



01794 830333

**The Rapids**

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**Fitness Classes****Fitness Classes** 6th September - December 2010**A Record  
52 classes  
to choose  
from**

Band	Time	Studio	Class
Monday			
	9.00am - 9.45am	2	Body Attack Express
	9.30am - 10.25am	1	Legs Bums & Tums
	9.45am - 10.45am	2	Studio Cycling
	10.30am - 11.25am	1	Body Balance™
	11.30am - 12.30pm	1	Fit Ball Tone
	5.30pm - 6.25pm	1	Body Combat™
	6.30pm - 7.15pm	1	Body Pump™
	6.45pm - 7.45pm	2	Studio Cycling
	7.15pm - 8.00pm	1	Body Pump™
	8.05pm - 9.05pm	1	Body Balance™

Tuesday			
	9.30am - 10.30am	1	Total Body Blitz
	10.30am - 11.30am	2	50+ Work Out
	10.30am - 11.30am	1	Swiss Ball Tone
	11.30am - 12.30pm	1	Pilates
	5.30pm - 6.30pm	1	Body Jam™
	6.30pm - 7.15pm	1	Body Combat™
	7.15pm - 8.15pm	1	Circuits

Wednesday			
	9.30am - 10.30am	2	Zumba
	9.25am - 10.30am	1	Body Pump™
	10.30am - 11.30am	1	Body Balance™
	5.30pm - 6.15pm	1	Zumba
	6.15pm - 7.10pm	1	Body Attack™
	6.00pm - 7.00pm	3	Stretch & Tone
	7.10pm - 8.10pm	1	Body Pump™
	7.00pm - 8.00pm	3	Yoga Relax
	8.10pm - 9.10pm	1	Body Balance™

Thursday			
	7.15am - 8.00am	1	Circuits
	9.25am - 10.25am	1	Legs Bums & Tums
	9.30am - 10.15am	2	Body Attack™
	10.30am - 11.15am	2	Studio Cycling
	10.30am - 11.30am	1	Body Pump™
	5.40pm - 6.40pm	2	Studio Cycling
	6.15pm - 7.15pm	1	Legs Bums & Tums
	6.45pm - 7.30pm	1	Body Jam™
	7.30pm - 8.30pm	1	Body Combat™

Friday			
	9.30am - 10.30am	1	Body Combat™
	10.30am - 11.30am	1	Body Balance™
	11.30am - 12.30pm	1	Pilates
	5.30pm - 6.30pm	3	Stretch & Tone
	5.30pm - 6.30pm	2	Zumba
	5.30pm - 6.30pm	1	Boxercise
	6.30pm - 7.30pm	1	Body Pump™
	6.30pm - 7.30pm	2	Studio Cycling
	6.30pm - 7.30pm	3	Yoga Relax

Saturday			
	9.05am - 10.05am	1	Body Pump™
	9.05am - 10.05pm	2	Body Jam™
	9.05am - 10.05am	3	Stretch & Tone
	10.05am - 11.05am	2	Studio Cycling
	10.05am - 11.05am	1	Body Attack™

Studio Classes	£5.50
Inclusive Members	INCLUDED



	Cardiovascular	General fitness, health, well being.
	Toning	Increase lean muscle, fitness.
	Strength	Increase muscle, improve functional strength.
	Relax/Yoga	Relax, mind & body.

Non members will be required to make payment at time of booking.  
Refunds will not be issued for non attendance. We reserve the right to discontinue classes with very low attendance at short notice.

For class descriptions see the website

**Health & Fitness Courses****Pilates**

Pilates aligns the body, builds long lean muscles and develops abdominal strength.

Tuesday	Beginners	7.15 - 8.15pm	7 weeks	07/09/10 - 19/10/10	£50.50
			6 weeks	02/11/10 - 07/12/10	£43.25
Tuesday	Intermediate	8.15 - 9.15pm	7 weeks	07/09/10 - 19/10/10	£50.50
			6 weeks	02/11/10 - 07/12/10	£43.25
Wednesday	Remedial	8.00 - 9.00pm	6 weeks	15/09/10 - 20/10/10	£43.25
			6 weeks	03/11/10 - 08/12/10	£43.25

**Dance Course**

Have you ever wanted to dance like the stars? Now is your chance with the new Rapids Dance Course. You'll learn different styles from ballroom to Latin and how to move across the dance floor like a star.

Monday	Beginners	7.00 - 8.00pm	7 weeks	06/09/10 - 18/10/10	£50.50
			6 weeks	01/11/10 - 06/12/10	£43.25
Monday	Intermediate	8.00 - 9.00pm	5 weeks	06/09/10 - 18/10/10	£36.10
			6 weeks	01/11/10 - 06/12/10	£43.25
Wednesday	Beginners	1.45 - 2.45pm	7 weeks	08/09/10 - 20/10/10	£50.50
			6 weeks	03/11/10 - 08/12/10	£43.25

**Tea Dance**

An afternoon of dance and instruction. £3.00 including coffee &amp; cake.

Tea Dance	Friday	1.30 - 3.30pm
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**Pregnancy Yoga**

Gentle exercise for mums and mums to be. Babies are welcome.

Pre Natal Yoga	Thursday	2.00 - 3.00pm
Antenatal Yoga	Thursday	2.00 - 3.00pm

**Parent & Toddler**

This drop in session held by a qualified instructors is an ideal first step into the water for the under 4's. Includes toys, songs and fun.

Term times:	Monday, Wednesday and Friday
Holiday periods:	Monday and Friday's
10.00am - 11.00am	£3.70

**Crèche**

A perfect venue for your children whilst you work out or relax. OFSTED registered.

Monday - Friday	9.00am - 1.00pm
Saturday	9.00am - 12.00pm
£2.90 - 1 hour	£3.70 - 2 hours

Booking recommended on 01794 835552

**Teen Fitness Courses**

A structured introduction to the gym for teenagers aged 13+ years. Courses are run Monday - Friday 4.00 - 5.00pm. Please enquire at reception to book your course.

On completion of the course teens may use the gym at selected times:

Monday - Friday	3.30pm - 6.00pm
Saturday - Sunday	2.00pm - 6.00pm

**Teen Fitness Course Prices**

Non Member	£20.00
Member	£15.00

**Junior Fitness Classes**

Time	Class	Session	Age
Monday	4.30 - 5.30pm	Team Combat	11 - 16yrs
Tuesday	4.00 - 5.00pm	Team Energy/Combat	10 - 15yrs
Thursday	4.30 - 5.30pm	Team Energy/Combat	5 - 10yrs
Thursday	5.00 - 6.00pm	Team Jam	11 - 16yrs

**Junior Fitness Classes Prices**

Non Member	£3.80
Inclusive Members	INCLUDED

Junior memberships available, pick up a leaflet for more information

