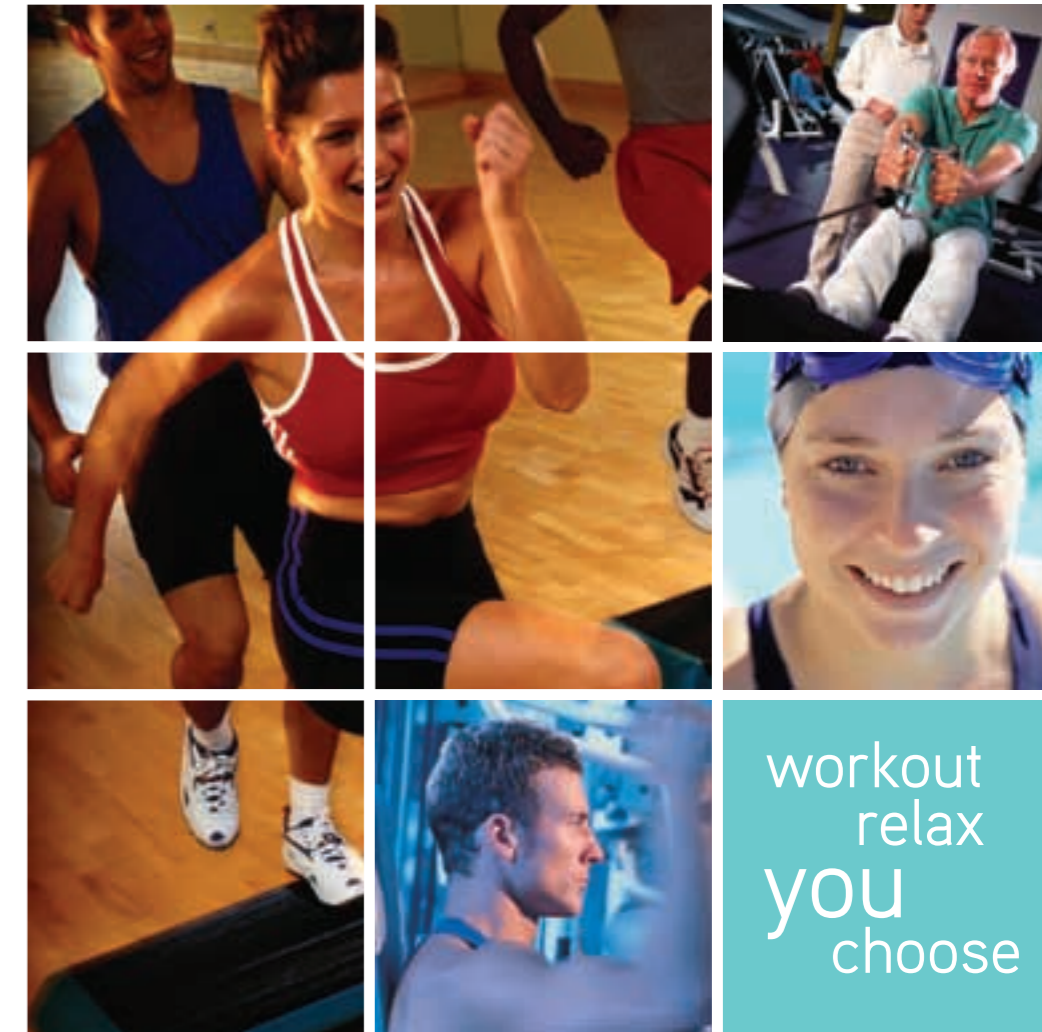


Workout Timetable
Autumn / Winter 2009



workout
relax
you
choose



Centre Opening Times
Monday-Friday
06.30 – 22.30
Saturday & Sunday
07.00 – 22.00
NB Pool opening times may differ to the above

Membership feels great...

- No Joining Fee
- No Contract
- 10 Day Money-back Guarantee
- Ability to Freeze Membership
- Fixed Price for Life*

Plus

- Personal Programme
- Fast Track Entry
- Online Booking

*dependant on Membership type

Lutterworth Sports Centre
Coventry Road, Lutterworth, Leicestershire LE17 4RB

Telephone: 01455 200800

Web: www.lutterworthsportcentre.com

Please note this leaflet is available in large print, on request.



Workout Studio Etiquette

- There must be a minimum of 5 people for the class to take place
- The minimum age for class participation is 16
- Please notify reception when you arrive for your class in order for your attendance to be recorded
- Please arrive for your class in plenty of time as late arrivals will not be permitted once the warm up has commenced
- All mobile phones must be switched off
- Please ensure that clean appropriate clothing and footwear are worn
- Please use the dry changing area and lockers provided for all personal belongings
- Please consult a doctor before participating in any activity. If you are pregnant or have any medical conditions you must make your instructor aware
- Drink plenty of water before, during and after your workout to avoid dehydration
- Please refrain from eating or chewing gum in the studio
- Glass bottles and breakable containers must not be taken in to the studio at any time

Bookings

- Bookings can be made 7 days in advance (payment must be made at time of booking)
 - Bookings can be made in person, by phone or at www.leisurebookings.net
 - Members will need their membership number to make a booking
- Member's can use the online booking facility at www.leisurebookings.net

Cancellation Policy

- Workout classes may be cancelled up to 2 hours before the commencement of the class.
- All customers failing to attend or provide the correct cancellation notice period for a pre-booked activity will be charged the full fee for the activity in question.
- Customers with payments outstanding will not be permitted to book/attend activities until the outstanding payment has been cleared.
- Booking members that choose to cancel their activity booking on line with the cancellation policy will receive a credit to their account which can be applied to the next booking.
- Cancellations can be made by phone or in person.

Time	Activity	Level	Area	Price
Monday				
06.30-07.15	Spinnin	All	Studio	£4.10
09.30-10.30	Body Pump	All	Studio	£4.30
10.30-11.30	50+ Active Lifestyle	50+	Studio	£2.85
13.30-14.30	Core Stability	All	Studio	£4.10
18.00-18.45	Spinnin	All	Studio	£4.10
19.00-20.00	Step	All	Studio	£4.30
20.00-21.00	Legs Bums & Tums	All	Studio	£4.10
Tuesday				
09.30-10.30	Legs Bums & Tums	All	Studio	£4.10
10.30-11.15	Spinnin	All	Studio	£4.10
18.00-19.00	Body Pump	All	Studio	£4.30
18.00-19.00	Pilates	Beg	Meeting Room	
19.00-20.00	Pilates	Int/Adv	Meeting Room	
19.15-20.00	Spinnin	Int	Gym	£4.10
Wednesday				
09.30-10.30	Spinnin	All	Studio	£4.10
10.30-11.15	50+ Aquafit	50+	Pool	£3.10
18.00-19.00	Street Dance	All	Studio	£4.30
18.00-19.00	Pilates	Beg	Meeting Room	
19.00-20.00	Body Balance	All	Studio	£4.30
19.00-20.00	Pilates	All	Meeting Room	
20.00-21.00	Step n Tone	All	Studio	£4.30

Pilates classes are run as a course and are not included in the centre membership scheme. For further information, ask at reception.

Time	Activity	Level	Area	Price
Thursday				
06.45-07.30	Spinnin	All	Studio	£4.10
09.30-10.30	Body Pump	All	Studio	£4.30
10.30-11.30	Body Balance	All	Studio	£4.30
18.00-19.00	Dodgeball	All	Sports Hall	£4.10
18.00-19.00	Spinnin	All	Studio	£4.10
19.00-19.45	Running Club	All	Outdoors	£4.10
19.30-20.30	High Performance Cycling	All	Studio	£4.10
20.00-20.45	Aquafit	All	Pool	£4.00
Friday				
09.30-10.30	Step	All	Studio	£4.30
10.30-11.30	Abs Attack	All	Studio	£4.10
18.00-18.45	Spinnin	Adv	Gym	£4.10
19.30-20.30	H2O Fitness Training	All	Main Pool	£4.00
Saturday				
09.00-09.45	Spinnin	All	Gym	£4.10
Sunday				
09.30-10.15	Spinnin	All	Gym	£4.10

Pilates classes are run as a course and are not included in the centre membership scheme. For further information, ask at reception.

Workout Class Descriptions

Aqua Fit

improve stamina, strength and suppleness as well as increase cardiovascular fitness. Unlike aerobics on land, Aqua Fit is low impact. Also known as aqua aerobics, Aqua Fit is an aerobics session in the pool that can maintain and take the cushioning effect of the water protects joints in the spine, ankle, hip and knees. It is suitable for people of all ages and abilities as participants can work at a variety of levels by increasing effort and using resistance equipment.

Body Balance

You'll be floating on air after this class!

A dynamic, fitness to music programme that leaves you feeling relaxed and renewed, Bodybalance combines the best of eastern disciplines, like Yoga and Tai Chi, with popular new methods such as Pilates and Feldenkrais. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance. Each class ends with a ten minute period of quiet relaxation.

Body Combat

Bring it on!

Explosively popular in clubs around the world, Bodycombat combines moves and stances from a range of self defence disciplines like karate, boxing and taekwondo into an hour long energetic routine. Music and choreography create a fierce, energetic experience which raises fitness levels throughout the whole body, while burning body fat. A fantastic cardiovascular workout!

Body Pump

Shape that body!

Bodypump is a 60 minute class using barbells and hand weights to tone and condition muscles while raising metabolic rate for rapid fat burning. After an initial warm up, all the major muscle groups are worked via a series of weight bearing exercises including squats, presses and lifts. The class finishes with a cool down and stretch. Bodypump is proven to be "the world's fastest way to get in shape" by research which has confirmed higher than expected fat burning effects alongside endurance, strength and 'wellness' benefits.

Circuits

Not a dance move in sight!

Circuit's is a cardiovascular interval and strength training class that combines high intensity aerobics, strength and stabilisation exercises. Classes are high in motivation, provided by dynamic instructors and exciting music. All participants can achieve their fitness goals by following the simple movements in a circuit formation. Circuit's is a fantastic calorie burner that delivers fast improvement in general endurance and an increase in overall body strength.

Core Stability

Use a Fitball and your own body strength

A core strengthening class which is designed to improve your range of motion, strength, stability, co-ordination and balance. Used by a

wide range of participants, from top athletes to the complete novice, the Fitball provides an excellent workout which will result in a stronger core, an improved posture, better body alignment and firmer abs. Fitball is also an ideal progression for those who currently undertake a mat based Pilates Class.

Spinnin'

It's just like riding a bike!

Our Spinnin' classes are the ultimate in cardiovascular exercise. And it's not just because Spinnin' is an unmatched way to make your fitness goals a reality! With no complicated moves to learn, top notch instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun.

High Performance Indoor Cycling

Are you an aspiring Chris Hoy?

A highly demanding cardiovascular workout that replicates road riding. The 60 minute workout incorporates hill climbs, Time trials and group sprints. Suitable for athletes who want to improve their race performance.

Legs, Bums & Tums

An old favourite brought right up to date!

It's not as hard as you may think to get off the couch and start working those areas you think you've neglected: legs, bums and tums. This exercise class offers a low impact workout concentrating on the mid to lower body muscles to tone and tighten those all important areas.

Body Conditioning

You'll never get the same class twice!

A cardio and toning class that combines low and high impact moves to achieve a leaner, trimmer body.

Suitable for all levels.

Step 'n Tone

New to Step? This class is for you!

A step class to work your heart and lungs, combined with toning exercises to firm you up! An excellent class with simple, easy to follow choreography.

Suitable for all levels.

Step

If choreographed moves are your thing, this is for you!

When you do a step class you are primarily exercising heart and lungs for improved cardiovascular fitness. You'll also be giving your lower body muscles a good workout: strengthening and toning your bottom, thigh and abdominal muscles. This variable intensity workout with upbeat music is bound to get your mambos, stomps and turns off to perfection.

DodgeBall

Dodge, Dip, Duck and Dive your way to fitness.

A fun interactive workout for all!