# 1 membership, 4 centres over 330 weekly exercise classes

## 'Pay-as-you-go' also available



Tel: 01202 417600 Text:07537404682 (cancellations only)

Beat the queues **Fast Track Ticket** collection available in reception

### class locations

MH main hall

studio 1

S2 studio 2

SS spin studio

MP main pool

splash pool terrace room

▲ This class is part of Wellness

Morning # Term time only





### class descriptions

**CALORIE BURNING CLASSES Energetic workouts to maximise** calorie expenditure and burn fat.

### **MUSCLE TONING & ENDURANCE CLASSES**

Intense muscle workouts focusing on toning, definition, strength and endurance.

**RE-ENERGISE & RELAX CLASSES** Mind and body workout focusing on core stability, balance and flexibility.

**SPECIALIST CLASSES** Themed classes focusing on

**ALL OVER BODY WORKOUT** 

toning, strength and stamina.

current fitness industry trends.

**CLASSES** Combining calorie burning, muscle

### **INTRODUCTORY LOW IMPACT CLASSES**

Ideal for those needing to start at a lower level.

WATER WORKOUT CLASSES **Exercise** in the water to maximise fun and intensity.



Tel: 01202 437800

class location S studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
<b>Legs, Bums &amp; Tums</b> 9.30–10.25am Lucy (S)	Legs, Bums & Tums 9.30-10.25am Rachel (S)	NEW Athletic Conditioning 7.30–8.25am Tom (S)	<b>Pilates</b> 9.30–10.25am Jo (S)	NEW Body Conditioning 9.30–10.25am Irena (S)	NEW Athletic Conditioning 9.00–9.55am Mandy (S)	<b>Circuits</b> 9.30–10.00am Tom (S)		
<b>Zumba</b> 10.30–11.25am Emma (S)	<b>Pilates</b> 10.30–11.25am Brigitte (S)	<b>Body Conditioning</b> 9.30–10.25am Laura (S)	<b>Pilates</b> 10.30–11.25am Jo (S)	<b>Zen Yoga</b> 11.00–12.15pm Maxine (S)		Core Conditioning 10.05–10.30am Tom (S)		
		Core Conditioning 10.30–10.55am Laura (S)						
		Athletic Stretching 11.00–11.30am Laura (S)		NEW Nice & Easy 1.15–2.10pm Irena (S)	Like us on			
			<b>Zumba</b> 5.30–6.25pm Fiona (S)		facebook			
	Circuits 6.00–6.30pm Tom (S)	<b>Hatha Yoga</b> 6.00–6.55pm Irena (S)		www.sird	www.sirdavidenglishsportscentre.co.uk			

### Stokewood LEISURE CENTRE

7.45–8.40pm Jo L (S1)

Tel: 01202 437840 or 01202 437823 and leave message Text: 07537 404697 (cancellations only)

**Beat the queues Fast Track Ticket** collection available in reception

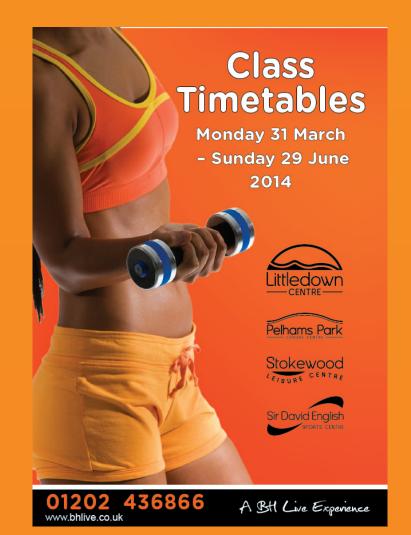
class locations studio

spin studio pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning 9.30–10.15am Becky (SS) Body Conditioning	Spinning 9.30–10.15am Karen (SS) Cardio Combat	Spinning 9.30–10.15am Nathan (SS) Fitness FX	Spinning Endurance 9.30–10.25am Naomi (SS) Body Conditioning	Kettle Bell Blast 9.30–10.00am Cat (S) Spinning	Swim Fit 8.00–8.55am Jeanette (P) Hatha Yoga	Spinning 9.25–9.55am Jo (SS) Spinning
9.30–10.25am Cat (S)  Body Flow Fusion	9.30–10.25am Becky (S)  Deep Water Aqua	9.30–10.25am Chris Y (S)  Agua Zumba	9.30–10.25am Lucy (S)  Ashtanga Yoga	9.30–10.00am Charlie (SS) <b>Zumba</b>	9.00–9.55am Pippa (S)  Spinning	10.00–10.45am Karen (SS)  Body Conditioning
10.30–11.25am Cat (S)	10.05–11.00am Clive (P)	10.05-11.00am Cat (P)	10.45–11.40am Zoe (S)	10.05-11.00am Cat (S)	9.30–10.15am Claire (SS)	10.05–11.00am Jo (S)
	<b>Pilates</b> 10.30–11.25am Cat (S)	<b>Hatha Yoga</b> 10.30–11.25am Pippa (S)		<b>Spinning</b> 10.05–10.35am Charlie (SS)	Starter Circuits 10.00–10.55am Paula (S)	<b>Zumba</b> 11.05–12.00pm Sarah Y (S)
	<b>Aqua</b> 11.05–12.00pm Clive (P)			Hatha Yoga 11.05–12.00pm Pippa (S)	<b>Spinning</b> 10.20–10.50am Claire (SS)	
Cardio Combat 5.30–6.25pm Becky (S)	<b>Spinning</b> 5.25–5.55pm Sarah Y (SS)			<b>Deep Water Aqua</b> 11.05–12.00pm Cat (P)	<b>Legs, Bums &amp; Tums</b> 11.00-11.55am Jo (S)	
<b>Spinning</b> 5.40–6.10pm Jo B (SS)	<b>Kettle Bell Blast</b> 5.30–6.00pm Chris W (S)	<b>Body Conditioning</b> 5.30–6.25pm Lucy (S)	NEW Core Conditioning 5.30–5.55pm Kerry (S)			
Spinning 6.15–7.00pm Chris J (SS)	<b>Body Conditioning</b> 6.05–7.00pm Sarah Y (S)	<b>Spinning</b> 5.45–6.15pm Cat (SS)	<b>20/20/20</b> 6.00–6.55pm Kerry (S)	<b>Spinning</b> 5.30–6.15pm Nathan (SS)		
<b>Total Body</b> 6.30–7.25pm Jo B (S)	<b>Spinning</b> 6.15–6.45pm Charlie (SS)	<b>Spinning</b> 6.30–7.15pm Lucy (SS)	Spinning 6.00–6.30pm Nathan (SS)	Circuits 6.00–6.55pm Graeme (S)	Like us on	<b>Hatha Yoga</b> 7.00–7.55pm Kamini (S)
Hatha Yoga 7.15–8.10pm Amba (SS)	Spinning 6.50–7.20pm Charlie (SS)	<b>Zumba</b> 6.30–7.25pm Cat (S)	Spinning 6.35–7.05pm Nathan (SS)	<b>Spinning</b> 6.20–6.50pm Nathan (SS)	facebook	
<b>Pilates</b> 7.30–8.25pm Chris J (S)	<b>20/20/20</b> 7.05–8.00pm Jo B (S)	<b>Spinning</b> 7.20–8.05pm Claire (SS)	Kettle Bell & Abs 7.00–7.55pm Greg (S)			
Hatha Yoga 8.15–9.10pm Irena (SS)	Core Conditioning 7.30–7.55pm Charlie (SS)	<b>Legs, Bums &amp; Tums</b> 7.30–8.25pm Jo (S)	NEW Spinning 7.10–7.40pm Nathan (SS)	www.stokewoodleisurecentre.co.uk		
	The 300 Workout 8.05–8.50pm Graeme (S)	<b>Hatha Yoga</b> 8.30–9.25pm Pippa (S)	<b>HIIT</b> 8.00–8.45pm Greg (S)			

Complete list of all Classes can also be found in our pocket size leaflet or visit the Centre's website.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>BodyPump</b> 7.15–8.00am Sarah (ST)	<b>Hydro Active Level 2</b> 8.45–9.30am Naomi (P)	<b>Hydro Active Level 2</b> 8.45–9.30am Naomi (P)	<b>Spin &amp; Abs</b> 7.15–8.00am Kate (SS)		<b>Swim Fit</b> 8.00–9.00am Lara (P)		
Hydro Active Level 2 8.45–9.30am Brigitte (P)	<b>Body Conditioning</b> 9.20–10.15am Steph (S1)	<b>BodyStep</b> 9.20–10.15am Karen (S1)	BodyBalance 9.20–10.15am Sarah (S2)	<b>BodyCombat</b> 9.20–10.15am Maxine (S1)	<b>20/20/20</b> _ 9.00–9.55am Karen (S1)	<b>Body Conditioni</b> n 9.20–10.15am Magda	
Legs, Bums & Tums 9.20–10.15am Kate (S2)	<b>Zumba</b> 9.20–10.15am Emma (S2)	Body Balance 9.20–10.15am Diane (S2)	<b>BodyPump</b> 9.20–10.15am Laura (S1)	BodyBalance	NEW Zumba 9.00–9.55am Sarah/Lucy C (S2)	7.20 To.13am Tagua	. (31)
BodyPump	Aqua	Spinning	20/20/20	9.20–10.15am Lesley (S2)  Spinning	Spinning		
9.20–10.15am Laura (S1)  Nice & Easy	9.35–10.20am Naomi (P)  Spinning	10.00–10.30am Michelle (SS)  BodyCombat	10.35–11.30am Laura (S1)  Dance Mix	9.30–10.15am Magda (SS)  Pilates	10.05–10.35am Karen (SS)  BodyPump		
10.35–11.20am Kate (S2)	10.35-11.20am Steph (SS)	10.35–11.30am Maxine (S1)	10.35–11.30am Nicky (S2)	10.35–11.30am Kate (S2)	10.05-11.00am Claire M (S1)		
Spinning 10.35–11.20am Laura (SS)	<b>Swiss Ball</b> 10.35–11.20am Jo Y (S2)	Nice & Easy 10.35–11.20am Karen (S2)	<b>Aqua</b> 11.35–12.20pm Brigitte (P)	Nice & Easy 10.35–11.20am Lesley (S1)	<b>Pilates</b> 11.10–12.05pm Mandy (S2)		
<b>Pilates</b> 11.30–12.25pm Magda (S2)	<b>Pilates</b> 11.30–12.25pm Jo Y (S2)	<b>Aqua</b> 11.35–12.20pm Caroline (P)		Aqua 11.35–12.20pm Caroline (P)			
Health Circuits 11.30–12.25pm Michelle (S1)				<b>Pilates</b> 11.35–12.30pm Magda (S2)			
Aqua			Well Fit	Health Circuits	Community	. Haalab	
11.35–12.20pm Clive (P)			1.00–1.45pm Claire F/Joelle (S1)	12.45–1.40pm Michelle (S2)			
NEW Health Circuits					Afternoons £3.75		
12.30–1.25pm Michelle (S1)							
					Monday - Friday		
					1.00 - 4.30pm		
					(last entry 3.30pm)		
					Gym, Swim & Sanarium, a grea		
					way to get fit and healthy.		
					Well Fit class included on		
<b>Metafit</b> 5.30–6.00pm Karen (S2)	<b>BodyPump</b> 6.00–6.55pm Maxine (S1)	<b>Pilates</b> 5.30–6.25pm Kate (S2)	<b>BodyBalance</b> 6.00–6.55pm Becki (S2)	<b>BodyPump</b> 5.10–5.55pm Karen (S1)	Thursdays 1.00 - 1.45pm		
BodyPump	Pilates	(NEW) Boot Camp	Body Conditioning	NEW Legs, Bums & Tums			
5.45–6.40pm Jo L (S1)	6.00–6.55pm Paula (S2)	6.00–6.55pm Gary (OS)	6.00–6.55pm Magda (S1)	5.30–6.25pm Rachel (S2)			
Core Conditioning 6.00–6.25pm Gym Staff (S2)	Spinning 6.05–6.50pm Naomi (SS)	<b>BodyPump</b> 6.00–6.55pm Laura (S1)	<b>Spinning</b> 6.10–6.55pm Tia (SS)	<b>BodyStep</b> 6.00–6.55pm Jo L (S1)			
<b>Spinning</b> 6.15–6.45pm Karen (SS)	<b>Spinning</b> 6.55–7.25pm Lucy A (SS)	<b>Zumba</b> 6.30–7.25pm Duncan (S2)					
Zumba	BodyCombat	BodyStep	BodyPump				
6.30–7.25pm Duncan (S2)	7.00–7.55pm Jo L (S1)	7.00–7.55pm Laura (S1)	7.00–7.55pm Mandy (S1)				
<b>BodyStep</b> 6.45–7.40pm Jo L (S1)	Legs, Bums & Tums 7.00–7.55pm Rachel (S2)		<b>Zumba</b> 7.10–8.05pm Sarah (S2)		Like us on		
Spinning 6.50–7.20pm Karen (SS)	<b>Aqua</b> 7.30–8.15pm Lucy A (P)	<b>Aqua</b> 7.30–8.15pm Lucy C (P)	<b>Aqua</b> 7.30–8.15pm Clive (P)		facebook.		
Spinning	Athletic Stretching		NEW Pilates				
7.25–7.55pm Karen (SS)	8.00–8.30pm Rachel (\$2)		8.10–9.05pm Mandy (S2)				
Aqua	Hatha Yoga			www pelbar	nsparkleisurec	entre co u	
7.30–8.15pm Cathy (P)	8.35–9.50pm Rowan (S2)			www.pemar	nsparkielsarec	chire.co.u	^
Hatha Yoga		•	•				



www.bhlivefitness.co.uk

# Pelhams Park

Tel: 01202 437801

Text: 07537 404707 (cancellations only) **Beat the queues** 

**Fast Track Ticket** collection available in reception

### class locations

S1 studio 1

S2 studio 2

SS spin studio

pool

OS outside