

CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00							
07:15	Body Tone (45 mins) Fitness Team	FitBall (45 mins) Fitness Team	Fitness Fusion (45 mins) Fitness Team	Legs, Bums & Tums (45 mins) Fitness Team	HIIT & Abs (45 mins) Fitness Team		
07:30							
07:45							
08:00							
08:15							
08:30							
08:45							
09:00							
09:15		Slow Flow Yoga (1 hour) Sally Hodgetts					
09:30							
09:45	Aqua Fit (45 mins) Ann Aplin			Advanced Pilates (1 hour) Sarah Lasenby	Aqua Fit (45 mins) Annie Arscott	Zumba (1 hour) Lucile Eade-Brachet	Legs, Bums & Tums (45 mins) Fitness Team
10:00							
10:15							
10:30						Body Tone (45 mins) Fitness Team	
10:45							
11:00			Tai Chi (1 hour) Steve Munn				
11:15							
11:30						Hatha Yoga (1 hour) Ulla Vogl	
11:45		Aqua Fit (45 mins) Ann Aplin					
12:00							Dance Fusion (1 hour) Aggi Kowan
12:15							
12:30		Pure Stretch (1 hour) Fitness Team	Hatha Yoga (1 hour) Steve Munn				
12:45	Beginners Pilates (1 hour) Kirsten Cowan			Yin Yoga (1 hour) Ulla Vogl	Vinyasa Flow Yoga (1 hour) Ulla Vogl		
13:00							
13:15							
13:30							
13:45			No Impact Workout (45 mins) Fitness Team				
14:00	Legs, Bums & Tums (45 mins) Fitness Team			Body Tone (45 mins) Fitness Team	Pure Stretch (1 hour) Fitness Team		
14:15							
14:30							
14:45							
15:00							
15:15							
15:30		Dance Fusion (1 hour) Aggi Kowan					
15:45							
16:00							
16:15							
16:30							
16:45			Intermediate Pilates (1 hour) Nicky Howard				
17:00							
17:15	Fitness Flow (1 hour) Nicky Howard			Beginners Pilates (1 hour) Sophie Hewitt			
17:30							
17:45							
18:00							
18:15							
18:30	Body Tone (45 mins) Fitness Team	Legs, Bums & Tums (45 mins) Fitness Team	Aqua Fit (45mins) Leela Goddard	Bands & Tone (45 mins) Fitness Team			
18:45							
19:00							
19:15							

BOOKING CLASSES

Bookings for classes can be made seven days in advance online at members.phylliscourt.co.uk or by calling Fitness Centre Reception (01491 570 518).

Members are required to cancel no later than two hours before their class. If you need to cancel please do so online or by calling Fitness Centre Reception on 01491 570 518.

Paid for courses are available and run for six consecutive weeks, with one session a week. Please speak to a member of the fitness team for more information on the courses that are running.

KEY

 Pool-based class

This timetable may be subject to change

CLASS DESCRIPTIONS



BODY TONE

Resistance training to get you in shape. Using light to medium weights to work out the entire body, you'll increase your strength, challenge your aerobic system and burn calories.

LEGS, BUMS & TUMS

A workout for the lower body and core. Using a variety of resistance, aerobic and floor based exercises you'll strengthen and tone your thighs, glutes and mid section.

HATHA YOGA

Floor based, this gentle class is designed to align and calm your mind, body and spirit.

VINYASA FLOW YOGA

An intermediate form of yoga that links breathing, movement and poses together.

FITNESS FUSION

A combination of any of the following classes to create the ultimate workout. 'Body Tone', 'Legs, Bums & Tums', 'On the Spot Circuits', 'HIIT & Abs', 'Bands & Tone' or 'FitBall'.

HIIT & ABS

High Intensity Interval Training. Fire up your metabolism, burn plenty of calories and strengthen your mid section. 30 minutes of intense cardio followed by core training.

TAI CHI

Integrate your mind and body with this gentle class. Based in martial arts it involves slow, controlled movements and deep breathing to improve your strength and balance, reduce stress and increase your energy.

DANCE FUSION

An exercise to music class where you are free to enjoy the sensation of dance. You'll be led through a fun routine that will give your whole body an aerobic workout.

SLOW FLOW YOGA

This class is set at a rhythmic pace to strengthen and heal the body and mind. Finish with a wind down journey into deep meditation and relaxation.

PURE STRETCH

Improve your flexibility and core strength. A light hearted but effective stretch and mobility routine designed for all levels of fitness to attend and enjoy.

ZUMBA

A dance class suitable for everyone. This fun and energetic workout moves between high and low intensity dance moves designed to raise the heart rate and boost your cardio endurance.

AQUA FIT

A pool based workout to increase your strength and fitness with no impact on your joints. You'll use the water for resistance to strengthen your muscles and increase your cardio endurance.

NO IMPACT WORKOUT

The perfect workout for beginners. This class uses lighter weights to strengthen your body and gently raises the heart rate through light cardio exercises. All moves can be performed on a chair for extra support.

PILATES

Build your strength and mobility. Whether you are a beginner or an experienced Pilates-goer, we have options for different levels of ability. Develop a strong core and improve your balance and coordination.

YIN YOGA

A series of long held, passive floor poses focusing on lower body to increase circulation in the joints and improve flexibility.

FITNESS FLOW

A combination of yoga and pilates at a faster pace.

BANDS & TONE

A high rep routine using resistance bands. This whole body workout uses functional resistance exercises to strengthen and tone your body without lifting any weights.

FITBALL

A fun and challenging workout using ball equipment. Build your strength, develop your core and increase your muscular endurance.