



Class Timetable

Royston Leisure Centre

October 2007



Working in Partnership



NORTH HERTFORDSHIRE
DISTRICT COUNCIL

Monday

Time	Class	Location	Instructor
09.30-10.30	Aerobics	Studio 1	Susy
10.30-11.30	Fitness Yoga	Studio 1	Giorgia
14.00-15.00	50+ Aero Tone	Studio 1	Fitness team
18.00-19.00	Body Pump	Studio 1	Fitness team
19.10-20.00	Circuits	Studio 1	Gym team
20.00-21.00	Aqua	Pool	Susy
20.15-21.00	Street Dance	Studio 1	Sally

Tuesday

Time	Class	Location	Instructor
09.30-10.30	Aqua	Pool	Jane
10.30-11.30	Fitness Yoga	Studio 1	Eileen
19.00-20.00	Box Fit	Sports Hall	Fitness team

Wednesday

Time	Class	Location	Instructor
14.00-15.00	50+ Aerobics	Studio 1	Fitness team
18.00-19.00	Fitness Yoga	Studio 1	Charley
19.00-20.00	Salsa	Studio 1	Cat
20.00-21.00	Aqua	Pool	Jane
20.15-21.00	Pilates- Beginners	Studio 1	Catherine

Thursday

Time	Class	Location	Instructor
09.30-10.30	Aqua	Pool	Jane
09.30-10.30	L.B.T	Studio 1	Nikki
18.00-19.00	Y-Kick-Bo	Studio 1	Julie
18.00-18.45	Pilates	Studio 2	Catherine
19.00-20.00	Aerobics	Studio 1	Susy
19.00-20.00	Funky Dance	Studio 2	Julie
20.15-21.15	Step	Studio 1	Eileen

Friday

Time	Class	Location	Instructor
09.30-10.30	Step and Tone	Studio 1	Susy
10.00-11.00	Buggy Fitness	Sports Hall	Nikki
14.00-15.00	50+ Fitness Yoga	Studio 1	Hayley
19.00-20.00	Body Pump	Studio 1	Fitness team

Saturday

Time	Class	Location	Instructor
09.30-10.30	Yoga	Studio 1	The Fitness Team

Sunday

Time	Class	Location	Instructor
9.15-10.15	Body Pump	Studio 1	Fitness Team
10.30-11.30	Boxercise	Studio 1	Fitness Team

N.B Classes will be subject to change.

Class Descriptions

Aerobics – Low or high impact aerobic workout for the whole body, using a variety of training methods to raise your heart rate and fitness levels

Funky Dance – Shimmy and shake your way through fun routines, done to a variety of different styles of music.

Street Dance – Learn how to move like you're on MTV! Funky modern routines to groove and strut to

Salsa – Dance away to fabulous Salsa grooves!

Step – Step this way for a great cardio vascular workout to the beat of the music.

Buggy Fitness – Bring your little one and their buggy with you to work up a sweat at this social and fun class!

Box Fit - Boxing technique to music. A fun aerobic workout.

Circuits – Traditional circuit training class. Incorporating Cardio vascular and resistance exercises

Y-Kick-Bo - Fat burning, stress burning, total body workout. Increases flexibility, coordination, balance and power

Boxercise – A circuit based class, using pads and gloves for a safe impact workout

Pilates - Strengthening the core muscles, using flexibility and strength building movements. The aim is to improve posture and stability

Fitness Yoga/50+ – Suitable for all wishing to learn the skills of Fitness Yoga

Step and Tone - A fun class for all fitness abilities, combining step routines and all over body conditioning exercises.

Aqua - Water based aerobic and toning workout

Body Pump - A Class using barbells to the beat of the music, designed to tone and condition muscles

50+ Aerobics - A gentle, low intensity aerobic/toning class to give you energy for the rest of the day

L.B.T. - Get toned Legs, Bums & Tums with this mixed impact class, suitable for all fitness levels

50+ Aero Tone - A low impact aerobic workout combining resistance to improve muscular strength and conditioning

Booking and Class Entry Procedures

If you are unable to attend a class you have booked onto please ensure you cancel your space at Reception (either in person or over the phone). Failure to cancel may result in a charge or affect your ability to book future classes.

- All customers must have a receipt to enter a class (including kinetika members). You need to hand your receipt to your class instructor at the beginning of each session.
- Customers must sign in on arrival for booked classes five minutes prior to their commencement. After this time their class space will be resold.
- Customers will not be allowed to enter the studio after the commencement of the class.
- Please wear non-marking training shoes to all classes except Aqua and Yoga
- Customers must be aged sixteen or over to take part in our classes

Studio Available for Hire

Please ask the Duty Manager for details

Royston Leisure Centre

Woodcock Road

Royston

Hertfordshire

SG8 7XT

Telephone - 01763 255190

Fax 01763 257699

Text phone users add prefix 18001

E-mail enquiries@roystonlc.co.uk

www.roystonlc.co.uk

kinetika Membership

If you take part in two or more classes per week, the kinetika membership will save you money!

kinetika members receive unlimited access to classes (booking recommended) as well as priority booking, unlimited gym, 5 personal training sessions, swimming and Sports Hall discount.

Contact a Customer Advisor now!

