

CLASS TIMETABLE



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

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.

KEY

£ Paid class with external instructor

💧 Pool-based class

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

This workout will take you through a variety of resistance, floor-based and aerobic exercises to strengthen and tone the muscles in your lower body.

AQUA FIT

A pool-based, low impact, full-body aerobics class with upbeat music to improve your strength and cardio fitness.

TAI CHI

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

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.

YIN YOGA

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

HATHA YOGA

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

PILATES

Sessions that help develop a strong core, build strength and endurance as well as improving your balance and coordination.

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.

VINYASA FLOW YOGA

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

PURE STRETCH

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

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'.

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.

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 cool down.

NO IMPACT WORKOUT

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

FITNESS FLOW

A combination of yoga and pilates at a faster pace.



PAID FOR PILATES & AQUA FIT COURSES

PILATES COURSE: £60.00

AQUA FIT COURSE: £24.00

Courses run for six consecutive weeks, with one session at the specified time each week. Any missed classes cannot be redeemed at a later date.

Please book via the Fitness Centre Reception on 01491 570 518.