

## Fitness Class Timetable – March 2017

Monday		
Time	Class	Studio
09.30 – 10.25	Body Combat	1
09.30 – 10.30	Yoga For All♦	4
10.30 – 11.30	Studio Strength*	1
10.35 – 11.30	Pilates♦	4
14.00 – 14.30	Zumba Gold ♦	1
17.00 – 17.55	Body Step	1
17.10 – 17.55	Hiit*	2
17.45 – 18.30	Zumba ♦O	Hall
18.00 – 18.40	Abs Blast O	2
18.00 – 18.40	Studio Cycling♦ O	3
18.00 – 18.55	Pure Tone*	1
18.00 – 19.00	Pilates O ♦*	4
18.50 – 19.30	Abs Blast O*	2
19.00 – 20.00	Endurance Cycling O*	3
19.00 – 19.55	Armageddon O*	1
19.30 – 21.00	Yang Yoga Flow*	4
19.35 – 20.20	Zumba Toning*	2
20.00 – 21.00	Body Attack *	1

Thursday		
Time	Class	Studio
06.30 – 07.15	Body Attack	1
09.15 – 09.45	CX WORX*	2
09.30 – 10.10	Studio Cycling ♦	3
10.00 – 10.55	Body Attack	1
10.15 – 11.00	Abs Blast	2
11.00 – 12.00	Body Balance♦	1
11.15 – 12.15	Steady & Strong ♦	4
12.15 – 13.15	Strength & Conditioning ♦	2
13.15 – 13.45	Zumba Gold ♦	1
17.10 – 17.55	Zumba	1
18.00 – 18.40	Studio Cycling O♦	3
18.00 – 19.00	Pilates ♦ O	4
18.00 – 19.00	Studio Strength*	1
18.00 – 19.00	Piyo O	2
19.00 – 19.40	Studio Cycling O♦	3
19.00 – 20.00	Body Balance ♦ O	4
19.00 – 20.00	20 20 20 O	2
19.05 – 20.05	Boxercise O	1

Tuesday		
Time	Class	Studio
06.30 – 07.15	Insanity*	1
09.25 – 09.55	Tabata	1
09.30 - 10.15	Zumba	2
09.30 – 10.30	Yoga For All ♦	4
10.05 – 11.00	Body Step	1
10.25 - 11.05	Zumba Toning	2
11.05 – 12.00	Pure Tone*	1
11.15 – 12.00	Otago ♦	4
12.20 – 13.00	Studio Cycling * ♦	3
14.00 – 15.00	Choga ♦	1
17.00 – 17.55	Body Combat	1
18.00 – 18.40	Studio Cycling O♦*	3
18.00 – 18.45	Pure Stretch O♦*	2
18.00 – 18.55	Sivananda Yoga O♦*	4
18.00 – 19.00	Zumba O*	1
19.00 – 19.55	Studio Strength*	1
19.00 – 20.00	Endurance Cycling O*	3
19.05 – 20.00	Legs, Bums, Tums O*	2
19.10 – 20.10	Body Balance ♦ O	4
20.05 - 20.50	Abs Blast*	2
20.10 - 20.40	Tabata*	1

Friday		
Time	Class	Studio
06.30 – 07.10	Studio Cycling♦	3
09.15 - 09.45	Tabata	2
09.30 – 10.25	Legs, Bums & Tums	1
09.30 – 10.30	Yoga For All ♦	4
09.45 – 10.15	Tabata*	2
09.45 – 10.25	Studio Cycling ♦	3
10.30 – 11.30	Studio Strength*	1
10.45 – 11.45	Feel Good Friday ♦	4
17.30 – 18.15	Studio Cycling ♦O	3
17.30 – 18.30	Body Attack O	1
18.30 – 19.25	Body Combat O	1
18.30 – 19.30	Body Step O	2
19.30 – 20.30	Body Balance ♦ *	4
19.35 – 20.20	Pure Tone*	2

Wednesday		
Time	Class	Studio
06.30 – 07.10	Studio Cycling ♦	3
06.30 – 07.10	Go hard or go home Bootcamp*	Hall
09.30 – 10.25	Body Combat	1
09.30 – 10.30	Healthy Hearts ♦	2
10.40 – 11.40	Body Balance♦	1
11.00 – 11.40	Studio Cycling♦	3
11.00 – 12.00	Breath With Ease ♦	4
13.15 – 13.45	Zumba Gold♦	1
14.00 – 14.30	Zumba Gold Toning ♦	1
16.30 - 17.30	Back Fitness ♦	2
17.00 – 18.00	Zumba	1
17.30 – 18.00	CX WORX*	2
18.00 – 18.40	Studio Cycling O♦	3
18.00 - 18.45	Zumba Step O	2
18.00 – 18.55	Body Step O	1
19.00 – 19.40	Studio Cycling O♦	3
19.00 – 19.55	Body Combat O	1
19.00 – 20.00	Pilates ♦ O	4
19.05 – 20.00	Hiit Plus O	2
20.00 – 20.45	Insanity*	2
20.00 – 20.55	Body Balance ♦ *	4
20.05 – 21.05	Legs, Bums & Tums*	1

Saturday		
Time	Class	Studio
09.00 – 10.30	Mixed Yoga* ♦	4
09.30 – 10.25	Body Combat*	2
10.00 – 10.40	Studio Cycling* ♦	3

Sunday		
Time	Class	Studio
09.00 – 09.55	Body Step	1
09.15 – 09.55	Studio Cycling♦	3
09.30 – 11.00	Mixed Yoga♦	4
10.05 – 11.05	Hiit Plus	2
10.10 – 11.05	Studio Strength*	1
11.10 – 12.10	Zumba	1

**Key** \* 14+ can attend , O Juniors (14+) can attend when accompanied by an adult , \* Under 16's cannot attend , ♦ Classes with lower intensity

## Studio Etiquette

To gain access to the facilities you must bring in your membership card every time you visit and swipe through the turnstiles.

Participants are required to book-in for each Fitness Class prior to taking part. Valley Leisure Ltd reserves the right to refuse entry.

Please arrive 5 minutes before the class is due to start to ensure a safe set up.

Anyone on the waiting list please can you wait outside. The instructor will allow you access just before the class starts to set up if necessary.

Once the class has started there will be no further admittance your space will be allocated to someone on the waiting list.

All persons wishing to participate in a Studio Class must complete the self administered screening form, located either inside or just outside of the studio. You must inform the studio instructor if you answer yes to any of the questions.

It is the responsibility of the customer to update an Instructor if their health/medical condition changes. We will then be able to advise of any necessary changes to the class programme.

Please make sure the Instructor is present before entering the studio and using the equipment.

Please place your bags or belongings in the lockers provided in the changing rooms. We do not allow any unnecessary bags in the studios.

Please bring your own towel to Studio Classes. Once you have finished on your station please use the wipes provided to wipe it down.

Whilst you are in the Studio please do not bring in any drink cans, glassed products or food in with you.

Please wear appropriate footwear and clothing whilst training. Footwear should be well supported.

Please avoid using your mobile telephone whilst in the facilities. Please refrain from talking/texting on mobiles phones whilst in the studio.

For the safety of others and yourself all participants must follow the instructions and advice given by the instructor and be able to perform the exercise in a safe and controlled manner.

For all users safety, as soon as you have finished with a piece of equipment please put the equipment back to its correct place. Any free weights discs or dumbbells should be stored back on the racks provided.

Juniors aged 14+ are welcomed to attend any studio class before 18:00. A selection of classes are available after this time but they must be accompanied by an adult/guardian (see timetable for details).

The use of any recreational drugs or banned substances are prohibited, If we have reasonable belief that a customer is using or dealing this can lead to a permanent ban of all facilities within Valley Leisure.

If you notice any defaults within the facilities please report them to an instructor or at reception.



## Andover Leisure Centre Fitness Class Timetable March 2017

- Details are correct at time of print.
- The most up to date timetables and class descriptions are online at [valleyleisure.co.uk](http://valleyleisure.co.uk)
- Non members will be required to make payment at time of booking.
- Refunds will not be issued for late cancellations or non attendance.
- We reserve the right to discontinue classes at short notice.

### Studio Class Prices

30 minute classes £4.65  
45 minute classes £5.50  
60 minute classes £6.50

90 minute classes £7.00  
40 minute Studio Cycle £5.50  
30 minute Zumba Gold £3.25