

Group Fitness Class Description 2009

Bodypump

Pump FX is the worlds fastest way to get in shape; it is a group barbell programme that challenges every muscle in the body, using weights set to music strengthening and toning. This class is easy to follow and lots of fun.

Pilates

Pilates is the most talked about class there is. Pilates is designed to lengthen and strengthen the muscles working on core strength and stability also incorporating a D-stress session.

Bums 'n' Tums

A 45 minute class designed to give you a lower body workout, targeting those problem areas, a little cardio to burn some calories followed by a toning session to finish.



Gym Induction

Everyone who wants to use the gym needs to attend an induction (see timetable). The induction is to show members how to use machines safely and effectively and to help with any advice needed.

Indoor Cycling

Ride the calorie killer. 45 minute class designed to increase fitness levels. Combining sitting and standing levels. Suits all fitness levels.

Step

This class is still a great cardiovascular workout with easy to follow choreography that is fun and effective

Life Centre Health & Fitness

Life Centre



**High Tunstall College
Timetable**

The Life Centre High Tunstall College

Dear Member

WELCOME TO THE LIFE CENTRE.
HERE IS A TIMETABLE OF ALL THE
CLASSES WE CURRENTLY RUN AND A LIST
OF OPENING HOURS.

WE HOPE THIS TIMETABLE CATERS FOR
ALL OUR MEMBERS, AND THAT YOU CAN
MAKE MAXIMUM USE OF BOTH THE GYM
AND THE CLASSES.

WE CURRENTLY RUN A BOOKING SYSTEM
FOR BOTH GYM AND CLASSES. BOOKINGS
CAN BE MADE BY PHONE, BUT PAYMENT
MUST BE MADE PRIOR TO ATTENDING
THE CLASSES.

AS YOU CAN SEE, THE TIMETABLE IS
FULL OF FUN CLASSES, JUST WAITING
FOR YOU TO TRY SO COME ALONG AND
HAVE A GO.

FEEL FREE TO COME AND SPEAK TO US
AT ANY TIME OR CALL ON:

(01429) 283990

Open Time

Fitness Room Opening Hours	
Monday	9.00am—1.00pm 3.30pm—9.00pm
Tuesday	1.00pm—9.00pm
Wednesday	9.00am—1.00pm 3.30pm—9.00pm
Thursday	1.00pm—9.00pm
Friday	1.00pm—6.30pm
Saturday	9.00am—4.00pm
Sunday	9.00am—4.00pm

Ask at reception

Swimming Pool Opening Times	
Monday	7.15—9.00pm
Tuesday	7.15—9.00pm
Wednesday	7.15—9.00pm
Thursday	7.15-9.00pm

Time Table

Day	Class	Time
Mon	Bodyump	9.30-10.15am
	Indoor Cycling	10.15-11.00am
	Step	5.30-6.15pm
Tue	Bodyump	6.15-7.15pm
	Pilates	7.15-8.00pm
	Bodyump	5.30-6.30pm
Tue	Indoor Cycling	6.30-7.15pm
	Bums 'n' Tums	7.15-8.00pm
	Wed	Indoor Cycling
Bodyump		5.30-6.15pm
Indoor Cycling		6.15-7.00pm
Pilates		7.00-7.45pm
Wed	* Beginner Pilates	7.45-8.15pm
Thur	Indoor Cycling	5.30-6.15pm
	Step	6.15-7.00pm
	Bums 'n' Tums	7.00-7.45pm
Fri	Indoor Cycling	5.30-6.15pm
Sat	Indoor Cycling	9.30-10.15am
	Bodyump	10.15-11.15am

* ask at reception for details