

## WellbeingClasses

**AQUAFIT** - £7.95 A pool-based class utilising resistance against the water. A unique workout designed to improve both cardiovascular fitness & muscle tone, without stress or strain to the joints. Suitable for people of all ages and fitness levels.

**FRESH START** - £7.95 Completely new to exercise, or maybe you haven't exercised for some time? Have you recently had a baby or recovering from a minor injury? Answer yes to any of the above, then this is the class for you. A combination of low impact cardiovascular exercise together with strengthening and toning for the whole body.

**DYNAMIC YOGA - INTERMEDIATE** - £8.95 Based on Astanga Vinyasa Yoga, this powerful and intense technique conditions the whole body using dynamic sequenced movements, which are synchronised with the breath. This specific technique provides an equal focus on strength, flexibility & posture together with increased concentration & clarity of mind. Owing to the mental & physical demands of this unique practice, it is advisable to only attend these classes with experience of Hatha Yoga and/or the more static styles of Yoga.

**HATHA YOGA** - £8.95 Recognised as one of the gentler forms, Hatha yoga is the foundation of most other disciplines & is suitable for people of all ages and abilities. The class consists of various breathing techniques (pranayama), to enhance concentration and restore energy, traditional posture work (asanas), to develop and improve flexibility & strength, together with relaxation to encourage release of mind and body.

**IYENGAR YOGA** - £8.95 This style of Yoga is based on body alignment and developing precision in movement for safety and efficacy. You will also learn to understand and work within the parameters of your body.

Foundation Courses - Please see website or contact Reception for details.

**Beginner Level 2** - These classes are for those who have previously undertaken yoga or a Foundation Course and are looking to consolidate and develop further.

**General class** - This is a mixed ability class for those with approximately 18 months practice. Provision will be made for those with less experience.

**YOGA FLOW** - £8.95 A fluid practice of alignment & strength, synchronising breath and movement. A moving meditation that balances mind, body and spirit. This class includes breathing techniques (pranayama), physical postures (asanas) & a deep relaxation. Suitable for beginners & more experienced practitioners.

**PILATES/YOGA FUSION** - £8.95 This class has been created with a combination of exercises designed to help improve postural alignment, increase muscular strength and flexibility and introduce effective relaxation techniques. Included in this fusion are gentle release stretches, flowing dynamic muscular contractions designed to sculpt and tone the body whilst freeing the mind of daily stresses! Some experience of Pilates and/or Yoga is required to attend this class safely and with understanding.

**PILATES MATWORK - Beginner Courses** - please see website or contact Reception. L2/Inter - £8.95 The Pilates method is designed to improve core stability, muscular strength & flexibility. This technique is also renowned to help guard against injury & rehabilitate muscular & skeletal imbalances. Mastering the exercises can help promote greater skill & ability in other forms of workout & sport. For health and safety reasons, Level 2 classes can only be attended having completed a Beginners Course. Performing the exercises without understanding the foundations of the technique can be harmful.

**PILATES ON THE BALL - INTERMEDIATE** - £8.95 This class requires a high level of core strength, muscular tone and flexibility. For health and safety reasons, it is advisable to have attended Pilates Matwork classes for several months

## PowerWorkouts

**TOTAL BODY CIRCUITS** - £8.45 This is a complete workout designed to improve stamina & muscle tone utilising a variety of equipment to combine resistance training & aerobic exercise in a circuit station format. A dynamic and motivating workout designed to improve your overall fitness levels.

**BOXERCISE** - £8.45 Boxercise combines the use of both the aerobic and anaerobic energy systems ensuring a diverse workout, promoting cardiovascular fitness on all levels together with the sports specific training of boxing techniques.

**BOXING CIRCUIT COMBO** - £7.95 A knockout workout combining various boxing techniques with high-energy circuit training. If you want fast results, this is most definitely a class not to be missed.

## MuscleToning

**ABSOLUTION** - £7.95 A complete abdominal workout consisting of exercises designed to strengthen and tone both the core internal and external musculature. Not only will this complement weight loss, general toning or muscular definition goals, this specific exercise focus will improve posture and back strength enabling increased levels of exercise intensity and fitness if required

**BODY PUMP TECHNIQUE** In this session, you will be taught the correct movements & technique required in order to participate in the Body Pump classes safely & effectively. An absolute must for people who are completely new to the world of Body Pump & a great way to brush up on your technique if you are already attending classes.

**BODY PUMP** - £8.95 This is the ultimate resistance-training workout set to music using adjustable weights. This programme targets all the major muscle groups with the use of light to moderate weights and high repetitions. This workout can seriously change the shape of your body & aid fat reduction if required. Suitable for men & women of all fitness levels.

**POSTNATAL CONDITIONING** - £7.95 The emphasis in this class is on toning & strengthening the parts of the body specifically weakened by pregnancy. There is a short fat burning section at the start of the class. You may begin these classes after your 6-week check and can bring your baby with you.

**TOTAL BODY CONDITIONING** - £7.95 A short but thorough aerobic warm-up designed specifically to prepare the body for the work to follow. Every muscle group in the body is provided with the resistance training exercises necessary to promote greater shape, tone, and strength & core stability. These classes can also aid body fat reduction if attended together with cardiovascular training classes.

All 6-week courses must be booked in advance at reception. It is advisable to book by telephone or in person for all classes. Members can do this up to 7 days in advance. Non-members may only book on the day of the class and payment will be taken at the time of booking. Members who have not booked classes may be refused entry if classes are fully booked! Please be considerate to others and cancel your booking in person or by telephone if you are unable to attend. A class non-attendance fee of £5.00 will be charged for failing to inform us at least 30 minutes prior to the start of the class.

**Please note** - In the interest of your safety, it is important that all class attendees are present for the warm-up and stay for the duration of the class. The instructor or reception team may refuse entry if you are late. Please retain your receipt and hand it in to the instructor upon entering the studio.

The instructor or reception team may refuse entry if you are late. Please retain your receipt and hand it in to The SpringHealth team of instructors are all highly qualified, many of whom are specialists in their field. Please do not hesitate to ask them any questions you may have regarding your fitness requirements.

Please inform your instructor prior to the start of the class of any limitations you may have which may prevent you from participating fully in the class. They will be able to advise modifications.

The classes with a (£) sign are run by external instructors. Please see instructor for details.

# GROUP FITNESS TIMETABLE

### SPRINGHEALTH LEISURE CLUB

Pools on the Park, Old Deer Park  
Twickenham Road, Richmond, Surrey, TW9 2SF

Tel: 020 8940 0561  
www.poolsonthepark.com

 Pools on the Park  
**SpringHealth**  
RICHMOND

## CardioFitness

**FAT BURNER** - £7.95 Lively fat burning classes incorporating high & low impact moves designed to develop coordination skills, improve the function of the heart & lungs & overall fitness levels.

**CARDIO STEP** - £7.95 A solid high-energy yet low impact workout designed to generate minimum stress on the joints, yet still improving the function of the cardiovascular system and developing coordination skills.

**ZUMBA** - £7.95 Zumba is a one-of-a-kind fitness program that will blow you away! This class fuses hypnotic multi-cultural musical rhythms together with easy-to-follow moves designed to inspire & exhilarate you. You will experience a party atmosphere whereby you will not even realise how much energy you're expending & just how hard your body is working on both cardiovascular & resistance training levels.

## SpinningClasses

£7.95 The Spinning programme welcomes participants of all fitness levels. Whether you are a beginner to exercise or a skilled athlete, both start at the same place and successfully complete a workout together. If you are a beginner to spinning, it is strongly advisable to attend a Technique session first. Spinning is one of the best ways to increase cardiovascular fitness without impact and stress to the body.

It is important to assess your heart rate throughout the class and we strongly advise that you wear a heart rate monitor. If you need details of where to purchase a monitor, please ask your instructor. **YOU MUST BE WELL HYDRATED PRIOR TO THE CLASS. IF YOU ARE THIRSTY, THIS IS A SURE SIGN THAT YOU ARE DEHYDRATED!** On your bike you have holders for 2 water bottles. You may find that you will utilise both, as you need to constantly rehydrate throughout the duration of the class. It is advisable that you remain on your bike once the class has begun.

**ALL SPINNERS MUST HAVE A SWEAT TOWEL! YOU MAY BE TURNED AWAY WITHOUT ONE!**

**SPINNING & ABS** - £7.95 A 30-minute blast on the bike (see description above), followed by 15 minutes of pure abdominal exercises.

## SpecialisedCourses

THROUGHOUT THE YEAR WE RUN SIX WEEK COURSES IN THE FOLLOWING TECHNIQUES:

PILATES FOR BEGINNERS

ANTENATAL PILATES

POSTNATAL PILATES

ANTENATAL YOGA

POSTNATAL YOGA

IYENGAR YOGA FOR BEGINNERS

You can find further details, descriptions and dates for these courses on our website:

[www.poolsonthepark.com](http://www.poolsonthepark.com)

Alternatively you can telephone:

020 8940 0561

### MONDAY

07.00 - 07.45	Spinning & Abs	Stuart	All	St 2
09.30 - 10.45	Iyengar Yoga	Janette	Beg L2	St 1
09.45 - 10.00	Spinning Technique	Jubi	Beg	St 2
10.00 - 10.45	Spinning	Jubi	All	St 2
10.45 - 11.30	Zumba	Lesley	All	St 1
11.30 - 12.45	Balletcise (£)			
13.00 - 14.00	Fresh Start	Tara	All	St 1
13.15 - 13.45	Spinning	Phil	All	St 2
14.00 - 15.00	Total Body Circuits	Phil	All	St 1
16.15 - 18.15	Kids Karate (£)			
18.15 - 18.30	Spinning Technique	Gary	All	St 2
18.30 - 19.15	Spinning	Gary	All	St 2
18.30 - 19.15	Boxercise	Helen	All	St 1
19.15 - 20.15	Fat Burner	Giles	Gen/Inter	St 1
20.15 - 21.15	Cardio Step	Giles	Inter	St 1
20.45 - 21.30	Spinning	Dee	All	St 2

### TUESDAY

06.45 - 08.00	Yoga Flow	Tim	Gen/Inter	St 1
09.00 - 10.00	Balletcise (£)			St 1
10.00 - 10.45	Aquafit	Peter	All	Pool
10.00 - 11.00	Total Body Conditioning	Helen	All	St 1
11.00 - 12.00	Pilates On The Ball	Laureen	Inter	St 1
12.00 - 12.45	Body Pump	Tara	All	St 1
13.00 - 13.30	Spinning	Phil	All	St 2
13.00 - 14.00	Pilates Matwork	Michelle	L2/Inter	St 1
18.30 - 19.30	Total Body Conditioning	Lesley	All	St 1
18.30 - 18.45	Spinning Technique	Togo	Beg	St 2
18.45 - 19.30	Spinning	Togo	All	St 2
19.30 - 20.30	Zumba	Lesley	All	St 1
19.45 - 20.30	Aquafit	Peter	All	Pool
19.45 - 20.30	Spinning	Mark	All	St 2
20.30 - 21.45	Total Body Circuits	Phil	All	St 1

### WEDNESDAY

09.30 - 10.45	Iyengar Yoga	Janette	General	St 1
10.00 - 10.45	Spinning	Tim	All	St 2
10.45 - 11.30	Absolution	Tim	All	St 1
11.30 - 12.45	Pilates/Yoga Fusion	Natalie	Gen/Inter	St 1
12.45 - 13.45	Balletcise (£)		All	St 1
13.00 - 13.45	Spinning	Dee	All	St 2
18.30 - 19.30	Boxercise	Gary	All	St 1
19.30 - 20.30	Pilates Matwork	Natalie	L2/Inter	St 1
19.45 - 20.20	Spinning	Gary	All	St 2

### THURSDAY

06.45 - 07.30	Total Body Circuits	Stuart	All	St 1
09.30 - 11.00	Dynamic Yoga	Natalie	Inter	St 2
09.45 - 10.00	Body Pump Technique	Tim	Beg	St 1
10.00 - 11.00	Body Pump	Tim	All	St 1
10.00 - 10.45	Aquafit	Jenny	All	Pool
11.00 - 12.00	Pilates Matwork	Laureen	L2/Inter	St 1
11.15 - 12.00	Spinning	Giles	All	St 2
13.30 - 14.30	Postnatal Conditioning	Tara	All	St 1
18.30 - 19.30	Zumba	Lesley	All	St 1
18.45 - 19.30	Spinning	Tim	All	St 2
19.30 - 20.30	Body Pump	Lesley	All	St 1
19.45 - 20.30	Spinning	Dee	All	St 2
19.45 - 20.30	Aquafit Deep Water	Peter	All	Pool
20.30 - 21.15	Boxing Circuit Combo	Phil	All	St 1

### FRIDAY

09.00 - 09.45	Spinning	Stuart	All	St 2
09.45 - 10.30	Total Body Conditioning	Tim	All	St 1
10.30 - 12.00	Yoga Flow	Tim	All	St 1
12.00 - 13.15	Balletcise (£)		All	St 1
12.30 - 13.15	Spinning	Dee	All	St 2
13.30 - 14.15	Body Pump	Tara	All	St 1
15.00 - 15.45	Aquafit	Vicki	All	Pool
18.00 - 19.30	Hatha Yoga	Kirsty	All	St 1
18.15 - 18.30	Spinning Technique	Dee	Beg	St 2
18.30 - 19.15	Spinning	Dee	All	St 2

### SATURDAY

08.30 - 08.45	Spinning Technique	Chris	Beg	St 2
08.45 - 09.30	Spinning	Chris	All	St 2
09.00 - 10.15	Total Body Circuits	Phil	All	St 1
10.15 - 11.15	Cardio Step	Lesley	General	St 1
11.15 - 12.15	Zumba	Lesley	All	St 1
11.45 - 12.30	Spinning	Giles	All	St 2
12.15 - 13.45	Iyengar Yoga	Janette	General	St 1
16.30 - 17.30	Pilates Matwork	Natalie	L2/Inter	St 1

### SUNDAY

09.15 - 10.00	Spinning	Debbie	All	St 2
10.00 - 10.15	Body Pump Technique	Debbie	Beg	St 1
10.15 - 11.15	Body Pump	Debbie	All	St 1
11.15 - 12.15	Cardio Step	Giles	Inter	St 1
12.15 - 13.45	Dynamic Yoga	Natalie	Inter	St 1
15.00 - 16.15	Hatha Yoga	Kirsty	All	St 1
17.45 - 18.30	Spinning	Dee/Monique	All	St 2