

CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
07:00													
07:15	Circuits (45 mins) Fitness Team	FitBall (45 mins) Fitness Team	Pure Stretch (1 hour) Fitness Team	Body Tone (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	Blitz Ball & Core (45 mins) Fitness Team	Slow Flow Yoga (1 hour) Jenna Riley	Body Tone (45 mins) Fitness Team	Advanced Pilates (1 hour) Sarah Lasenby	Aqua Fit (45 mins) Annie Arscott	Zumba (1 hour) Lucile Eade- Brachet	Aqua Fit (45 mins) Annie Arscott						
09:30													
09:45													
10:00				Aqua Zumba (45 mins) Lucile Eade- Brachet									
10:15	Aqua Fit (45 mins) Rob/Sam	Advanced Pilates (1 hour) Kirsten Cowan	Beginner Pilates (1 hour) Kirsten Cowan			Body Tone (45 mins) Fitness Team	Aqua Fit (45 mins) Annie Arscott						
10:30													
10:45													
11:00		HIIT & Abs (45 mins) Fitness Team		Legs, Bums & Tums (45 mins) Fitness Team			Legs, Bums & Tums (45 mins) Fitness Team						
11:15													
11:30	Intermediate Pilates (1 hour) Kirsten Cowan	Aqua Fit (45 mins) Annie Arscott	Tai Chi (1 hour) Steve Munn	Yin Yoga (1 hour 15 mins) Ulla Vogl	Hatha Yoga (1 hour 15 mins) Ulla Vogl								
11:45													
12:00													
12:15													
12:30													
12:45	Beginners Pilates (1 hour) Kirsten Cowan	Pure Stretch (1 hour) Fitness Team	Hatha Yoga (1 hour) Steve Munn	Aqua Fit (45 mins) Nickie Hogg	Vinyasa Flow Yoga (1 hour 15 mins) Ulla Vogl								
13:00													
13:15													
13:30													
13:45													
14:00	Legs, Bums & Tums (45 mins) Fitness Team	Step Aerobics (1 hour) Nicky Howard	No Impact Workout (45 mins) Fitness Team	Pure Stretch (1 hour) Fitness Team	Body Tone (45 mins) Fitness Team								
14:15													
14:30													
14:45			Aqua Fit (45 mins) Annie Arscott	Chair Yoga (1 hour) Steve Munn									
15:00													
15:15		Dance Fusion (1 hour) Aggi Kowal											
15:30													
15:45													
16:00													
16:15	Aqua Fit (45 mins) Annie Arscott		Bands & Tone (45 mins) Fitness Team	Meditation course (1 hour) Steve Munn	Beginner/Intermediate Pilates (1 hour) Kirsten Cowan								
16:30													
16:45													
17:00													
17:15	Fitness Flow (1 hour) Nicky Howard	Legs, Bums & Tums (45 mins) Fitness Team	Intermediate Pilates (1 hour) Nicky Howard	Bands & Tone (45 mins) Fitness Team									
17:30													
17:45													
18:00													
18:15			Aqua Fit (45mins) Leela Goddard	Beginners Pilates (1 hour) Sophie Hewitt									
18:30	Body Tone (45 mins) Fitness Team	Yin Yoga (1 hour) Sally Hodgetts											
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 online or by calling the Fitness Centre no later than two hours before the class.

Our 6 week courses can provide a more personalised experience when focusing on your health and fitness, whilst allowing you to measure your weekly progress with our instructors. If you have any enquiries or wish to book onto a course, please email samantha.riley@phylliscourt.co.uk

KEY

-  Pool-based class
-  Paid for course

This timetable may be subject to change

CLASS DESCRIPTIONS



BODY TONE

An all-round aerobic workout to exercise your entire body using a variety of equipment from bars, steps & kettlebells to help build lean muscle and increase your cardio endurance.

LEGS, BUMS & TUMS

A variety of resistance, floor-based and aerobic exercises to strengthen and tone the muscles in your lower body.

HATHA YOGA

Return to the foundations of yoga by focusing on alignment. Allow your body, mind, and breath to come together to restore energy, reduce stress, increase strength, and flexibility.

VINYASA FLOW YOGA

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

FITNESS FUSION

Two of any of the following classes combined to create the ultimate workout: 'Legs, Bums & Tums', 'HIIT & Abs', 'Body Tone' or 'On The Spot Circuits'.

HIIT & ABS

This class fires up your metabolism, burns plenty of calories and targets your core. 30 minutes of intense cardio followed by core training and a cooldown.

ON THE SPOT CIRCUITS

A class that uses a variety of timed exercises to train all your muscle groups and increase your cardiovascular fitness, all on the spot.

STEP AEROBICS

A fun, classic aerobic workout to a beat! Using a step and a choreographed routine you'll improve your strength, fitness and burn fat without putting stress on your joints.

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.

TAI CHI

A series of movements performed in a slow, focused manner and accompanied by deep breathing.

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

A class to improve flexibility and mobility, focusing on core strength through stretching sequences.

ZUMBA

A fun and energetic dance class that moves between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.

AQUA FIT

A fun, pool-based class using the buoyancy and resistance of water to provide muscular and cardio endurance training, without impacting the joints.

CIRCUITS

A whole body workout combining strength and cardio. Using timed exercises you'll train all your muscle groups and increase your cardiovascular fitness.

MEDITATION COURSE

Mindfulness for calm, wellbeing and self-awareness - this course will introduce you to the practice of mindfulness, meditation and the art of living.

NO IMPACT WORKOUT

A more gentle workout that can be performed from a chair. You'll use lighter weights to strengthen all the major muscle groups and gently raise the heart rate through light cardio exercises.

PILATES

A class to develop a strong core, build strength and endurance as well as improving your balance and coordination.

YIN YOGA

A series of long held, passive 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

This high rep workout routine uses resistance bands to help tone your body and build lean muscle.

FITBALL

A fun and challenging workout using Swiss balls and Medicine balls to strengthen your core and build muscular endurance.

BLITZ BALL & CORE

A fun and dynamic class using slam balls to improve your overall explosive power and cardiovascular fitness. This is combined with an entire core workout: a fundamental aspect to your everyday movement.

CHAIR YOGA

A seated practice with the view to strengthen the body to increase mobility. This class is suitable for those who have mobility issues and need extra support.