

ALL OUR CLASSES WILL HELP YOU LOSE WEIGHT AND IMPROVE YOUR OVERALL FITNESS!

Here is a guide to help you choose the right class for your needs. Always remember to choose classes that you enjoy and change your exercise routine regularly.

CARDIO CLASSES

- ✓ Burn calories (calories burn much faster when you have built muscle)
- ✓ Help reduce cholesterol
- ✓ Improve cardiovascular fitness

STRENGTH CLASSES

- ✓ Build muscle which is vital if you want to lose weight
- ✓ Increase your core strength which will help prevent back and other muscular injuries
- ✓ Tone your muscles and improve your overall strength



Spinning

Monday
Tuesday
Wednesday
Thursday
Friday
Sat/Sun



Clubbercise

Wednesday



Urban Rebound

Tuesday



Boxercise

Wednesday



Power Circuits

Sunday



HIIT

Monday
Thursday



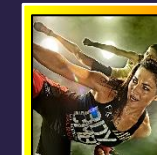
Bootcamp

Monday
Friday



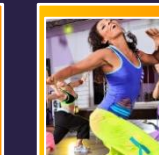
Body Pump

Tuesday
Thursday
Saturday



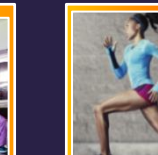
Body Combat

Thursday



Zumba

Tuesday



Circuits

Tuesday



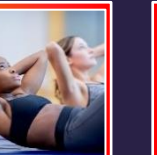
Total Tone

Wednesday



Ab Attack

Monday



LBT

Tuesday



TRX

Tuesday
Saturday

MIND AND BODY

- ✓ Improves core strength
- ✓ Enhances balance & coordination
- ✓ Increases flexibility
- ✓ Reduces stress

Pilates

Monday
Tuesday
Thursday



Body Balance

Wednesday
Friday



Pure Stretch

Tuesday



Yoga

Thursday



Class Times

Monday

Spinning: 06:35-07:05 Monique
Total Tone: 09:15-10:15 Jack
Spinning: 18:00-19:00 Chris
Ab Attack: 18:15-19:00 Ami
Bootcamp: 18:30-19:30 Maz
Pilates Mixed Ability: 19:10-20:00 Becky
Spinning: 19:15-20:15 Ami
HIIT: 19:15-20:00 Gareth
Pilates Beginners: 20:05-20:55 Becky

Tuesday

LBT: 09:15-10:15 Helena
Pure Stretch: 10:15-11:15 Helena
Circuits: 18:00-18:55 Ami
TRX: 18:15-19:00 Gareth
Urban Rebound: 19:05-19:50 Chris
Body Pump: 19:05-20:00 Hannah
Pilates Inter: 19:15-20:00 Sarah
Spinning: 19:30-20:30 Ami
Zumba: 20:15-21:00 Hannah

Wednesday

Spinning: 09:15-10:00 Monique
Spinning: 18:00-19:00 Ami
Boxercise: 18:00-19:00 Chris
Total Tone: 18:15-19:00 Kat
Body Balance: 19:05-20:00 Kat
Spinning: 19:10-20:10 Chris
Clubbercise: 20:05-20:50 Alex

Thursday

Yoga: 09:15-10:15 Chris
Spinning: 18:00-19:00 Ami
Body Pump: 18:15-19:15 Clare
HIIT: 18:45-19:30 Andy
Spinning: 19:15-20:15 Ami
Pilates Mixed Ability: 19:20-20:15 Becky
Body Combat: 20:15-21:00 Jenny

Friday

Spinning: 06:35-07:05 Monique
Body Balance: 9:00-9:45 Hannah
Bootcamp: 18:30-19:30 Maz
Body Balance: 18:30-19:30 Liz

Saturday

Spinning: 09:00-10:00 Ami
Body Pump: 09:00-10:00 Monique
Body Combat: 10:05-10:50 Jenny
TRX: 10:15-11:00 Monique

Sunday

Spinning: 08:30-09:15 Gareth
Power Circuits: 09:30-10:30 Gareth

Non-members welcome

All Classes £6.30 Class memberships start at £23.49 per month.



Swimming Times

Early Birds Adult Swim: Monday to Friday 06:30-08:00
Adult swim: Monday 19:45-21:45
Wednesday: 19:45-21:45
Thursday: 18:30-19:30
Public Swim: Saturday & Sunday 11:00-13:00
School Holidays: 11:00-13:00 daily

Non-members welcome.

Adult Swim (16 and over): £4.80

Children: £3.00

Family (2 adults and 2 children): £12.30 (additional child £2.10)

Ab Attack: Ab Attack consists of a 35 minute intense abdominal workout to strengthen your core and abdominal muscles and is then followed by a 10 minute deep stretch. A fantastic class for wash board stomachs in the making!

Body Balance: A Yoga, T'ai Chi and Pilates inspired workout that will leave you feeling leaner, stronger, calm and centred. During this workout you will complete a mix of stretches, poses, moves and breathing exercises to improve core strength and flexibility, reduce stress levels and create a lasting sense of wellbeing.

Body Pump: This barbell class, will sculpt, tone and strengthen your entire body, fast! Pump focuses on low weight loads and high repetition movements to burn fat, gain strength and quickly produce a leaner you. It is one of the world's fastest ways to get in shape!

Bootcamp: This dynamic outdoor class helps you build strength, lose weight and improve your overall fitness. Packed with fun and energising group exercises that change every week. Activities include boxing, kettlebells, resistance bands, running, body weighted exercises, dynamic stretching and much more

Boxercise: A pad focused workout incorporating some old school boxing training, with a hint of new fitness challenges. This highly effective fitness class is suitable for everybody. With its various exercises, it will ensure you decrease body fat and tone up in record time!

Circuits: Circuit training is an excellent way to improve mobility, strength and stamina. The session includes 6 to 10 exercises that are completed one after another with a rest between each station. A fun, no fuss class that will show you how simple moves give you sterling results.

Clubbercise: This super fun workout feels more like a night out on the town than a class! Part aerobic, part dance it's taught in a darkened room with disco lighting set to a soundtrack of uplifting club anthems. Burns calories, tones muscles and relieves stress!

HIIT: This class strengthens and tones the entire body from the core out! Using dynamic and functional moves, your heart rate stays high giving you a great cardio workout whilst at the same time the use of body weight and plate exercises develop and shape muscles.

Yoga: Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are a series of postures designed to leave you feeling relaxed and refreshed. A great way to start your Thursdays!

Legs, Bums & Tums: This class will tone and shape those targeted areas, as well as increasing stamina and overall

cardiovascular fitness. If you want to get a flat tummy and tone your legs and bum, then this is a great workout for you!

Pilates: Pilates focuses on building your body's core strength (back, abdominal and pelvic muscles) and improving your posture through a series of low impact stretching and conditioning exercises. The class encourages your mind and body to work in harmony.

Power Circuits: This strength based circuits class is designed to build muscular strength, endurance and tone your body. Based mainly around weights, with the inclusion of some cardio, this station based class will push you to the limit, make you fitter, stronger and more powerful than ever!

Spinning: This intense cardiovascular exercise will help you get fit and burn those calories fast! Join the static cycling class today and pedal your way through hill, sprint, interval and jump tracks!

Body Combat: This martial arts inspired workout allows you to kick, kata and strike your way through calories to ultimate fitness. This easy to follow cardio blasting class is sure to leave you wiping your brow to a toned, leaner and more confident you!

Total Tone: Total Tone is a great weight and fat loss class designed to exercise your whole body at once. If you want to cut weight and tone up, especially around your waist, tummy, bum and legs, then this is the perfect class for you!

TRX: By using a TRX suspension trainer, you can create bodyweight exercises that challenge your limits no matter what your fitness level is. This class will give you leaner muscle & burn fat, will make you stronger from your core out, and will build greater flexibility, mobility and stability.

Urban Rebound: Jump your way to fitness in this energetic fat burning class! Every muscle in your body will be challenged while you work out on a mini trampoline. This class uses familiar aerobics moves like hamstring curls and squats, but adds simultaneous fast jumping. A fabulous fun class that will certainly get your heart racing!

Zumba: Join the party by popping, shaking and salsaing your way to fitness! This is a fresh class with a variety of music from around the world with easy to follow choreography which allows you to wiggle as much or as little as you like for a total body workout that feels like a celebration!

Pure Stretch: In Pure Stretch we stretch in many different ways. We cater for everyone, all abilities and attitudes to exercise. Mobilise with movement and then stretch – nothing uncomfortable, no flinching, no shaking, no holding your breath, but most definitively smiling!

Yateleys
Health & Fitness

Welcome to Yateleys!

Class and Swimming Timetable

Non-members welcome!

All classes £6.30
Adult Swimming from £3.80

To book a class call 01252 746962
Members can also book online at
www.yateleys.com

Opening Times

Monday - Thursday: 6.30am - 10.00pm
Friday: 6.30am - 9.00pm
Sat & Sun: 8.00am - 7.30pm
Bank Holidays: 8.00am - 4.00pm