

# Activity programme descriptions.

## Calorie burning & aerobic fitness

Energetic workouts that raise your heart rate to burn calories and improve fitness. These classes will help to improve your aerobic fitness, body composition, blood pressure, cholesterol and blood glucose levels.

**Cycle** - A really effective, motivating calorie burning / cardiovascular workout on our indoor bikes that involves no routines or need for co-ordination.

**Step** - A great calorie burning class involving a variety of movements of different intensity on and around the step that's good for co-ordination as well as the muscles of the thighs and bums.

**Aerobics** - A fantastic class for calorie burning and co-ordination combining mixed impact movements to upbeat music.

## Muscular conditioning & toning

Classes that work on your muscles to improve fitness and appearance. These classes will also help to improve your body composition, blood glucose levels and athletic performance. Good muscular fitness will also reduce your risk of musculoskeletal problems.

**Body Pump** - The original structured weighted workout, with the motivation of music and easily adjustable weights. This is a challenging and effective workout for all the major muscle groups.

**Legs Bums and Tums** - After a short simple aerobic warm up, a combination of easy to follow exercises focus on improving muscular endurance and tone in the legs, abdominals and bottom.

**Fit Ball** - An easy to follow, fun, yet challenging fitness class visiting a variety of exercises for all muscles, especially the abdominal and postural muscles performed using the inflatable stability balls.

## All over body workout

A combination of calorie burning workouts and muscular conditioning exercises.

**Wellbeing Workout** - A fun, social and easy to follow group exercise class led by a Wellbeing Advisor and designed to help you manage your health and energy levels.

**Aqua** - A fitness class in the pool where the resistance of the water makes the calorie burning and muscle toning exercises highly effective as well as supporting some of the body weight minimising impact and reducing stress on the joints.

**Circuits** - A simple to follow effective workout consisting of a series of short bursts of a variety of cardiovascular/calorie-burning movements and muscle toning /strengthening exercises.

**Sporting Circuits** - A sport specific circuit class designed to enhance your sporting performance or just give you a good workout, see in club posters for this month's theme.

**Boxing Fit** - A varied workout using basic boxing skills combined with calorie burning and muscle endurance exercises.

**All Over Body Workout** - A class that combines some aerobic type moves in a calorie burning component with muscle toning exercises for key muscles; formats and equipment used may vary.

**BootCamp** - Push your fitness levels to the maximum with our 'Boot Camp' instructor and test your stamina and mental toughness in our challenging circuit for all levels.

## Extend, relax & re-energise

Classes that concentrate on developing good posture and muscular control to improve appearance and function. These classes are completed at a lower intensity level and will also give you time to relax, de-stress and restore your energy levels.

**Yoga** - This traditional eastern discipline combines strength and flexibility through a series of movements linked with a focus on breathing. Different yoga disciplines vary in their speed and intensity but all help develop a sense of inner wellbeing and calm.

**Pilates** - Pilates is a fantastic technique for strengthening and balancing all the muscles of the body to help rehabilitate and prevent injuries as well as improve posture and range of movement.

## Themed

Classes to add variety and interest, such as dance, martial arts and junior classes.

**Zumba** - A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. Come join the party!

**Dance** - Dance is a great way to burn calories and have fun whatever the style of dance performed; this class could be good for your social life as well as your body.

**Tai Chi** - The ancient Chinese martial art method uses slow graceful movements and breathing techniques to awaken the body and leave you with a feeling of inner calm.

BACK

## Express classes

These are fast and efficient workouts. Designed for those who are short of time but still enjoy the atmosphere of training in a group.

Please ask a member of the team for descriptions of some specialist fitness classes that might be available at your Nuffield Health Fitness and Wellbeing Centre.

FRONT

## Centre opening times

Monday - Friday	06.30 - 22.00
Saturday & Sunday	08.00 - 20.00
Bank Holiday	08.00 - 20.00

## Crèche opening times

Cottingley Day nursery.  
Please call the nursery for details of opening hours on 01274 568 080

## Junior activity times

See Junior Timetable

## Kids pool times

Monday - Thursday	10.00 - 18.00
Friday	10.00 - 20.00
Saturday & Sunday	10.00 - 18.00

## Children's hours in the gym

Children under the age of 11 cannot use the gym at any time

Children aged 11 and 12 can only use the gym in supervised gym sessions run by the fitness team to join a supervised session book your place at reception (parents cannot supervise children)

Young adults 13 to 15 must have an induction before they use the gym but must only use cardio

equipment.

Adult membership is required for those aged 16 years and over.

Young members aged 13 and over can use the Centre without an adult during children's hours.

Young members under the age of 16 are not allowed to bring guests who are under the age of 18 years.

## Main pool times\*

### Monday

Swim School (1)	10.00 - 12.00
Family Swim (1)	10.00 - 18.00
Swim School (1)	15.00 - 18.00
Aqua (1)	18.00 - 18.45

### Tuesday

Family Swim (1)	10.00 - 18.00
Swim School (1)	15.00 - 18.00

### Wednesday

Aqua (1)	09.45 - 10.30
Family Swim (1)	10.00 - 18.00
Swim School (1)	13.00 - 18.00

### Thursday

Family Swim (1)	10.00 - 18.00
Swim School (1)	15.00 - 18.00
Aqua (1)	18.40 - 19.25

### Friday

Aqua (1)	09.45 - 10.30
Family Swim (1)	10.00 - 20.00
Swim School (1)	13.00 - 18.00

### Saturday

Family Swim (1)	10.00 - 18.00
Swim School (1)	10.00 - 14.00

### Sunday

Family Swim (1)	10.00 - 18.00
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# Activity schedule.

The latest activity schedule is also available on our website or call 01274 565 741 for more details. We update our activity schedule, so do continue to give us feedback as it helps us improve our services to you.

Timetable to be updated end of:

DECEMBER

LEVEL OF CLASSES	CALORIE BURNING & AEROBIC FITNESS	THEMED	MUSCULAR CONDITIONING & TONING	ALL OVER BODY WORKOUT	EXTEND, RELAX & RE-ENERGISE	EXPRESS CLASSES	
All our classes are open to everyone and will cater for all fitness levels so you can go at your own pace. If you're a regular exerciser and are looking for a bit more of a challenge then classes marked with an (a) for advanced may be an ideal choice for you. If you're unsure or have any questions just arrive a few minutes early and speak to the instructor.	Energetic workouts that raise your heart rate to burn calories and improve fitness. These classes will help to improve your aerobic fitness, body composition, blood pressure, cholesterol and blood glucose levels.	Classes to add variety and interest, such as dance, martial arts and junior classes.	Classes that work on your muscles to improve fitness and appearance. These classes will also help to improve your body composition, blood glucose levels and athletic performance. Good muscular fitness will also reduce your risk of musculoskeletal problems.	A combination of calorie burning workouts and muscular conditioning exercises.	Classes that concentrate on developing good posture and muscular control to improve appearance and function. These classes are completed at a lower intensity level and will also give you time to relax, de-stress and restore your energy levels.	These are fast and efficient workouts. Designed for those who are short of time but still enjoy the atmosphere of training in a group.	
CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CLASS TIME	SATURDAY
06.45 - 07.25		CYCLE - STUDIO 2				08.55 - 09.55	PILATES - MB STUDIO
06.45 - 07.30				SPORTING CIRCUITS - STUDIO 1	CYCLE - STUDIO 2	10.00 - 10.45	CYCLE - STUDIO 2
06.45 - 07.45			BODY PUMP - STUDIO 1			10.15 - 11.10	YOGA - MB STUDIO
07.00 - 07.30	EXPRESS CLASS - GYM					11.00 - 11.45	CYCLE - STUDIO 2
09.30 - 10.10		LEGS, BUMS & TUMS - MB STUDIO				11.00 - 11.45	CYCLE - STUDIO 2
09.30 - 10.15				LEGS, BUMS & TUMS - STUDIO 1		11.15 - 12.10	BODY COMBAT - STUDIO 1
09.45 - 10.30			AQUA - POOL		AQUA - POOL	15.00 - 16.00	AEROBICS - STUDIO 1
10.00 - 11.00	ALL OVER BODY WORKOUT - STUDIO 1	YOGA - HATHA - MB STUDIO			AEROBICS - STUDIO 1	16.15 - 17.15	BODY PUMP - STUDIO 1
10.10 - 10.45			CYCLE - STUDIO 2				
10.15 - 10.45	FIT BALL - MB STUDIO						
10.15 - 11.00			ZUMBA - STUDIO 1				
10.20 - 11.05		PILATES - STUDIO 1					
10.20 - 11.20				BODY PUMP - STUDIO 1			
11.00 - 12.00					TAI CHI - MB STUDIO		
11.10 - 12.10	BODY PUMP - STUDIO 1						
11.10 - 12.00							
11.15 - 12.15		YOGA - HATHA - MB STUDIO			BODY PUMP - STUDIO 1		
11.15 - 12.00		WELLBEING WORKOUT - STUDIO 1	ZUMBA - STUDIO 1				
11.25 - 12.25				DANCE - STUDIO 1			
11.30 - 12.00			EXPRESS CLASS - GYM				
12.00 - 12.30	EXPRESS CLASS - STUDIO 2						
13.00 - 14.00			PILATES - MB STUDIO	YOGA - HATHA - MB STUDIO			
13.15 - 14.15	ALL OVER BODY WORKOUT - STUDIO 1						
14.00 - 14.30		EXPRESS CLASS - GYM					
15.00 - 15.30					EXPRESS CLASS - GYM		
17.30 - 18.15				PILATES - MB STUDIO			
17.30 - 18.30				BODY PUMP - STUDIO 1			
18.00 - 18.45	AQUA - POOL				CYCLE - STUDIO 2		
18.00 - 18.45	CYCLE - STUDIO 2						
18.00 - 18.50	LEGS, BUMS & TUMS - STUDIO 1		BOXING FIT - MB STUDIO				
18.00 - 19.00	YOGA - MB STUDIO				BODY PUMP - STUDIO 1		
18.15 - 19.00	BOOT CAMP - MEET AT RECEPTION						
18.15 - 19.10		PILATES - MB STUDIO					
18.30 - 19.10				CYCLE - STUDIO 2			
18.30 - 19.15			STEP - STUDIO 1				
18.30 - 19.15			CYCLE - STUDIO 2	PILATES - MB STUDIO			
18.30 - 19.20		CIRCUITS - STUDIO 1					
18.40 - 19.25				AQUA - POOL			
18.45 - 19.45				CIRCUITS - STUDIO 1			
19.00 - 19.45	CYCLE - STUDIO 2	CYCLE - STUDIO 2					
19.00 - 20.00	BODY PUMP - STUDIO 1						
19.00 - 20.00	PILATES - MB STUDIO						
19.10 - 20.40			YOGA - IYENGAR - MB STUDIO				
19.15 - 20.00			LEGS, BUMS & TUMS - STUDIO 1				
19.15 - 20.30		YOGA - HATHA - MB STUDIO					
19.20 - 20.00			CYCLE - STUDIO 2				
19.20 - 20.10				PILATES (a) - MB STUDIO			
19.30 - 20.30		AEROBICS - STUDIO 1					
20.00 - 20.50			ZUMBA - STUDIO 1				
20.00 - 21.00	BOXING FIT - STUDIO 1			BODY PUMP - STUDIO 1			