

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
- S1 studio 1
- S2 studio 2
- SS spin studio
- MP main pool
- SP splash pool
- TR terrace room

▲ This class is part of Wellness Morning
Term time only

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump Express 6.45-7.30am Molly (S1)	NEW INSANITY 7.00-7.30am Nicki (MH)	Pilates 6.35-7.30am Viv (S1)	NEW INSANITY 7.00-7.30am Nicki (MH)	NEW INSANITY 7.00-7.30am Nicki (S1)	NEW 8.00-8.50am Nicki (S1)	NEW INSANITY 8.00-8.50am Nicki (S1)
Hydro Active Level 2 7.45-8.25am Ann (SP)	Body Conditioning 7.15-8.00am Cat (S1)	NEW INSANITY 7.00-7.30am Nicki (MH)	Body Conditioning 7.15-8.00am Cat (S1)	Spinning 7.30-8.00am Molly (SS)	Spinning 9.00-9.45am Becky W/Sophie (SS)	Swim Fit 8.00-8.55am Brigitte (MP)
Hydro Active Level 2 8.30-9.10am Ann (SP)	Aqua Circuits 7.45-8.25am Brigitte (SP)	Spinning 7.30-8.00am Adrian (SS)	Deep Water Aqua 7.30-8.25am Brigitte (MP)	Deep Water Aqua 8.00-8.55am Brigitte (MP)	BodyCombat 9.00-9.55am Tony (S1)	Spinning 9.00-9.30am Rebecca P (SS)
Hydro Active Level 2 9.15-9.55am Naomi (SP)	Hydro Active Level 2 8.30-9.10am Brigitte (SP)	Aqua 7.45-8.25am Brigitte (SP)	Hydro Active Level 2 8.30-9.10am Brigitte (SP)	Hydro Active Level 2 8.30-9.10am Cathy (SP)	Spinning 9.50-10.20am Becky W/Sophie (SS)	BodyPump 9.00-9.55am Marie (S1)
Nice & Easy A 9.15-10.00am Natasha (S1)	Hydro Active Level 2 9.15-9.55am Cathy (SP)	Hydro Active Level 2 8.30-9.10am Brigitte (SP)	Hydro Active Level 2 9.15-9.55am Brigitte (SP)	Hydro Active Level 2 9.15-9.55am Cathy (SP)	Spinning 10.30-11.15am Elliot (SS)	SH'BAM 9.00-9.45am Laura E/Natasha (S2)
Legs, Bums & Tums 9.25-10.15am Claire (MH)	Legs, Bums & Tums 9.15-10.00am Georgina (S1)	Hydro Active Level 2 9.15-9.55am Angie (SP)	Ashtanga Yoga 9.15-10.30am Zoe L C (S1)	Athletic Conditioning 9.15-10.00am Claire (S1)	BodyPump 11.05-12.00pm Tony (S1)	Spinning 9.35-10.20am Rebecca P (SS)
Spinning 9.30-10.00am Will (SS)	Ashtanga Yoga 9.15-10.30am Zoe L C (TR)	Zumba A 9.15-10.00am Georgina (MH)	Pilates 9.15-10.00am Cat (TR)	Spinning 9.30-10.15am Laura (SS)	Metatit 11.15-11.45am Karen (S2)	Circuits 10.00-10.55am Paula (S1)
Spinning 10.05-10.35am Will (SS)	Spinning 9.30-10.00am TBA (SS)	Spinning 9.15-9.45am Tony (SS)	Body Conditioning # 9.25-10.15am Louise (MH)	Body Conditioning 10.15-11.00am Sarah (S1)	BodyPump 12.05-1.00pm Tony (S1)	BodyBalance 10.00-10.55am Marie (TR)
Body Conditioning 10.20-11.15am Claire (S1)	Running Group 9.30-10.30am Heather (TR)	Metatit 9.15-9.45am Claire (S1)	Spinning 9.30-10.00am Georgina (SS)	Deep Water Aqua 10.45-11.40am Clive (MP)		Legs, Bums & Tums 11.00-11.55am Paula (S1)
Ashtanga Yoga 10.30-11.45am Ulrike (TR)	Hydro Active Level 1 10.00-10.40am Cathy (SP)	Athletic Stretching 9.50-10.20am Claire (S1)	Running Group 9.30-10.30am Heather (TR)	Pilates 11.15-12.10pm Viv (TR)		
Pilates A 11.20-12.15pm Paula (S1)	Spinning 10.05-10.35am TBA (SS)	Aqua 10.00-10.45am Angela (SP)	Hydro Active Level 1 10.00-10.40am Brigitte I (S1)	Well Fit A 11.20-12.15pm Zoe (S1)		
Hydro Active Level 2 # 11.45-12.20pm Angie (SP)	BodyCombat 10.35-11.30am Viv (TR)	Pilates A 10.00-10.55am Yolanda (TR)	Spinning 10.05-10.35am Georgina (SS)	Hydro Active Level 2 # 11.45-12.20pm Angie (SP)		
NEW INSANITY 12.25-12.55pm Taylor (S1)	Pilates 10.45-11.40am Linda (MP)	BodyPump 10.30-11.25am Tony (S1)	Aqua Natal # 10.45-11.40am Georgina (SP)	Scratch & Mobilise 12.20-1.15pm Brigitte (S1)		Hatha Yoga 5.00-9.30pm Kamini (S1)
Health Circuits 12.35-1.20pm Brigitte (S2)	BodyBalance 11.15am-12.10pm Jo L (S1)	Deep Water Aqua 10.45-11.40am Rebecca P (SS)	Pilates 11.30-12.25pm Cat (S1)	Metatit 1.00-1.30pm Louise (S2)		
Zumba 1.00-1.55pm Georgina (S1)	Aqua # 11.35am-12.30pm Viv (TR)	Aqua # 10.45-11.30am Angela (SP)	Health Circuits 12.35-1.30pm Irena (S2)	Spinning 1.00-1.30pm Floyd (SS)		
Spinning 1.00-1.30pm Will (SS)	Metatit 1.00-1.30pm Louise (S1)	Core Conditioning 11.30-11.55am Tony (S1)	Health Circuits 1.35-2.30pm Irena (S2)	Hatha Yoga 1.30-2.25pm Ellie (TR)		
Legs, Bums & Tums 5.30-6.25pm Alison (S1)	Well Fit 2.00-2.55pm Zoe (S1)	Well Fit A 12.00-12.55pm Irena (S1)				
Spinning 5.45-6.30pm Cat (SS)	Well Fit 3.00-3.55pm Zoe (S1)	NEW INSANITY 1.00-1.30pm Nicki (S1)	Well Fit 4.00-4.55pm Paula (S1)	BodyPump 5.30-6.25pm Molly (S1)		
BodyPump 6.30-7.25pm Tony (S1)	Core Conditioning 5.30-5.55pm Cat (S2)	Core Conditioning 1.00-1.30pm Lucy (SS)	Spinning 5.25-5.55pm Jo B (SS)	Legs, Bums & Tums 5.30-6.25pm Paula (S2)		
Spinning 6.35-7.05pm Cat (SS)	Legs, Bums & Tums 5.30-6.25pm Sarah (S1)	Spinning 1.00-1.55pm Irena (TR)	Spinning 5.25-5.55pm Jo B (SS)	Spinning 5.55-6.25pm Taylor (SS)		
Metatit 7.00-7.25pm Taylor (MH)	Spinning 5.30-6.00pm Lucy (SS)	Spinning 5.30-6.00pm Rebecca P (SS)	Core Conditioning 5.30-5.55pm Cat (S1)	Ashtanga Yoga 6.00-7.15pm Tina (TR)		
Spinning 7.10-7.40pm Claire V (SS)	Circuits 6.00-6.55pm Adrian (MH)	Body Conditioning 5.30-6.25pm Sarah (S1)	Circuits 6.00-6.55pm Adrian (MH)	Pilates 6.30-7.25pm Chris (S2)		
Aqua 7.15-8.00pm Clive (SP)	BodyBalance 6.00-6.55pm Cat (TR)	Metatit 6.00-6.55pm Tony (MH)	Pilates 6.00-6.55pm Cat (S2)	Spinning 6.35-7.05pm Molly (SS)		
NEW INSANITY 7.30-7.55pm Taylor (MH)	Step 6.00-6.55pm Alison (S2)	Spinning 6.05-6.50pm Rebecca P (SS)	Body Conditioning 6.00-6.55pm Jo B (S1)			
Ashtanga Yoga 7.35-8.30pm Hannah (S1)	Spinning 6.05-6.35pm Lucy (SS)	BodyPump 6.30-7.25pm Laura (S1)	Spinning 6.15-7.00pm Chris (SS)			
Spinning 7.45-8.15pm Tony (SS)	BodyPump 6.30-7.25pm Karen (S1)	Circuits 6.35-7.30pm Tony (MH)	NEW INSANITY 7.00-7.30pm Tony (MH)			
Circuits 8.00-8.55pm Adrian (MH)	Spinning 6.45-7.30pm Amy W (SS)	Spinning 7.00-7.30pm Helen (SS)	BodyBalance 7.00-7.55pm Cat (S2)			
Aqua 8.05-8.50pm Clive (SP)	BodyCombat 7.00-7.55pm Tony (MH)	Aqua 7.15-8.00pm Clive (SP)	Fitness Yoga 7.00-7.55pm Sarah (TR)			
Spinning 8.20-8.50pm Tony (SS)	Zumba 7.00-7.55pm Cat (S2)	Core Conditioning 7.30-8.25pm Tony (MH)	Spinning 7.05-7.35pm Chris (SS)			
Ashtanga Yoga 8.35-9.30pm Ulrike (TR)	Back Care 7.00-7.55am Irena (TR)	Legs, Bums & Tums 7.30-8.15pm Laura (S1)	NEW BodyCombat 7.35-8.30pm Tony (MH)			
Pilates 8.35-9.30pm Yolanda (S1)	Metatit 7.30-8.00pm Karen (S1)	Aqua 8.05-8.50pm Clive (SP)	Pilates 8.00-8.55pm Chris (S2)			
	Starter Circuits 8.00-8.55pm Paula (MH)	BodyBalance 8.05-9.00pm Holly (S2)				
	Ashtanga Yoga 8.10-9.25pm Ulrike (S1)	Hatha Yoga 8.15-9.30pm Kamini (TR)				
		Back Care Pilates 8.30-9.25pm Chris (S1)				

Under 5's
Creche
Monday - Friday
9.00am -
12.10pm

Syngy Circuits (with gym staff)
Gym based classes to improve your strength, stamina, flexibility, endurance, power and balance
Mon - Fri: 10.30 - 11.00am
5.30 - 6.00pm & 7.30 - 8.00pm
Sat & Sun: 10.30 - 11.00am
Bookable at Customer Service
Members FREE
Non Members Included in your gym session ticket

Wellness Mornings £6.80
Mon & Wed 8.00am-12.45pm
Fri 8.30am-12 noon
Includes exercise classes, gym, swimming, badminton and table tennis. Wellness Mornings classes are depicted with a ▲
Spa available at a surcharge.



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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 current fitness industry trends.

ALL OVER BODY WORKOUT CLASSES
Combining calorie burning, muscle toning, strength and stamina.

INTRODUCTORY LOW IMPACT CLASSES
Ideal for those needing to start at a lower level.

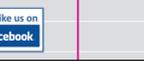
WATER WORKOUT CLASSES
Exercise in the water to maximise fun and intensity.



Tel: 01202 437800

class location
S studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Legs, Bums & Tums 9.30-10.25am Lucy (S)	Legs, Bums & Tums 9.30-10.25am Rachel (S)	Athletic Conditioning 7.30-8.25am Tom (S)	NEW Circuits 7.00-7.45am Alex (S)	Boot Camp 7.00-7.55am Adam (S)	Athletic Conditioning 9.00-9.55am Mandy (S)	Circuits 9.30-10.00am Tom (S)
Zumba 10.30-11.25am Emma (S)	Pilates 10.30-11.25am Brigitte (S)	Spinning 9.30-10.25am Mandy (S)	Spinning 9.30-10.25am Irena (S)	Body Conditioning 9.30-10.25am Irena (S)		Core Conditioning 10.05-10.30am Tom (S)
		NEW Abs & Stretch 10.30-11.15am Laura (S)	NEW Legs, Bums & Tums 10.30-11.25am Mandy (S)	Zen Yoga 11.00-12.15pm Maxine (S)		
				NEW Nice & Easy 12.30-1.15pm Irena (S)		
Boot Camp (until 29 Sept) 6.30-7.25pm Jim (OS)	Circuits 6.00-6.30pm Tom (S)	Hatha Yoga 6.00-6.55pm Irena (S)				
	NEW Zen Yoga 8.30-9.45pm Maxine (S)					



www.sirdavidenglishsportscentre.co.uk



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
S studio
SS spin studio
P pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning 9.30-10.15am Becky (SS)	Spinning 9.30-10.15am Karen (SS)	Spinning 9.30-10.15am Nathan (SS)	Spinning Endurance 9.30-10.15am Naomi (SS)	Kettle Bell Blast 9.30-10.00am Cat (S)	Swim Fit 8.00-8.55am Jeanette (P)	Spinning 9.25-9.55am Jo (SS)
Body Conditioning 9.30-10.25am Cat (S)	Athletic Conditioning 9.30-10.25am Mandy (S)	Spinning 9.30-10.25am Chris (S)	Body Conditioning 9.30-10.25am Lucy (S)	Spinning 9.30-10.00am Charlie (SS)	Hatha Yoga 9.00-9.55am Pippa (S)	Body Conditioning 10.00-10.45am Michelle (SS)
Body Flow Fusion 10.30-11.25am Cat (S)	Deep Water Aqua 10.05-11.00am Clive (P)	Aqua Zumba 10.05-11.00am Cat (P)	Ashtanga Yoga 10.45-11.40am Zoe (S)	Zumba 10.05-11.00am Cat (S)	Spinning 9.30-10.15am Claire (SS)	Body Conditioning 10.05-11.00am Jo (S)
	Pilates 10.30-11.25am Mandy (S)	Hatha Yoga 10.30-11.25am Pippa (S)		Spinning 10.05-10.35am Charlie (SS)	Starter Circuits 10.00-10.55am Paula (S)	Zumba 11.05-12.00pm Sarah Y (S)
	Aqua 11.05-12.00pm Clive (P)			Hatha Yoga 11.05-12.00pm Pippa (S)	Spinning 10.20-10.50am Claire (SS)	
	Spinning 5.25-5.55pm Sarah Y (SS)			Deep Water Aqua 11.05-12.00pm Cat (P)	Legs, Bums & Tums 11.00-11.55am Jo (S)	
NEW Blast FX 5.30-6.25pm Chris J (S)	Kettle Bell Blast 5.30-6.00pm Chris W (S)	Body Conditioning 5.30-6.25pm Lucy (S)	Core Conditioning 5.30-5.55pm Kerry (S)	Spinning 5.30-6.15pm Nathan (SS)		
NEW Spinning 5.40-6.25pm Jo B (SS)	Body Conditioning 6.05-7.00pm Sarah Y (S)	Spinning 5.45-6.15pm Cat (SS)	20/20/20 6.00-6.55pm Kerry (S)	Circuits 6.00-6.55pm Graeme (S)		
NEW Spinning 6.30-7.15pm Chris J (SS)	Spinning 6.15-6.45pm Charlie (SS)	Spinning 6.30-7.15pm Lucy (SS)	Spinning 6.00-6.30pm Nathan (SS)	Spinning 6.20-6.50pm Nathan (SS)		
Total Body 6.30-7.25pm Jo B (S)	Spinning 6.50-7.20pm Charlie (SS)	Zumba 6.30-7.25pm Cat (S)	Spinning 6.35-7.05pm Nathan (SS)			
Pilates 7.30-8.25pm Chris J (S)	NEW Step 7.05-8.00pm Jo B (S)	Spinning 7.20-8.05pm Claire (SS)	Kettle Bell & Abs 7.00-7.55pm Greg (S)			
Hatha Yoga 7.30-8.25pm Amba (SS)	Core Conditioning 7.30-7.55pm Charlie (SS)	Legs, Bums & Tums 7.30-8.25pm Jo (S)	Spinning 7.10-7.40pm Nathan (SS)			
	Time Attack 8.05-8.30pm Graeme (S)	Hatha Yoga 8.30-9.25pm Pippa (S)	HIIT 8.00-8.45pm Greg (S)			



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class locations
S1 studio 1
S2 studio 2
SS spin studio
P pool
OS outside
Term time only

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump 7.15-8.00am Sarah (S1)	Circuits 7.15-8.00am Phil (S1)	Hydro Active Level 2 8.45-9.30am Naomi (P)	Spin & Abs 7.15-8.00am Kate (SS)		Swim Fit 8.00-9.00am Lara (P)	Circuits 9.00-9.45am Phil (S2)
NEW Hydro Active Level 2 7.55-8.40am Brigitte (P)	Hydro Active Level 2 8.45-9.30am Naomi (P)	BodyStep 9.20-10.15am Karen (S1)	Body Conditioning 9.20-10.15am Sarah (S2)	BodyCombat 9.20-10.15am Maxine (S1)	20/20/20 9.00-9.55am Karen (S1)	Body Conditioning 9.20-10.15am Magda (S2)
Hydro Active Level 2 8.45-9.30am Brigitte (P)	Body Conditioning 9.20-10.15am Steph (S1)	BodyBalance 9.20-10.15am Diane (S2)	BodyPump 9.20-10.15am Laura (S1)	BodyBalance 9.20-10.15am Lesley (S2)	Zumba 9.00-9.55am Sarah/Lucy C (S2)	Extreme Circuits 9.50-10.45am Phil (S2)
Legs, Bums & Tums 9.20-10.15am Kate (S2)	Zumba 9.20-10.15am Emma (S2)	Spinning 10.00-10.30am Michelle (SS)	20/20/20 10.35-11.30am Laura (S1)	Spinning 9.30-10.15am Magda (SS)	Spinning 10.05-10.35am Karen (SS)	
BodyPump 9.20-10.15am Laura (S1)	Aqua 9.35-10.20am Naomi (P)	NEW BodyPump 10.35-11.30am Maxine (S1)	Dance Mix 10.35-11.30am Nicky (S2)	Pilates 10.35-11.30am Kate (S2)	BodyPump 10.05-11.00am Claire M (S1)	
Nice & Easy 10.35-11.20am Magda (S2)	Spinning 10.35-11.20am Steph (SS)	Nice & Easy 10.35-11.20am Karen (S2)	Aqua 11.35-12.20pm Brigitte (P)	Nice & Easy 10.35-11.20am Lesley (S1)	Pilates 11.10-12.05pm Mandy (S2)	
Spinning 10.35-11.20am Laura (SS)	Swiss Ball 10.35-11.20am Cat (S2)	Aqua 11.35-12.20pm Caroline (P)		Aqua 11.35-12.20pm Caroline (P)		
Pilates 11.30-12.25pm Magda (S2)	Pilates 11.30-12.25pm Cat (S2)			Pilates 11.35-12.30pm Magda (S2)		
Health Circuits 11.30-12.25pm Michelle (S1)				Health Circuits 12.45-1.40pm Michelle (S2)		
Aqua 11.35-12.20pm Clive (P)						
Metatit 5.30-6.00pm Karen (S2)						
BodyPump 5.45-6.40pm Jo L (S1)	BodyPump 6.00-6.55pm Maxine (S1)	Pilates 5.30-6.25pm Kate (S2)	NEW Spinning 5.45-6.15pm Tia (SS)	BodyPump 5.10-5.55pm Karen (S1)		
Core Conditioning 6.00-6.25pm Gym Staff (S2)	Pilates 6.00-6.55pm Paula (S2)	NEW Spinning (starts 17 Sept) 5.30-6.15pm Mandy (SS)	BodyBalance 6.00-6.55pm Becki (S2)	Legs, Bums & Tums 5.30-6.25pm Rachel (S2)		
Spinning 6.15-6.45pm Karen (SS)	Spinning 6.05-6.55pm Naomi (SS)	BodyPump 6.00-6.55pm Karen (S1)	Body Conditioning 6.00-6.55pm Magda (S1)	BodyStep 6.00-6.55pm Jo L (S1)		
Zumba 6.30-7.25pm Duncan (S)	Spinning 6.55-7.25pm Lucy A (SS)	Zumba 6.30-7.25pm Duncan (S)	NEW Spinning 6.20-6.50pm Tia (SS)	Spinning 6.30-7.00pm Rachel (SS)		
BodyStep 6.45-7.40pm Jo L (S1)	BodyCombat 7.00-7.55pm Jo L (S1)	BodyStep 7.00-7.55pm Karen (S1)	BodyPump 7.00-7.55pm Mandy (S1)			
Spinning 6.50-7.20pm Karen (SS)	Legs, Bums & Tums 7.00-7.55pm Rachel (S2)		Zumba 7.10-8.05pm Sarah (S2)			
Spinning 7.25-7.55pm Karen (SS)	Aqua 7.30-8.15pm Lucy A (P)	Aqua 7.30-8.15pm Lucy C (P)	Aqua 7.30-8.15pm Clive (P)			
Aqua 7.30-8.15pm Lucy C						