



Please see your instructor if you wish to seek advice or ask any questions as they will be more than happy to assist.

Only drinks in sealed containers are allowed in a class. NO glass bottles or food.

It is advised that you wear supportive footwear and comfortable clothing.

Class Guidance

- All new class participants must complete a screening form prior to exercising. These forms can be obtained from reception.
- All class participants must ensure they are in possession of a class pass which can only be obtained at reception. Passes must be given to the class instructor.
- Please do not enter a class once it is in progress. We strongly recommend that you warm up to prevent injury. It also avoids disrupting other participants.
- At busy times customers are advised to leave sufficient time to access their classes.
- All classes will be of 55 mins duration to allow change over time, unless otherwise stated. ALC reserves the right to temporarily relocate classes and cancel classes due to low numbers.
- Some adult classes are available to 12 – 15 year olds as long as they are accompanied by an adult. All other classes have a minimum age restriction of 16 years or over except Street Dance which has a minimum age of 12 years or over.

Class Guidance

Exercise Class Descriptions

Abs Blast: A 30 minute abs class concentrating on exercises to build a strong and effective core. Suitable for all levels.

Aero Abs: A mixed class of cardio and core exercises to help burn fat and get strong abs. Suitable for all levels.

Aerobics: A cardiovascular work out that maximises fat burning by combining high and low impact moves and combinations. Great fun for all levels.

Body Pump: A non-impact, resistance training class that combines high repetition weight training with aerobic conditioning. It will tone and condition your body, help you lose weight and ultimately change your body shape in record time. Suitable for all levels.

Box Fit: Box Fit is a great class for those wanting to learn the art of boxing, you will be taught how to box correctly, evade and defend as well as boxing conditioning. Most participants undertake this class for a fun fitness workout. Suitable for all levels.

Cardio Kick: This class provides cardiovascular training using kick boxing movements. This will provide calorie burning and increased strength. Suitable for all levels.

Circuits: This class combines cardiovascular and resistance work stations. Strength and endurance are both targeted for this class, which is suitable for anyone who enjoys hard work. Suitable for all levels.

Healthy Living Club: Aged 50 or over? Enjoy activities like Badminton, Indoor Curling, Short Tennis, Squash & Table Tennis. A fun and social way to keep fit.

LBT: If its below the belt where work is needed, then this is tailor made for you. A low impact class which concentrates on those specific areas where you can work at your own pace. Suitable for all levels.

Pilates: Develop strong postural control, back strength and deep core conditioning and focus on correct breathing, alignment and technique. Soothing music compliments the session, leaving you toned, rejuvenated and relaxed.

Step: An intermediate to high work out for those with knowledge of basic step with various routines and optional alternatives to take it up a level. A fun class suitable for all levels.

Spinning: Spinning is an exercise class focusing on endurance, strength and intervals. A typical class involves an instructor at the front of the class who will lead you through routines that are designed to simulate terrain and situations similar to riding a bike outdoors. It is essential to book for this class and arrive at least 10 minutes before the start. Suitable for all levels

Total Body Workout: This class combines a low-impact routine with the option to hold hand weights which will both burn fat and sculpt the body, followed by specific toning exercises targeting the lower half of the body. This combination will lead a great overall body shape.

Tri Work Out: The ultimate studio work out. 20 minutes aerobics, 20 minutes step and 20 minutes body conditioning.

Yoga: For mind, body and soul. Complete relaxation and stretching, the essential ingredients to a stress free lifestyle. Suitable for all levels.

Yogalates: A blend of yoga and pilates to improve flexibility, core strength and body alignment.

Zumba: Spanish slang for "to move fast and have fun" is inspired by the traditional cumbia, salsa, samba and merengue music. A great dance class that will leave you wanting more.

EXERCISE CLASS TIMETABLE

CONTACT US



EGHAM LEISURE CENTRE

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**4TH JANUARY -
31ST MARCH 2011
UPDATED**

EGHAM LEISURE CENTRE

Runnymede
leisure

Exercise Class Timetable

Timetable 4th January - 31st March 2011

UPDATED

Time	Classes	Instructor	Location	Class type
Monday				
06.45	07.30 Spinning	Steph	S	♥
09.45	10.45 Body Pump	Graham	1	♥♥
11.00	12.00 Beginner Zumba	Juliana	1	♥
12.30	13.00 Spinning	Hazel / Abby	S	♥
18.00	19.00 LBT	Graham	1	♥ ♥♥ J
18.30	19.15 Spinning	Sergio	S	♥
19.00	20.00 Body Pump	Graham	1	♥♥
20.00	21.00 Zumba	Hannah	1	♥
Tuesday				
06.45	07.30 Spinning	Abby	S	♥
09.30	10.15 Spinning	Jenna	S	♥
10.00	11.00 Tri Workout	Gayle	1	♥ ♥♥
11.00	11.45 Pilates	Juliana	1	🧘
14.00	16.00 Healthy Living Club (badminton)	Eileen	H	S
17.30	18.15 Spinning	Anthony	S	♥
18.00	19.00 Aerobics	Gayle	1	♥ J
18.30	19.15 Spinning	Sergio	S	♥
19.00	20.00 Box - Fit	Richard	1	♥
19.00	20.00 Circuits	Anthony	H	♥ ♥♥
20.00	21.00 Yogalates	Juliana	1	🧘
Wednesday				
06.45	07.30 Spinning	Richard	S	♥
09.30	10.30 Cardio Kick	Richard	2	♥
10.00	11.00 Aerobics	Holly	1	♥
10.30	11.00 Abs Blast	Richard	2	♥ ♥♥
12.30	13.00 Spinning	David	S	♥
18.00	19.00 Body Pump	Carla	1	♥♥
18.30	19.15 Spinning	Hazel	S	♥
19.30	20.15 Spinning	Juliana	S	♥
19.15	20.00 Aero Abs	Hannah	2	♥♥ J
20.00	20.45 LBT	Hannah	1	♥♥ J
Thursday				
10.00	11.00 Total Body	Juliana	1	♥ ♥♥
11.15	12.00 Spinning	Michelle	S	♥
12.15	13.00 Pilates	Juliana	1	🧘
17.30	18.15 Spinning	David	S	♥
18.15	19.00 LBT	Holly	2	♥
18.30	19.15 Spinning	Abby	S	♥
19.00	20.00 Circuits	Sam	H	♥ ♥♥
19.00	20.00 Tri Workout	Gayle	1	♥ ♥♥
Friday				
06.45	07.30 Spinning	Richard	S	♥
09.30	11.30 Healthy Living	Viv	H	S
10.00	11.00 LBT	Gayle	1	♥♥
11.45	12.45 Yoga	Jane E	2	🧘
Saturday				
08.30	09.15 Spinning	Fran	S	♥
09.30	10.15 Spinning	Fran	S	♥
09.30	10.30 Step	Gayle	1	♥ J
10.30	11.30 Body Pump	Pam / Annie	1	♥
Sunday				
09.00	10.00 Circuits	Anthony	H	♥ ♥♥
09.30	10.15 Spinning	Steph	S	♥
10.00	10.45 Pilates	Juliana	1	🧘
11.00	12.00 Aerobics	Juliana	1	♥ J

Do you have a new idea for a class or would you like to see something different? Get in touch and let us know

Location:

- 1 - Studio 1
- 2 - Studio 2
- H - Sports Hall
- S - Spinning Studio



Calorie Burner



Toning and Stretching



Juniors can attend



Speciality Class



Relax and Energise