

### PILATES

Pilates is a mind and body conditioning exercise programme that targets the deep postural muscles of the abdomen and spine to improve central core stability and posture.

### YOGA

A breath-centred yoga class encouraging self-awareness and exploration through a range of postures, simple pranayama (breath work) and relaxation techniques with some relevant philosophy woven in to give a focus for our practice. Suitable for all abilities.

### HIIT

A high intensity cardiovascular workout where you can achieve incredible results in just 45 minutes! This class combines shorter, high intensity bouts of exercise with regular rest intervals - maximising intensity.

### MATURE MOVERS

Stay active with our Mature Movers exercise class. It improves strength, flexibility and helps you lose weight and stay healthy.

### AQUA FIT

A gentle, fun and effective water based class suitable for all levels of fitness and especially good for joint problems. Also suitable for pre and post-natal exercise.

### SWIM FIT

Get results and achieve your goal, whether it is to lose weight, tone up, improve technique, or just to become fitter and stronger. Get active today with Swim Fit!

### SWIM SMART

Coached by British Masters Champion Nikki Harris, this session caters for beginners to competitive swimmers & concentrates on swimming fitness, drills & stroke development. Must be able to swim 100m.

### ZUMBA®

Join the party! Zumba fuses hypnotic Latin rhythms and easy to follow moves. This 45 minute body energizing class is great for fat burning and working those core muscles.

### CIRCUITS

Circuit training is a form of endurance/resistance training using high-intensity aerobics. It targets strength building and endurance.

**Open to non-members for £6.00.**

### JUNIOR CIRCUITS

This class is for juniors aged 8-16 years old, run by our personal trainers.

It helps improve fitness, strengthen muscles and tone up! This is a great fun class for junior members of all fitness abilities.

**Open to non-members for £4.00.**

### LEGS, BUMS & TUMS

Tone up and feel great, every Wednesday with Jayne. Our LBT class is packed full of moves that will target and strengthen our thighs, glutes and abdomen! This workout is low impact and suitable for all abilities.

### STEP

A fun and challenging class designed to target your legs, bum and tum. Step is a great way to burn fat, shape, tone, and build muscle.

### CLIP & CLIMB

An indoor climbing session. One hour of auto belay climbing with a qualified instructor. For adults and children over 5 years.

**Open to non-members. Fees apply. Ask Reception for current prices.**

### PIYO

PIYO is a low impact class that uses dynamic and continuous flowing sequences to stretch and strengthen your muscles, as well as working up a sweat!

### BODY CONDITIONING

Combines lower and upper body exercises with the use of free weights and body weight resistance exercises. Get great results from this high calorie burning class.

### ULTIMATE SPIN

Looking to challenge yourself to see how fit you are? Then why not try this class! A dynamic, motivating group cycling class to improve the health of the heart and lungs.

**FOLLOW US ON:**



## **LES MILLS BODYPUMP**

### **BODY PUMP - GET LEAN, TONE MUSCLES, GET FIT**

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. BODYPUMP gives you a total body workout. It will burn up to 540 calories! Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music. You'll leave the class feeling challenged and motivated, ready to come back for more.

## **LES MILLS GRIT**

### **GRIT - THE BEST HIIT WORKOUT ON THE PLANET**

Get ready to add HIIT workouts to your life with three unique Les Mills Grit™ workouts and take your fitness to the next level. You'll be addicted to the results. These HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn.

## **LES MILLS RPM**

### **RPM - YOUR ROAD TO FITNESS**

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session with great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

## **LES MILLS BODYCOMBAT**

### **BODY COMBAT - UNLEASH YOUR INNER WARRIOR**

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A Les Mills™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

## **LES MILLS sprint**

### **SPRINT - SPEED UP RESULTS**

A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

## **LES MILLS BODYATTACK**

### **BODY ATTACK! - FIND YOUR ATHLETIC POTENTIAL**

A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A Les Mills™ instructor will pump out energizing tunes and lead you through the workout, challenging your limits in a good way, burning up to 555 calories and leaving you with a sense of achievement.



ST MARY'S CALNE  
SPORTS CLUB

# GROUP FITNESS TIMETABLE

*Valid from 8th July 2024*

**Lifestyle**  
Active Life  
Healthy Life  
Live Life



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

06:45 - 07:30 Les Mills RPM™ Aleta
08:00 - 09:00 Yoga Ami
09:30 - 10:15 Body Conditioning Jackie
10:30 - 11:15 Mature Movers (Sports Hall) Jackie
17:00 - 18:15 Yoga Ami
17:15 - 18:00 HIIT (Sports Hall) Sabina
18:30 - 19:00 Les Mills SPRINT™ Helen
19:15 - 20:00 Zumba® Lorra/Sandra
19:30 - 20:30 Swim Fit Nikki

06:45 - 07:15 Les Mills GRIT™ Lorra
09:30 - 10:15 Les Mills RPM™ Sabina
10:30 - 11:30 Pilates Lauren
11:00 - 12:00 Pilates (Sports Hall) Vince
11:45 - 12:45 Pilates Lauren
17:00 - 18:15 Yoga Ami
18:30 - 19:15 Aqua Fit Tanya
18:30 - 19:15 Les Mills Body Pump™ Helen
19:30 - 20:30 Pilates Vince
20:30 - 21:30 Pilates Vince

06:45 - 07:30 Les Mills Body Pump™ Sabina
08:00 - 09:00 Fitness Pilates Jayne
09:30 - 10:15 Legs, Bums & Tums Jayne
10:30 - 11:30 Mature Movers Valerie
17:15 - 18:00 Legs, Bums & Tums Jayne/Sabina
18:15 - 19:00 Zumba Tanya
19:15 - 20:00 Les Mills RPM™ Aleta
20:15 - 20:45 Les Mills SPRINT™ Aleta



**WARNING:**

Strobe lighting may be used in our fitness classes.

Please inform the instructor if you have any medical conditions that we should be aware of.  
*Thank you.*

06:45 - 07:15 Les Mills GRIT™ Charley/Lorra
08:00 - 08:45 PiYo Aleta
09:00 - 09:45 PiYo Aleta
09:00 - 09:45 Aqua Zumba Tanya
10:00 - 10:45 Mature Movers Valerie
17:30 - 18:15 Les Mills BodyAttack™ Charley
17:45 - 18:30 Circuits (Sports Hall) Jonty
18:30 - 19:20 Ultimate Spin Jan
18:45 - 19:45 Clip & Climb Fitness Team (Fees Apply)
18:45 - 19:30 Zumba (Sports Hall) Sandra
19:30 - 20:30 Swim Smart Nikki
19:35 - 20:35 Les Mills Body Pump™ Virtual

09:15 - 10:00 Les Mills Body Combat™ Sabina
10:15 - 10:45 Les Mills SPRINT™ Sabina
17:00 - 18:00 Clip & Climb Fitness Team
17:30 - 18:30 Step Valerie
18:45 - 20:15 Yoga Ami

08:00 - 08:45 Les Mills RPM™ Aleta
09:00 - 09:45 Zumba (Sports Hall) Lorra/Sandra
10:00 - 10:45 Junior Circuits Fitness Team

SUNDAY

08:00 - 08:45 Les Mills Body Pump™ Helen
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Studio, Fitness and Activity Bookings

By phone - 01249 857335

On Our App - Search for St Mary's Health

Online - <https://stmaryssportscentre.co.uk/LhWeb>

Class cancellations should be made at least **two hours** in advance of the class start time otherwise a non attendance fee of £4 will be charged. Maximum class occupancies apply. We hope you enjoy your class.

This timetable is correct at time of print. Classes and times are subject to change at any time. Please check at Reception for the latest version.



Strength & Condition	Water Based Activity	Cardio/Aerobic	Mind & Body
HIIT	Dance/Aerobic	Cycling	Other