-10.15	Gym Team	
18.55-19.45	Pump & Tone	Cheryl		09.45-10.30	Cheryl	
19.00-19.45	Spin	Karen		10.30-11.15	Cheryl	
19.15-20.00	Aqua Aerobics	Rose		10.30-11.15	Caroline	
20.00-21.00	Yoga	Nina		11.30-12.30	Kai	
WEDNESDAY	Class	Book from Saturday		11.30-12.30	Noel	
06.40-07.25	Kettlebell Fitness	Cheryl		17.30-18.15		
07.40-08.25	Pilates	Pat				
08.35-09.20	Pilates	Pat				
09.00-09.45	Aqua Aerobics	Michelle G		SATURDAY	Book from Tuesday	
09.30-10.30	Yoga	Elif		08.00-08.55	Lauren	
09.30-10.15	Outdoor Body Blast	Gym Team		08.15-09.00	Anna	
09.45-10.30	Aqua Aerobics	Michelle G		08.15-09.00	Gina	
10.45-11.30	Aerolatino	Jeff		09.00-09.45	Gina	
11.45-12.30	Pilates	Theresa		09.15-10.00	Lauren	
12.45-13.30	Pilates	Theresa		09.15-10.00	Cheryl	
17.00-17.45	Pilates	Michelle		10.15-11.00	Cheryl	
18.00-18.45	Legs, Bums & Tums	Jodie		11.15-12.00	Anna	
19.00-19.45	Kettlebell Fitness	Alison		12.15-13.00	Anna	
20.00-20.45	Pilates	Nicola		15.00-15.45	Jeff	
SUNDAY	Class	Book from Wednesday		15.00-15.45		
				08.15-09.00	Stephanie	
				09.00-09.45	Gillian	
				09.10-10.10	Dee/Elif	
				10.20-11.20	Dee/Elif	
				11.30-12.15	Kaushika	
				12.30-13.15	Kaushika	
				15.00-15.45	Jodie	
				16.00-17.00	Judi	

# 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/rumbalatinafit:** 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 basis 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.
- You may only book one of each class per day. For example, double pilates is not permitted. Additional classes are added to provide access to all members, not for members to book another of the same class.
- 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.