

Class Etiquette

1. Please ensure you are booked into each class you intend on participating in as numbers are limited. This also allows us to contact you if there is any change.
2. Please inform reception if you are booked into a class and cannot attend. They will then be able to allocate your place to another member.
3. Please inform the instructor of any medical conditions prior to the start of the class
4. Ensure you arrive 5 minutes prior to the commencement of the class to set up equipment etc.
5. Please wear light comfortable clothing for the class, no heeled shoes in the studios.

Reminders

1. All classes are subject to change (the timetable is reviewed every quarter).
2. If an instructor is ill or on holiday cover instructors will be used, in this instance there may be a slight change to the class to ensure it still goes ahead.
3. Please note that to run a class a minimum of 3 participants needs to attend.
4. Always remember to work at your own level in a class, take an easier option if necessary.

This timetable is designed to meet all members requirements. If you have any queries please speak to a member of staff.

Bookings

Call: 01276 472 662

Email: enquiries@lifestylelightwater.co.uk

Lifestyle Fitness Lightwater

Lightwater Country Park

Surrey GU18 5RG

www.lifestylefitness.co.uk



Lifestyle Fitness Studio classes

2nd January - 31st March 2010

All classes are designed to cater for all ability levels and ages. Our classes are suitable for both male and female participants.

Due to a limited number of places in classes, please book to avoid disappointment.



Day	Time	Class	Instructor	Studio
Monday	6.45am	Circuits	Kat/Mark/Tom	Dance studio 1
	9.15am	Body Conditioning	Justine	Dance studio 1
	9.30am	Strength Spin (45mins)	Kat/Mark/Tom	Spin studio
	10.15am	Pilates	Emma	Dance studio 1
	12.45pm	Boxercise	Darren	Dance studio 1
	6.15pm	Strength Spin (45mins)	Tom	Spin studio
	7.00pm	Pump	Tom	Dance studio 1
	7.15pm	Hatha Yoga (Mixed Ability) (1hr 15mins)	Yvonne	Dance studio 2
	8.00pm	Fitball core (1hr)	Gavin	Dance studio 1
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Tuesday	9.30am	Endurance Spin + Abs (1hr 15mins)	Tom	Spin studio
	9.30am	Step	Penny	Dance studio 1
	10.30am	Yang Style Tai Chi (Mixed Ability)	Jayne	Dance studio 1
	12.30pm	Lunchtime Circuits	Tom	Circuits studio
	6.00pm	Body Blitz	Penny	Dance studio 2
	6.00pm	Bosu (1hr)	Darren	Dance studio 1
	6.15pm	Endurance Spin (1hr)	Mark	Spin studio
	7.00pm	Pilates	Karen	Dance studio 2
	7.00pm	Circuits	Darren	Dance studio 1
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Wednesday	9.30am	Pump	Tom	Dance studio 1
	10.30am	Pilates	Emma	Dance studio 1
	6.00pm	Pilates (Beg/Int)	Kate	Dance studio 1
	6.00pm	Endurance Spin (1hr)	Tom	Spin studio
	7.00pm	Boxercise	Tom	Dance studio 1
	7.00pm	Pilates (Adv)	Kate	Dance studio 2
8.00pm	Fitball Core (45mins)	Darren	Circuits studio	
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Thursday	9.30am	Fitball Core/Bosu (45mins)	Tom	Dance studio 1
	9.30am	Endurance Spin (1hr)	Gavin	Spin studio
	10.15am	Pilates	Penny	Dance studio 1
	7.00pm	20/20/20	Helen	Dance studio 1
	7.00pm	Hatha Yoga (beginners) (1hr 15mins)	Yvonne	Dance studio 2
	7.00pm	Interval Spin + Abs (1hr)	Tom	Spin studio
	8.00pm	Pump	Tom	Dance studio 1
	8.15pm	Kick Boxercise (Adv)	Darren	Dance studio 2
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Friday	9.30am	Chi Ball Pilates (Mixed Ability)	Karen	Dance studio 1
	9.30am	Interval Spin + Abs (1hr)	Darren	Spin studio
	10.30am	Chi Ball Pilates (Mixed Ability)	Karen	Dance studio 1
	12.00pm	Lunchtime Circuits	Darren/Mark/Kat	Dance studio 1
	6.15pm	Boxercise	Tom	Dance studio 1
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Saturday	9.00am	L.B.T	Della	Dance studio 1
	10.15am	Strength Spin (45mins)	Mark/Darren	Spin studio
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Sunday	9.30am	Step	Michelle	Dance studio 1
	10.00am	Endurance Spin (1hr)	Mark Kat/Tom/Gavin	Spin studio

Endurance Spin

Faster pace of music with minimal rest periods. Includes a 10 minutes abdominal blast at the end.

Strength Spin

Slower pace of music with long climbs. Includes a 10 minutes abdominal blast at the end.

Interval Spin

Offers lots of changes throughout the class such as climbing and sprinting. Includes a 10 minutes abdominal blast at the end.

Boxercise

Boxercise is a great way to keep fit, and have lots of fun! Boxercise is a non contact martial art which is done using focus pads and punch bags; it is closely linked to fitness training for boxing.

Kick Boxercise

As Boxercise but with more focus on technique, breathing and body positioning. Higher intensity.

Legs, Bums and Tums (L.B.T)

All over body conditioning to help tone up those problem areas - will work the legs, bum and tum. Includes an aerobic warm up.

Pump

The ultimate toning and strengthening class, which uses a barbell with weights to help shape the body. The specific exercises are all choreographed to music.

Hatha Yoga

A holistic system of exercise which increases flexibility, strength and concentration - classes do have different styles, so see which one suits you.

Body Conditioning

This class will help to change the shape of the body by strengthening and toning the muscles. Whereas classes such as Legs Bums & Tums will concentrate on specific body areas.

Pilates

Pilates uses the training of the mind to control the body, like traditional eastern exercises, such as Tai Chi. Unlike other fitness classes Pilates has a very holistic approach combining mind, body & spirit. Pilates is a gentle form of exercise that helps to alleviate stress and anxiety by relaxation.

Fitball Core/Bosu Core

A mixture of strength, fitness and stability for those who like to challenge.

20 /20 /20

20 minutes of step, 20 minutes of aerobics and to finish 20 minutes of toning. Great workout and high calorie burning class. For all levels.

Circuits

Short but energetic stations of cardiovascular and resistance exercises using a variety of different equipment. This is a very popular class amongst men and women.

Step

This is a class that may vary from week to week, and is choreographed to music. The class aims to improve fitness and tone the major muscle groups of the body.

Tai Chi

A set of exercises or specific, carefully orchestrated movements that take on the appearance of a dance of sorts. It is often practiced in groups with everyone doing precisely the same movements at the same time. Unlike martial arts like judo and karate, Tai Chi is a non-contact, non-combative way of improving health and energy and reducing stress. Its practice promotes flexibility, balance and physical control.

Body Blitz

Fun easy routine for half the duration of the class with a body conditioning element to finish.