

Workout Studio Etiquette

Workout Studio Etiquette

- There must be a minimum of 5 people for the class to take place
- The minimum age for class participation is 16
- Please notify reception when you arrive for your class in order for your attendance to be recorded
- Please arrive for your class in plenty of time as late arrivals will not be permitted once the warm up has commenced
- All mobile phones must be switched off
- Please ensure that clean appropriate clothing and footwear are 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
- Drink plenty of water before, during and after your workout to avoid dehydration
- Please refrain from eating or chewing gum in the studio
- Glass bottles and breakable containers must not be taken in to the studio at any time

Bookings

- Bookings can be made 7 days in advance (payment must be made at time of booking)
- Bookings can be made in person, by phone or at www.leisurebookings.net
- Members will need their membership number to make a booking

Cancellation Policy

- Workout classes may be cancelled up to 2 hours before the commencement of the class.
- 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 payments 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 on 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.

Membership feels great...

Membership feels great...

- No Contract
- 10 Day Money-back Guarantee
- Ability to Freeze
- Fixed Price for Life*

Plus

- Personal Programme

*dependent on Membership type



Opening Times

Monday - Friday

06.30 - 22.30

Saturday

07.00 - 22.00

Sunday

06.45 - 22.00

Harborough Leisure Centre

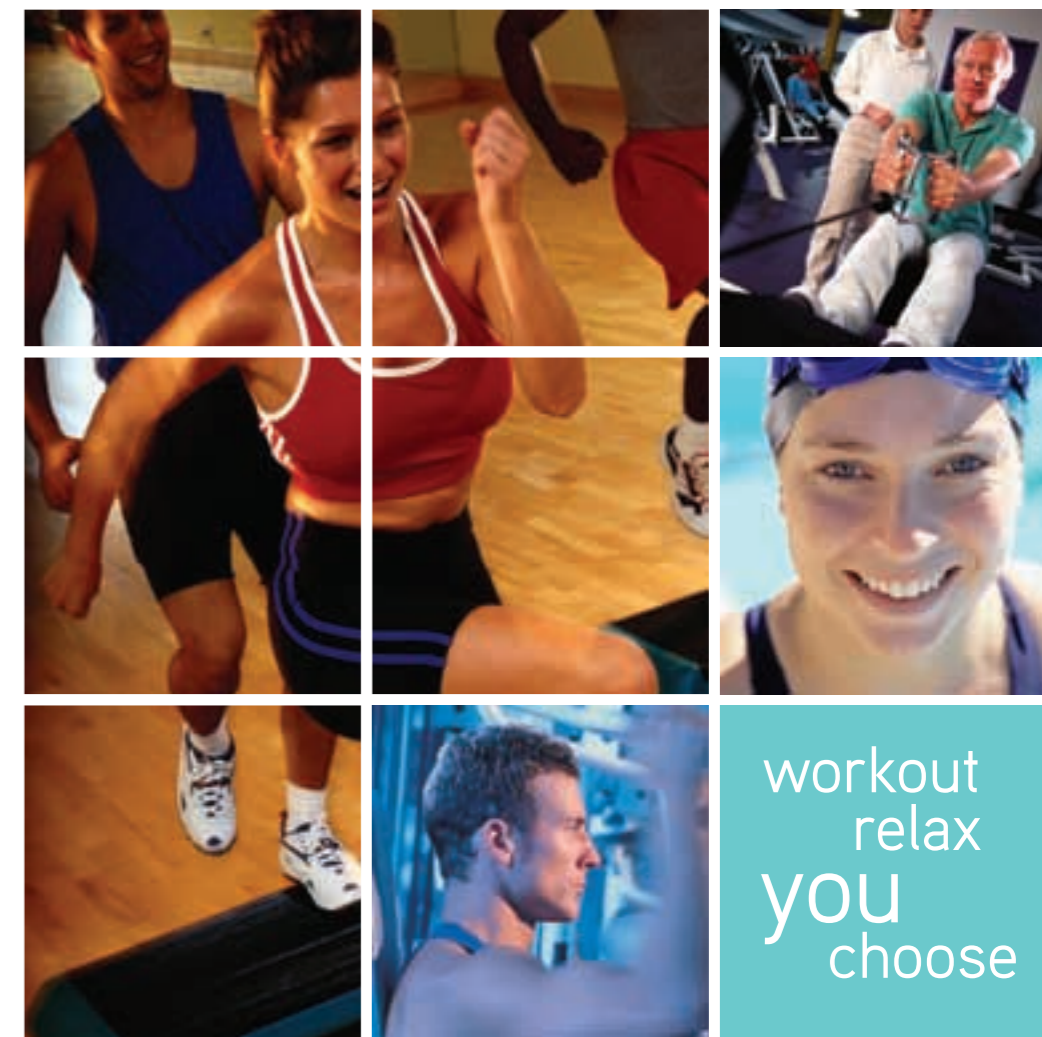
Northampton Road, Market Harborough, Leicestershire LE16 9HF

Telephone: **01858 410115**

Web: www.harboroughleisurecentre.com

Workout Timetable

Autumn/Winter 2009



workout
relax
you
choose

Time	Activity	Level	Area	Price
Monday				
10.00-11.00	Body Pump	50+	Studio	£4.30
13.30-14.30	Body Balance	All	Studio	£4.30
18.00-19.00	Body Pump	All	Studio	£4.30
18.15-19.00	Spinnin	All	MBS	£4.10
19.15-20.15	Body Balance	All	MBS	£4.30
19.15-20.15	Hi/Lo Aerobics	All	Studio	£4.10
20.15-21.15	Legs,Tums & Bums	All	Studio	£4.10
Tuesday				
09.45-10.45	Hi/Lo Aerobics	All	Studio	£4.00
11.00-12.00	Body Pump	All	Studio	£4.30
18.00-18.45	Spinnin	Int	MBS	£4.10
18.00-19.00	Power Hour	All	Studio	£4.10
19.00-19.45	Spinnin	Beg	MBS	£4.10
19.00-20.00	Body Combat	All	Studio	£4.30
19.00-20.00	Sun Power Yoga	All	Crèche	-
19.30-20.30	Aqua Fit	All	Pool	£4.00
20.00-21.00	Boot Camp Circuits	All	Studio	£4.10
Wednesday				
10.00-11.00	Aerobics	50+	Studio	£4.10
10.00-11.00	Aqua Fit	All	Pool	£4.00
10.30-11.15	Spinnin	All	MBS	£4.10
18.00-19.00	Step'n'Tone	All	Studio	£4.30
19.00-20.00	Body Balance	All	Studio	£4.30
19.15-20.00	Spinnin	All	MBS	£4.10
20.00-21.00	Aqua Fit	All	Pool	£4.00
20.00-21.15	Body Pump	All	Studio	£4.30

Sun Power Yoga classes are run as a course and are not included in the centre membership scheme. For more information please contact reception.

Time	Activity	Level	Area	Price
Thursday				
09.45-10.45	Body Combat	All	Studio	£4.30
11.00-12.00	Body Pump	All	Studio	£4.30
18.00-19.00	LBT Fusion	All	Studio	£4.10
19.00-20.00	Circuits	All	Studio	£4.10
20.00-21.00	Body Combat	All	Studio	£4.30
Friday				
10.00-11.00	Legs, Tums & Bums	50+	Studio	£4.10
10.30-11.15	Spinnin	All	MBS	£4.10
13.30-14.30	Body Balance	All	Studio	£4.30
18.00-19.00	Body Pump	All	Studio	£4.30
Saturday				
10.00-11.00	Body Combat	All	Studio	£4.30
11.00-12.00	Body Pump	All	Studio	£4.30
11.15-12.00	Spinnin	All	MBS	£4.10
Sunday				
10.00-11.00	Hi/Lo Aerobic	All	Studio	£4.00

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Workout Class Descriptions

Aqua Fit

A gentle yet effective aerobic workout using water as a support to improve cardiovascular fitness and muscle tone. Suitable for all levels.

Aerobics/Hi-Lo Aerobics

A fun high energy class offering high or low impact moves to suit all participants. Varying levels of choreography may be used, so be prepared to break a sweat and get your heart pumping. Some abdominal work may be included.

Body Balance

A dynamic yoga-based stretch programme combining the fundamental principles and practices of Yoga and Pilates to create a realistic workout that brings the body, mind and soul into a state of balance and harmony.

Body Combat

Is a non-contact, martial arts based fitness programme with moves drawn from karate, tae kwon do, kung fu, kickboxing, muay tai and tai chi that provides an exhilarating exercise experience that delivers ultra-fast fitness results.

Body Pump

The ultimate toning class. Working through all the major muscles in the body, concentrating on strength & endurance to tone & condition the muscles to help lose weight and change body shape.

Boot Camp Circuits

'Sign up and get fit'. Work, sweat, and get fit! Enlist in this body training challenge to take your fitness level to new heights.

Circuits

A combination class utilising exercise stations in a circuit to include cardiovascular, strength and endurance training. An ideal class for those who enjoy working at their own level without having to concentrate on choreography.

LBT Fusion

Aerobics and condition exercises for the upper and lower body, fused together to tone and tighten.

Legs, Bums & Tums

A low impact workout concentrating on the mid to lower body muscles to tone & tighten those all-important areas. Studio equipment may be used to increase the intensity of the class.

Pilates

A mat-based class using multi-muscle exercise techniques to help correct posture alignment and strengthen core stomach and back muscles. Performed using controlled breathing to promote well-being, flexibility, stress relief and relaxation.

Power Hour

Incorporating basic aerobic moves and body conditioning exercise's to provide an all over body workout. This class is designed to deliver results and and get you into great shape.

Spinnin

The ultimate cardiovascular exercise. This is one of the highest fat burning classes available and is suitable for all levels from the beginner to the most advanced of riders. You set the resistance and decide how hard you want to work.

Step'n'Tone

Step moves and conditioning exercises. This is a great cardio workout that burns calories and shapes the body.

Sun Power Yoga

Lacing together 3 styles of yoga by a strong dance like form which moves your body and focuses your mind. Course bookings are available throughout the year.

* times for this class may change during school holidays, please contact reception for details.