

Workout Class Descriptions

Bookings

- Bookings can be made 7 days in advance from:-
 - Online Bookings** - Can be made from 7.00am for courts & classes.
 - Telephone Bookings** - Can be made from 9.00am for courts.
 - Telephone Bookings** - Can be made from 10.00am for classes.
- Bookings can be made in person, by phone or at www.leisurebookings.net
- Members will need their membership number to make a booking
- Casual users will need to be issued with a booking number in order to make bookings. Casual users must attend their chosen Centre in person to complete a short application form and will then be issued with a booking number.
- Payments must be made at time of booking.

Cancellation Policy

- All classes/activities may be cancelled up to 9.00am on the day of the class/activity with the exception of all half pitch bookings which will remain at 48hrs prior to the activity.
- All customers failing to attend or provide the correct cancellation notice period for a pre-booked activity will be charged the full fee for the activity in question.
- Customers with payment outstanding will NOT be permitted to book/attend activities until the outstanding payment has been cleared.
- Booking members that choose to cancel their activity booking in line with the cancellation policy will receive a credit to their account which can be applied to the next booking.
- Cancellations can be made by phone, or in person.

Workout Studio Etiquette

Fitness Suite Etiquette

- All users are required to complete an induction and a PAR-Q medical questionnaire.
- All personal belongings are to be stored in the lockers provided.
- Appropriate clothing and footwear for the activity must be worn.
- Before commencing your workout, please remember to sign in.
- If you are unsure how to use a piece of equipment, ask an instructor for help.
- Bring a towel with you on each visit and wipe down equipment after use.
- At peak times, use may be limited to 15 minutes per piece of equipment. This is at the discretion of an instructor, but please be considerate to other users.
- Remember to bring water with you and drink regularly before, during and after your workout to avoid dehydration.

Workout Studio Etiquette

- 14 and 15 year olds are permitted to participate in those workout classes, specified by the Centre as being Low Impact under the supervision of a responsible adult.
- There must be a minimum of 2 people for a class to take place.
- Please turn up for your class in plenty of time, once the warm up has commenced, late arrivals will not be permitted.
- All mobile phones must be switched off.
- Appropriate clothing and footwear for the activity must be worn.
- Please use the dry changing area and lockers provided for all personal belongings.
- Please consult a doctor before participating in any activity. If you are pregnant or have any medical conditions, you must make your instructor aware of this.
- Drink plenty of water to avoid dehydration. Isospa water bottles are available to buy from Reception.

Towcester Centre for Leisure

Telephone: 0845 2671201

Brackley Leisure Centre

Telephone: 0845 2671194

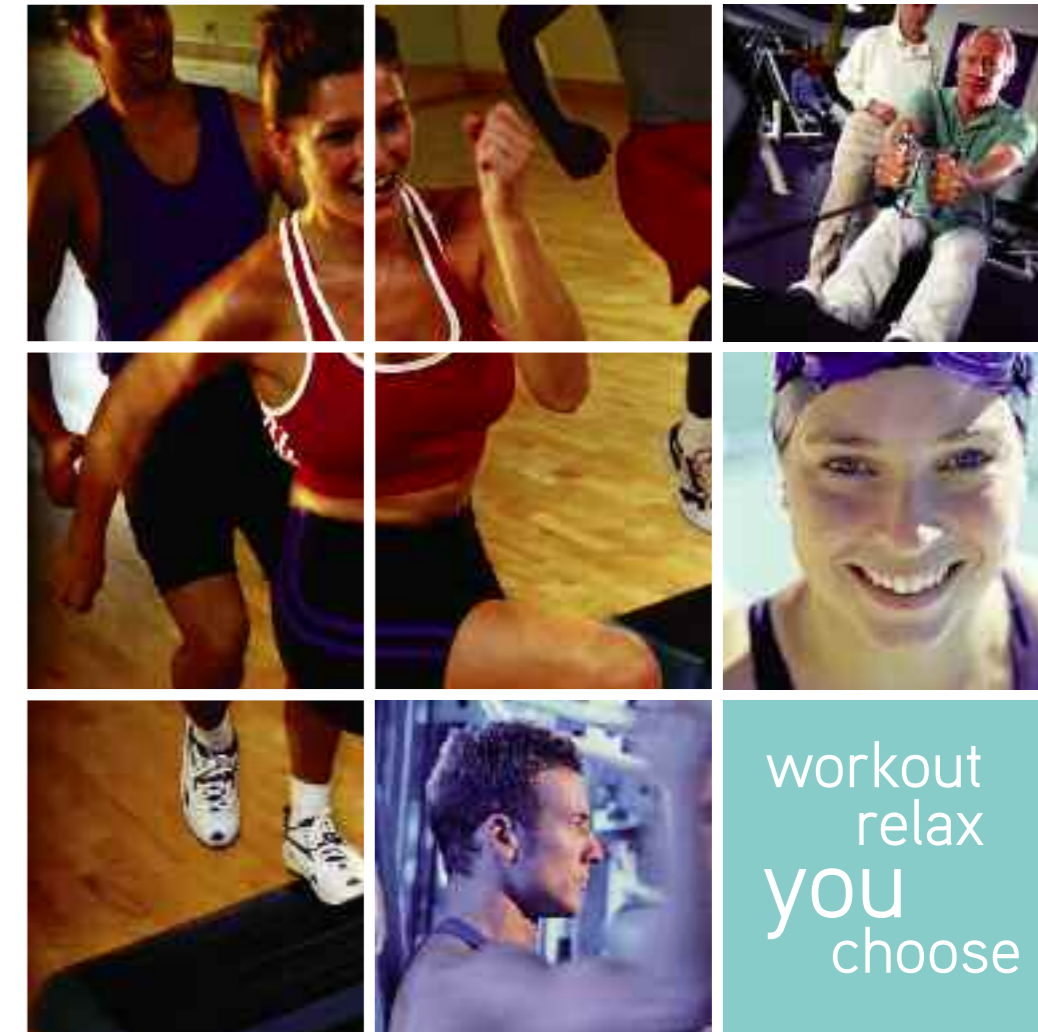
Brackley Swimming Pool

Telephone: 0845 2671195



Workout Timetable

2010



workout
relax
you
choose

Towcester Centre for Leisure
Opening Times
Monday – Friday
06.30 – 22.00
Saturday
08.00 – 18.00
Sunday
08.00 – 18.00

Brackley Leisure Centre
Opening Times
Monday – Friday
07.00 – 21.00
Saturday
08.00 – 18.00
Sunday
08.00 – 18.00

Brackley Swimming Pool
Opening Times
Monday & Wednesday
07.00 – 21.00
Tuesday & Thursday
07.00 – 21.00
Friday
09.00 – 20.30
Weekends
08.00 – 16.00



Towcester Workout Timetable

Time	Activity	Level	Area	Instructor
Mon	9.30	All	Studio	Jane
	10.30	All	Pool	Ingrid/Katie
	10.30	All	Studio	Jane
	18.00	Int	Studio	Sam
	19.00	All	Studio	Sam
	20.00	All	Studio	Sam
Tues	9.30	All	Studio	Keith
	10.45	All	Studio	Jean
	16.00	11-15yrs	Gym	Team
	18.00	All	Studio	Amy
	20.00	All	Pool	Carly
	20.00	All	Studio	Kate
Wed	9.30	All	Studio	Gi
	10.45	All	Studio	Becky
	13.00	All	Pool	Rachael
	18.00	All	Studio	Emily
	19.00	All	Studio	Keith
	20.00	All	Studio	Keith
Thur	9.30	All	Studio	Mark
	10.30	All	Studio	Keith
	15.30	11-15yrs	Gym	Team
	18.00	All	Studio	Kate
	19.00	All	Studio	Kate
	20.00	All	Studio	Elaine
Fri	9.30	All	Studio	Annabelle
	10.30	Beg	Studio	Jane
	11.00	All	Pool	Rachael
	18.00	All	Studio	Mark
Sat	8.30	All	Studio	Kate
	9.30	All	Studio	Ellen/Katie
	13.00	11-15yrs	Gym	Team
Sun	10.00	11-15yrs	Gym	Team
	11.00	All	Sports Hall	WJO

*New or changed classes

Brackley Workout Timetable

Time	Activity	Level	Area	Instructor
Mon	9.30	All	Studio	Sam
	10:30	All	Studio	Sam
	18.30	All	Studio	Becky
	19.30	All	Studio	Becky
	20.15	All	Pool	Annabelle
Tues	9.30	All	Studio	Adele
	10.30	All	Studio	Adele
	16.00	11-15yrs	Gym	Team
	18:30	All	Studio	Sam
	19.30	All	Studio	Sam
Wed	9.15	All	Pool	Adele
	9.30	All	Studio	Jane
	10.30	All	Studio	Jane
	16.00	11-15yrs	Gym	Team
	18.30	All	Studio	Becky
Thur	9.30	All	Studio	Becky
	10.30	All	Studio	Adele
	16.00	11-15yrs	Gym	Team
	18:30	All	Studio	Becky
	19:30	All	Studio	Nikki
Fri	9.30	All	Studio	Sam
	10.30	Beg	Studio	Adele
	18.15	All	Creche	Sam
Sat	8.30	All	Studio	Sam
	9.30	All	Studio	Sam
	10.30	Int/Adv	Creche	Team
Sun	10.30	All	Studio	Sam
	16.00	11-15yrs	Gym	Team

Workout Class Descriptions

Studio Cycling / Spinning

Ride the Calorie Killer with the indoor cycling workout where you will ride to the rhythm of the beat. Your cardiovascular system will be challenged through the hills, speed through the flats, climb over the mountain peaks with time trials, and interval training. A truly exhilarating class that will leave your heart pounding, your body glowing and those calories burning.

BodyCombat

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness

Circuit Training

A combination of cardio and strength training - all levels welcome - this class allows the participant to work to their own personal level. An instructor will put you through a variety of strength, cardio and flexibility stations. Feel free to go at your own pace in this highly motivating dynamic workout.

Aqua

A safe, effective and fun cardiovascular and body workout in the pool with exercises for toning the upper and lower body. Using the water's natural resistance the muscles are toned whilst stamina is developed; the water's buoyancy offers support for a stress free workout. These classes provide a safe supported workout for any level and are particularly suitable for those with joint problems or who are new to exercise.

Young at Heart

These classes are ideal for our more mature members. Activity on referral or for pre/post-natal women looking for a gentler but still challenging class. This class has a soft and gentle approach and no age barriers! You will receive additional care and attention in this class.

Yoga / Power Yoga

Yoga is a system of philosophy that originated in India 5,000 years ago. It offers an holistic approach to body, mind and spirit, which can provide us with the 'tools' to cope with the challenges of daily life. You may be drawn to yoga simply for health and fitness, or be seeking relief for a specific physical condition. Whatever your objectives, there are yoga classes that can meet them.

Benefits of yoga include:

- Increasing flexibility
- Massaging of ALL organs of the body
- Complete detoxification
- Toning of the muscles

Pilates

Pilates is a refreshing mind-body workout, which focuses on core stability and posture, aiming to lengthen and strengthen muscles. The core fundamentals of the Method are based upon a thorough understanding of the anatomy of the human body.

Pilates is beneficial for:

- Injury prevention
- Remedial and rehabilitation work
- Improvement of technique for athletes and dancers
- Creating a balance between strength and flexibility
- Strengthening dynamic stability
- Improving co-ordination
- Releasing stress

Pole Dancing

Pole dancing is fast becoming one of the most popular ways to get fit and stay in shape and is now recognised for its huge advantages in the health and leisure industry.

Benefits Include:

Improved strength and stamina
Improved muscle tone
Can aid weight loss
Increased confidence
Improved posture

Groove fx

Ditch the workout & join the party! Groove fx is a salubrious selection of street, disco, Latin and hip hop routines, set to a riotous party of shimmering sounds and funky rhythms. It captures the essence of dance, combines it with fun and delivers real fitness results.

Body Pump

The ultimate resistance workout - this class will change the shape of your body. This class uses a specially designed barbell system and incorporates weights into a pre-choreographed athletic workout set to powerful music and is designed to improve muscle definition and strength. While this is a tough workout, it is well worth it as the results are fantastic. This class is suitable for all levels and is ideal for both men and women.

Body Conditioning / Design

A range of high intensity workout classes choreographed to music, sometimes including weights, bars and bands designed to burn fat and tone the body.

Legs, Tums & Bums

It does exactly what it says on the tin!