

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...

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

Plus

- Personal Programme
- Fast Track Entry
- Online Booking

*dependent on Membership type

Harborough Leisure Centre
 Northampton Road, Market Harborough, Leicestershire LE16 9HF
 Telephone: **01858 410115**
 Web: www.leisurebookings.net

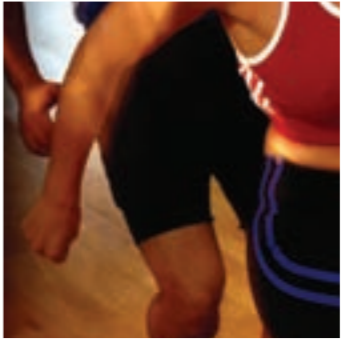


Opening Times
Monday - Friday
 06.30 - 22.30
Saturday
 07.00 - 22.00
Sunday
 06.45 - 22.00



Workout Timetable

2010



workout
 relax
 you
 choose



Time	Activity	Level	Area	Price
Monday				
10.00	Body Pump	All/50+	Studio	£4.60
13.30	Body Balance	All/LL	Studio	£4.60
18.00	Body Pump	All	Studio	£4.60
18.15	Spinnin	All	MBS	£4.40
19.15	Spinnin	Beg	MBS	£4.40
19.15	Body Balance	All	Studio	£4.60
20.15	Body Attack	All	Studio	£4.60
Tuesday				
09.45	Body Attack	All/LL	Studio	£4.60
11.00	Body Pump	All	Studio	£4.60
18.00	Spinnin	All	MBS	£4.40
18.00	Core Control	All	Studio	£4.60
19.00	Spinnin	Beg	MBS	£4.40
19.00	Body Combat	All	Studio	£4.60
19.30	Aqua fit	All	Pool	£4.30
20.00	Circuits	All	Studio	£4.40
Wednesday				
10.00	Aerobics	All/50+	Studio	£4.40
10.00	Aqua Fit	All/50+	Pool	£4.30
10.30	Spinnin	All	MBS	£4.40
18.00	Body Attack	All	Studio	£4.60
19.00	Body Balance	All	Studio	£4.60
19.15	Spinnin	All	MBS	£4.40
20.00	Body Pump	All	Studio	£4.60
20.00	Aqua Fit	All	Pool	£4.30

All classes must be booked prior to attending

Time	Activity	Level	Area	Price
Thursday				
09.45	Body Combat	All/LL	Studio	£4.60
11.00	Body Pump	All	Studio	£4.60
18.00	Body Combat	All	Studio	£4.60
19.00	Circuits	All	Studio	£4.40
19.15	Spinnin	All	MBS	£4.40
Friday				
10.00	Legs, Tums & Bums	50+	Studio	£4.40
10.30	Spinnin	All	MBS	£4.40
13.30	Body Balance	All/LL	Studio	£4.60
18.00	Body Pump	All	Studio	£4.60
Saturday				
10.00	Body Combat	All	Studio	£4.60
11.00	Body Pump	All	Studio	£4.60
11.15	Spinnin	All	MBS	£4.40
Sunday				
10.00	Circuits	All	Studio	£4.40

All classes must be booked prior to attending

Workout Class Descriptions

Aqua Fit

A low impact 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

A non contact, martial arts based fitness programme with moves drawn from karate, tae kwan do, kung fu, kick boxing, muay thai and tai chi that provides an exhilarating exercise experience that delivers ultra fast fitness results.

Body Attack

Core strength is often forgotten in training but is important for injury prevention, athletic performance and posture. This class will test your core strength and improve the muscular endurance and tone of your whole body while learning how to use a variety of new equipment. Suitable for all levels

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.

Core Control

Core strength is often forgotten in training but is important for injury prevention, athletic performance and posture. This class will test your core strength and improve the muscular endurance and tone of your whole body while learning how to use a variety of new equipment. Suitable for all levels.

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.

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.

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.

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

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