

W/C 11 March 19  
onwards >>>

# FITNESS CLASSES

## MONDAY

Gentle Stretch & Tone  
8.45am - 9.45am  
Rachel Klein (F/S)

Aqua Fit  
9.00am - 9.45am  
Kelly Penn (S/P)

Circuits  
9.30am - 10.30am  
Tim Offer (M/H)

Indoor Cycling  
10.35am - 11.15am  
Sophie Walker (S/S)

HIIT Circuits - NEW  
12.30pm - 1.00pm  
Rikki Walden (M/H)

HIIT Circuits - NEW  
1.15pm - 1.45pm  
Rikki Walden (M/H)

Body Pump Express •  
5.30pm - 6.15pm  
Rikki Walden (F/S)

Indoor Cycling  
6.15pm - 6.55pm  
Jo Dimarco (S/S)

Abs & Core  
6.20pm - 6.50pm  
Rikki Walden (F/S)

Yoga  
7.00pm - 8.00pm  
Gaia Madden (F/S) ♦

Circuits  
7.00pm - 8.00pm  
Rikki Walden (M/H)

Indoor Cycling  
7.00pm - 7.40pm  
Jo Dimarco (S/S)

Aqua Fit  
7.45pm - 8.30pm  
Kirstine Culpan (S/P)

## TUESDAY

Indoor Cycling  
6.35am - 7.15am  
Sophie Walker (S/S)

Legs, Bums & Tums  
9.10am - 9.55am  
Kelly Penn (M/H) (T/T)

Indoor Cycling  
9.30am - 10.10am  
Sascha Whiteley (S/S)

Aqua Fit  
10.00am - 10.45am  
Lynn Hill (S/P)

Body Pump Express •  
10.35am - 11.20am  
Cassey Evans (F/S)

Gentle Stretch & Tone  
11.30am - 12.15pm  
Jane Alexander (F/S) \*

Gentle Stretch & Tone  
12.20am - 1.05pm  
Jane Alexander (F/S) \*

Boxercise  
6.00pm - 6.45pm  
Sophie Walker (C/R)

PiYo  
6.05pm - 6.50pm  
Clare Nicholas (F/S)

Indoor Cycling  
6.10pm - 6.50pm  
Rikki Walden (S/S)

Insanity  
6.50pm - 7.35pm  
Sophie Walker (C/R)

Body Pump •  
7.00pm - 8.00pm  
Andy (F/S)

Aqua Fit  
7.15pm - 8.00pm  
Lynn Hill (S/P)

## WEDNESDAY

Insanity  
6.30am - 7.15am  
Sophie Walker (F/S)

Zumba Gold  
8.45am - 9.30am  
Jane Alexander (F/S)

Zumba Gold  
9.30am - 10.25am  
Jane Alexander (F/S)

A Plan Workout  
9.30am - 10.30am  
Tim Offer (M/H)

HIIT Class  
10.30am - 11.00am  
Sophie Walker (F/S)

Pre & Post Natal Aqua  
1.40pm - 2.20pm  
Kelly Penn (S/P)

Body Pump Express •  
6.15pm - 7.00pm  
Sophie Walker (F/S)

Indoor Cycling  
6.15pm - 6.55pm  
Rikki Walden (S/S)

Circuits  
7.00pm - 8.00pm  
Rikki Walden (M/H)

Zumba  
7.10pm - 7.55pm  
Caroline McKenzie (F/S)

Indoor Cycling (Beg/Imp)  
7.10pm - 7.50pm  
Sophie Walker (S/S)

Core Express  
8.00pm - 8.30pm  
Caroline McKenzie (F/S)



## THURSDAY

Indoor Cycling  
6.35am - 7.15am  
Rikki Walden (S/S)

Gentle Stretch & Tone  
8.30am - 9.25am  
Jane Alexander (F/S) \*

Zumba  
9.30am - 10.25am  
Jane Alexander (F/S)

Indoor Cycling  
9.35am - 10.15am  
Tim Offer (S/S)

Body Pump Express •  
10.30am - 11.15am  
Sophie Walker (F/S)

HIIT Circuits - NEW  
12.30pm - 1.00pm  
Rikki Walden (M/H)

HIIT Circuits - NEW  
1.15pm - 1.45pm  
Rikki Walden (M/H)

A Plan Workout  
6.00pm - 6.45pm  
Tim Offer (C/R)

Zumba  
6.10pm - 6.55pm  
Caroline McKenzie (F/S)

Indoor Cycling (Int)  
6.20pm - 7.00pm  
Nikki Samways (S/S)

Legs, Bums & Tums  
7.00pm - 7.45pm  
Nikki Samways (F/S)

Therapeutic Yoga  
7.00pm - 8.00pm  
Gaia Madden (C/R) ♦



## FRIDAY

Zumba  
8.00am - 8.45am  
Kelly Penn (F/S)

Aqua Fit  
8.50am - 9.35am  
Kelly Penn (S/P)

Gentle Stretch & Tone  
9.15am - 10.15am  
Rachel Klein (F/S) \*

Circuits  
9.30am - 10.30am  
Tim Offer (M/H)

Aqua Fit  
9.40am - 10.25am  
Kelly Penn (S/P)

PiYo  
10.30am - 11.15am  
Clare Nicholas (F/S)

Body Pump Express •  
5.30pm - 6.15pm  
Rikki Walden (F/S)

Indoor Cycling (Beg/Imp)  
5.30pm - 6.10pm  
Sophie Walker (S/S)

Circuits  
6.10pm - 6.55pm  
Tim Offer (M/H)

INSANITY  
6.20pm - 7.05pm  
Sophie Walker (F/S)

Aqua Fit  
7.15pm - 8.00pm  
Lynn Hill (S/P)



## SATURDAY

Body Pump •  
8.55am - 9.55am  
Rikki Walden (F/S)

Indoor Cycling  
10.00am - 10.40am  
Rikki Walden (S/S)

## SUNDAY

Super Circuits  
9.00am - 10.00am  
Sophie Walker (M/H)



Pilates Courses  
See Reception/  
Website for details.



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### Fitness Class Fees - 2019 >>>

Gold Members	FREE	YOGA ♦	
55/60 minutes	FREE	Gold Members	£3.20
45 minutes	FREE	Bronze Members	£4.50
30 minutes	FREE	Non Members	£6.00
		(LIMITED NUMBERS)	
Bronze Members		Indoor Cycling	
55/60 minutes	£4.50	Gold Members	FREE
45 minutes	£3.90	Bronze Members	£4.00
30 minutes	£3.40	Non Members	£5.50
Non Members		Over 50's Classes *	
55/60 minutes	£6.00	Gold Members	FREE
45 minutes	£5.40	Bronze Members	£4.00
30 minutes	£4.90	Non Members	£5.50
Body Pump •		Access To Leisure	
Gold Members	FREE	55/60 minutes	£3.00
Bronze Members	£4.55	45 minutes	£2.70
Non Members	£6.05	30 minutes	£2.45
(LIMITED NUMBERS)		(exc Indoor Cycling & Pilates)	

### Location Key >>>

M/H = Main Hall	C/R = Canford Road
S/P = Swimming Pool	(C) = Course Fee
F/S = Fitness Studio	T/T = Term Time Only
S/S = Spinning Studio	

## Fitness Class Descriptions - All classes 16+ years >>>

**Abs & Core** > Strengthen the important muscles which help improve posture, prevent injury, improve performance and look better.

**A Plan Workout** > Includes hand weights and barbells in a combination of effective exercises to burn fat and increase strength. Total body workout which will improve your strength, mobility, fat loss and cardio vascular fitness.

**Aqua Fit (Kelly's)** > A fun packed workout for all levels. To improve your muscle tone, core strength and flexibility. Using woggles and dumbbells to increase more resistance.

**Aqua Fit (Lynn's)** > A fast paced, fun class, set to music in the warmest pool in the area! Suitable for all levels of fitness.

**Beginners Indoor Cycling** > A class designed for new people/ novices who want to give Indoor Cycling a try, with clear and insightful instruction whilst having a lot of fun!

**Body Pump/Body Pump Express** > The original barbell class. Tones the whole body with hot sounds and compelling choreography for just about everybody.

**Boxercise** > The toning, stress busting workout that delivers the biggest punch!

**Circuits** > A complete workout for all levels from beginners to advanced. Using various pieces of equipment in a number of different class formats. Great for burning fat and improving muscle tone at the same time.

**Core Express** > A 30 minute class with real focus on your core muscles, to aid toning, strength and shape.

**Gentle Stretch and Tone** > An aerobic, tone and trim session. Great social atmosphere. All ages and abilities welcome.

**Gentle Stretch and Tone (Jane's)** > Anaerobic, tone and trim session ending with relaxation. Great social atmosphere. All ages and abilities welcome.

**HIIT Class** > Our High Intensity Interval Training class is designed to strengthen and tone core muscles in a short space of time burning calories long after you finish a workout. You work hard in intense bursts of activity with a brief recovery time to kick your metabolism into overdrive.

**Indoor Cycling** > Indoor studio cycling session. Highly motivating and a fantastic way to burn lots of calories.

**Insanity** > A total body circuit based workout to get you in the best shape of your life, both looking and performing.

**Legs, Bums and Tums** > Ladies it says it all in the title. Blitz those hard to hit areas.

**HIIT Circuits** > This class offers a High Intensity workout which is time effective and will ensure you get great results. It combines anaerobic cardio work with strength training to

burn fat fast and to tone the whole body using old school trusted techniques as well as new innovative thinking.

**Pilates** > Helps to develop the awareness of our bodies enabling us to improve posture, core strength and flexibility. It builds strength from the inside out, working on deep postural muscles and neutral alignment.

**PiYo LIVE** > Inspired by the muscle-sculpting, core-firming benefits of Pilates and the strength and flexibility of flowing yoga movements, it's an innovative bodyweight workout that gives you so much more.

**Pre & Post Natal Aqua** > Aqua aerobics is particularly effective for a natal and post natal women because it offers a wide range of therapeutic and health benefits without the hard impact of land exercise.

**Zumba** > is a Latin-inspired, dance - fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system! This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits.

**Zumba Gold** > Takes the popular Latin-dance of Zumba, and makes it accessible for beginners to seniors. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

**Yoga/Therapeutic Yoga** > Create balance throughout your body by developing both strength and flexibility via different poses and postures. Improve your flexibility, muscle tone and well-being in this new pay-as-you-go class!

## Indoor Cycling Booking Rules >>>

### Pre - 12noon Classes (Monday - Saturday)

Gold	Bookable by phone from 12noon previous day
Bronze	Bookable on arrival
Non Mem	Bookable on arrival

### Evening Classes (Monday - Friday)

Gold	Bookable by phone from 8.00am on the day
Bronze	Bookable by phone from 12noon on the day
Non Mem	Bookable on arrival

(Tickets issued no more than 30 minutes before the class)

If you are new to Indoor Cycling please arrive 5 minutes before the class is due to commence so that the instructor may assist you in selecting the correct seating positions and safety points.

*N.B. Should a member having booked fail to fulfil their reservation, a £2.00 non-attendance charge will be levied and access to the Leisure Centre will be denied until the fee is paid. Customers may not book a space for another person.*

[www.thejunctionbroadstone.co.uk](http://www.thejunctionbroadstone.co.uk)



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01202 777766  
[enquiries@thejunctionbroadstone.co.uk](mailto:enquiries@thejunctionbroadstone.co.uk)

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# Fitness Classes

W/C 11 March 2019 onwards

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