

Dover Group Fitness Programme



Monday

Time	Class	Venue	Instructor	Intensity
0930-1030	<u>Body Attack (C)</u>	<u>Studio</u>	<u>Vicky</u>	<u>High</u>
1030-1120	Fitness Pilates (C)	Studio	Debbie	Low
1130-1230	Active For Life	Studio	Julie	Low
1130-1230	Aquacise	Pool	Sue	Low
1700-1750	BLT	Studio	Donna	Medium
1800-1900	Body Pump	Studio	Paula	High
<u>1905-2000</u>	<u>Fitness Pilates</u>	<u>Studio</u>	<u>Donna</u>	<u>Low</u>
2000-2100	Step N Load	Studio	Tracey	High

Tuesday

Time	Class	Venue	Instructor	Intensity
0900-1200	Activity Morning	Hall	Angie	
<u>0915-1000</u>	<u>Fitness Pilates</u>	<u>Studio</u>	<u>Donna</u>	<u>High</u>
1000-1100	Body Step (C)	Studio	Donna	High
1100-1215	Yoga	Studio	Katy	Low
1300-1400	Body Pump	Studio	Gabbie	High
1415-1515	Active For Life	Studio	Julie	Low
<u>1705-1755</u>	<u>Body Combat</u>	<u>Studio</u>	<u>Marie</u>	<u>High</u>
1800-1900	Body Attack	Studio	Marie	High
1900-2000	Boxacise	Studio	Steve	High
1930-2030	Aquacise	Pool	Sue & Joy	Low
2000-2100	Circuit Training	Studio	Steve	High

Wednesday

Time	Class	Venue	Instructor	Intensity
<u>0915-1000</u>	<u>BLT</u>	<u>Studio</u>	<u>TBC</u>	<u>Medium</u>
1000-1100	Exercise & Stretch (C)	Studio	Debbie	Medium
1100-1200	Fitness Pilates (C)	Studio	Debbie	Low
1200-1300	Tai Chi	Studio	Chris	Low
1130-1230	Aquacise	Pool	Sue	Low
1705-1755	Cardio Conditioning	Studio	Linda	High
1800-1900	Body Pump	Studio	Gabbie	High
1900-2000	Body Combat	Studio	Gabbie	High
2000-2100	Step N Load	Studio	Tracey	High

Thursday

Time	Class	Venue	Instructor	Intensity
0900-1200	Activity Morning	Hall	Angie	
0930-1030	Body Step (C)	Studio	Karyn	High
<u>1030-1130</u>	<u>BLT (with weights, C)</u>	<u>Studio</u>	<u>Karyn</u>	<u>Medium</u>
1215-1315	Circuit Training	Hall	Paul	High
1415-1515	Active For Life	Studio	Julie	Low
1700-1800	Body Step	Studio	Donna	High
1800-1900	Circuit Training	Studio	Steve	High
1900-2000	Boxacise	Studio	Steve	High

Friday

Time	Class	Venue	Instructor	Intensity
1000-1100	Bums, Legs & Tums (C)	Studio	Karyn	Medium
<u>1100-1230</u>	<u>Yoga (C for part of class)</u>	<u>Studio</u>	<u>Katy</u>	<u>Low</u>
1130-1230	Aquacise	Pool	Sue	Low
1705-1755	Body Attack	Studio	Marie	High
1800-1900	Body Pump	Studio	Marie	High
1900-2000	Body Combat	Studio	Mel	High
1930-2030	Aquacise	Pool	Sue & Joy	Low

Saturday

Time	Class	Venue	Instructor	Intensity
<u>0900-1000</u>	<u>Body Balance</u>	<u>Studio</u>	<u>Linda</u>	<u>Low</u>
1000-1100	Total Tone	Studio	Paula	High
1100-1200	Body Step	Studio	Donna	High

Sunday

Time	Class	Venue	Instructor	Intensity
0900-1000	Body Pump	Studio	Marie	High
1000-1100	Body Attack	Studio	Marie	High

Notes & Explanations: *Body Pump Induction MUST be attended before class participation, see reception for details. Participants should be 16years of age or above to attend BTS classes (Body Balance, Body Attack, Body Step, Body Pump & Body Combat). For all other classes participants should be 14 years or above. *Creche (C)* is available in bar area Monday & Thursday 9.30am-11.30am, Tuesday, Wednesday & Friday 10am-12pm. During school holidays Aquacise classes start 10.30am-11.30am.

Class Intensity: Class intensity classifications are indicative only. The intensity of a class can be affected by the level of effort applied & can be subject to the instructors own assessment of the group attending.

Booking for class: To guarantee a place in your in ALL classes we recommend booking in advance. If after booking you are unable to attend please inform us.

Safety Precautions: If you are new to exercise we advise you check with your GP before starting any new activity. Likewise, if you have any medical conditions, injury, are a newcomer or are pregnant PLEASE let your instructor know BEFORE the start of the class. This will enable your instructor to offer alternative exercises where appropriate. Please ensure you are wearing training shoes designed for the activity you are participating in.

Class Cancellation: Classes may be cancelled up to 2 hours prior to the start of the class. Failure to meet this timescale, or failing to show for the class will incur a £5 charge. Failure to pay the charge may result in booking priviledges being withdrawn.

Any participant arriving after the start of the class will not be permitted entry for health & safety reasons. Children are not permitted in workout studio/sports hall whilst classes are taking place. Children under 8 years should be accompanied in the centre at all times.