

Activity Timetable: 4th January to 5th April 2012



THE HOGARTH HEALTH CLUB ACTIVITY TIMETABLE: 4th January to 5th April 2012

MONDAY

Time	Activity	Instructor	Studio	Level	
07.30 - 08.30	50/50	Tara	1	General	<input type="checkbox"/>
<b>C</b> 09.00 - 10.00	Pilates	Louise	2	Beginner	<input type="checkbox"/>
09.00 - 10.00	BODYPUMP®	Ris	1	General	<input type="checkbox"/>
10.00 - 11.00	Spinning®	Charles	1	General	<input type="checkbox"/>
<b>C</b> 10.00 - 11.00	Pilates	Louise	2	Intermediate	<input checked="" type="checkbox"/>
10.15 - 11.00	H2O	Ris	Pool	General	<input checked="" type="checkbox"/>
11.00 - 12.30	Hatha Yoga	Anna	2	General	<input checked="" type="checkbox"/>
11.15 - 12.15	Body Conditioning	Lucy	1	General	<input type="checkbox"/>
12.30 - 13.30	Danceworks	Alison	1	General	<input type="checkbox"/>
13.30 - 14.30	Stretchworks	Alison	1	General	<input type="checkbox"/>
14.30 - 15.15	BODYPUMP®	Linda S	1	General	<input type="checkbox"/>
15.15 - 16.00	Legs Tums & Bums	Linda S	1	Beginner	<input type="checkbox"/>
17.30 - 18.30	Stretchworks	Alison	1	General	<input type="checkbox"/>
18.30 - 19.30	ZUMBA®	Matha	1	General	<input type="checkbox"/>
19.00 - 20.30	Hatha Yoga	Laura S	2	General	<input checked="" type="checkbox"/>
19.30 - 20.30	Circuit	Jade	1	Advanced	<input type="checkbox"/>

TUESDAY

Time	Activity	Instructor	Studio	Level	
07.00 - 08.00	Hatha Yoga	Karen S	2	General	<input checked="" type="checkbox"/>
07.00 - 08.00	BODYPUMP®	Dean	1	General	<input type="checkbox"/>
08.00 - 09.00	Stretchworks	Alison	1	General	<input type="checkbox"/>
09.05 - 09.55	Core Conditioning	Debbie	1	General	<input type="checkbox"/>
10.00 - 11.30	Sivananda Yoga	Rachael	2	Advanced	<input checked="" type="checkbox"/>
11.00 - 12.00	Spinning®	Charles	1	General	<input type="checkbox"/>
12.30 - 13.30	Advanced Stretchworks	Alison	1	Advanced	<input type="checkbox"/>
12.45 - 13.30	H2O	Peter	Pool	General	<input checked="" type="checkbox"/>
13.30 - 14.30	Pilates	Liana	2	Intermediate	<input checked="" type="checkbox"/>
14.30 - 15.30	Post Natal Tone	Liana	1	General	<input type="checkbox"/>
18.30 - 19.30	50 / 50	Vanessa D	1	General	<input type="checkbox"/>
18.30 - 19.30	Pilates	Louise	2	Beginner	<input checked="" type="checkbox"/>
19.30 - 20.30	BODYPUMP®	Vanessa D	1	General	<input type="checkbox"/>
19.30 - 21.00	Hatha Yoga	Rachel	2	General	<input checked="" type="checkbox"/>
<b>N</b> 20.30 - 21.30	Pilates Course <small>10 Jan to 14 Feb &amp; 28 Feb to 3 April</small>	Charlotte	1	Beginner	<input type="checkbox"/>

WEDNESDAY

Time	Activity	Instructor	Studio	Level	
06.30 - 07.30	Spinning®	Terry	1	General	<input type="checkbox"/>
07.30 - 08.30	Spinning®	Terry	1	General	<input type="checkbox"/>
09.00 - 10.00	Pilates	Helena	2	General	<input checked="" type="checkbox"/>
10.00 - 11.00	BODYPUMP®	Ana	1	General	<input type="checkbox"/>
10.00 - 11.30	Sivananda Yoga	Pia	2	General	<input checked="" type="checkbox"/>
11.00 - 12.00	H2O	Jan	Pool	General	<input checked="" type="checkbox"/>
11.00 - 12.00	Stretchworks	Alison	1	Intermediate	<input type="checkbox"/>
12.00 - 13.00	Technique Class - 1st Wed each month	Karen	1	General	<input type="checkbox"/>
13.00 - 14.00	Zumba®	Gary	1	General	<input type="checkbox"/>
13.30 - 14.30	Pilates	Tracey	2	Intermediate	<input checked="" type="checkbox"/>
14.15 - 15.00	Private Class - Latimer School	Karen	1	n/a	<input type="checkbox"/>
14.30 - 16.45	Family Splash	n/a	Pool	n/a	<input checked="" type="checkbox"/>
15.00 - 15.45	Body Conditioning	Karen	1	Beginner	<input type="checkbox"/>
18.30 - 19.30	Spinning®	David	1	General	<input type="checkbox"/>
19.30 - 20.30	Pilates	Michelle	2	General	<input checked="" type="checkbox"/>
19.30 - 20.30	Zumba®	Gary	1	General	<input type="checkbox"/>

Type of Activity (colour coded)

Aerobic and strength  Holistic  Pool

**N** = Shows a NEW activity to previous month or the beginning of a new course

**C** = Shows a CHANGE in time, instructor, level or meeting area

## THURSDAY

Time	Activity	Instructor	Studio	Level	
07.00 - 08.00	Hatha Yoga	Karen S	2	General	<input checked="" type="checkbox"/>
08.00 - 09.00	Advanced Stretchworks	Alison	1	Advanced	<input type="checkbox"/>
09.00 - 10.00	Pilates on the Ball	Helena	1	Intermediate	<input type="checkbox"/>
09.15 - 10.00	H2O	Peter	Pool	General	<input checked="" type="checkbox"/>
10.00 - 11.00	50/50	Vanessa D	1	General	<input type="checkbox"/>
10.00 - 11.00	Post Natal	Helena	2	General	<input checked="" type="checkbox"/>
11.00 - 11.45	ZUMBA®	Soraya	1	General	<input type="checkbox"/>
11.00 - 12.00	Hatha Yoga	Karen S	2	General	<input checked="" type="checkbox"/>
12.00 - 13.00	Tai Chi	Ross	2	General	<input checked="" type="checkbox"/>
13.30 - 14.30	Stretchworks	Alison	1	Intermediate	<input type="checkbox"/>
14.00 - 15.00	Pilates	Elizabeth	2	General	<input checked="" type="checkbox"/>
N C 15.00 - 16.00	Pilates Course	Elizabeth	2	Beginner	<input type="checkbox"/>
	<small>12 Jan to 16 Feb &amp; 1 Mar to 5 April</small>				
18.00 - 19.00	Pre Natal	Liana	2	General	<input checked="" type="checkbox"/>
18.30 - 19.30	Body Conditioning	Ana	1	General	<input type="checkbox"/>
19.00 - 20.00	Pilates	Louise	2	General	<input checked="" type="checkbox"/>
C 19.30 - 20.30	Circuit	Terry	1	General	<input type="checkbox"/>
20.00 - 21.00	Hatha Yoga	Helen	2	General	<input checked="" type="checkbox"/>

## FRIDAY

Time	Activity	Instructor	Studio	Level	
09.00 - 10.00	BODYPUMP®	Ana	1	General	<input type="checkbox"/>
10.00 - 11.00	Spinning®	David	1	General	<input type="checkbox"/>
10.00 - 11.30	Hatha Yoga	Pagan	2	Intermediate	<input checked="" type="checkbox"/>
10.05 - 10.50	H2O	Ana	Pool	General	<input checked="" type="checkbox"/>
11.00 - 12.00	Danceworks	Alison	1	General	<input type="checkbox"/>
12.00 - 13.00	Stretchworks	Alison	1	General	<input type="checkbox"/>
13.00 - 13.45	Legs, Tums & Bums	Linda S	1	Beginner	<input type="checkbox"/>
13.45 - 14.30	BODYPUMP®	Linda S	1	General	<input type="checkbox"/>
14.15 - 15.45	Hatha Yoga	Tina	2	General	<input checked="" type="checkbox"/>
18.30 - 19.30	Box Circuit	David	1	General	<input type="checkbox"/>

## SATURDAY

Time	Activity	Instructor	Studio	Level	
08.00 - 09.00	Pilates	Louise	2	Beginner	<input checked="" type="checkbox"/>
08.30 - 09.30	Spinning®	Karen	1	General	<input type="checkbox"/>
09.00 - 10.00	Pilates	Louise	2	Intermediate	<input checked="" type="checkbox"/>
09.30 - 10.00	Only Abs	Karen	1	General	<input type="checkbox"/>
10.00 - 11.00	Hatha Yoga	Helen	2	Beginner	<input checked="" type="checkbox"/>
10.00 - 11.00	Body Conditioning	Ayesha	1	General	<input type="checkbox"/>
11.00 - 12.00	Funky Step	Simone	1	General	<input type="checkbox"/>
11.00 - 13.00	Ashtanga Yoga	Helen	2	Intermediate	<input checked="" type="checkbox"/>

## SUNDAY

Time	Activity	Instructor	Studio	Level	
09.00 - 10.00	Body Conditioning	Dean	1	General	<input type="checkbox"/>
10.00 - 11.00	BODYPUMP®	Dean	1	General	<input type="checkbox"/>
10.00 - 16.00	Family Splash	n/a	Pool	n/a	<input checked="" type="checkbox"/>
10.30 - 12.00	Hatha Yoga	Annabelle	2	General	<input checked="" type="checkbox"/>
11.00 - 11.45	Hi/Lo	Simone	1	General	<input type="checkbox"/>
15.00 - 16.00	Hatha Yoga	Annabelle	2	Beginner	<input checked="" type="checkbox"/>

\*\* Pilates courses are chargeable at £36 for 6 week course. Please see notice board for start dates of courses or ask at reception.



## A TO Z STUDIO CLASS DESCRIPTIONS

### 50 / 50

A mix of aerobics and body conditioning exercises to give you a balanced workout.

### Advanced Stretchworks

Specialised fitness programme using stretching and strengthening exercises.

This class is designed for the advanced stretchworks student. If you would like to attend please check with your instructor Alison to find out if this level is suitable for you.

### Ashtanga Yoga

Ashtanga Yoga gradually leads the participant to rediscover his or her fullest potential on all levels of human consciousness - physical, psychological and spiritual. Through the practice of correct breathing (Ujjayi Pranayama), postures (asanas), and gazing point (drishti), one gains control of the senses and a deeper awareness of self. Maintaining this discipline with regularity and devotion, one acquires steadiness of body and mind.

### BODYPUMP®

BODYPUMP® is a class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat burning. Inspirational music and a highly motivational instructor are key components of this great class.

### Body Conditioning

Dynamic aerobic warm-up followed by strength and endurance exercises that challenge the entire body using hand held weights & body bars.

### Box Circuit

Box your way to better health and fitness! Designed to challenge all fitness levels, everyone is guaranteed an excellent cardiovascular workout as well as developing good strength.

### Circuit

Circuit classes utilise a variety of floor exercises and weight training exercises to increase stamina, strength and cardiovascular fitness. Let the instructor take you on a different exercise journey each week! Participants can vary the intensity to suit their fitness level and needs.

### Core Conditioning

The basic principle behind Core Conditioning is to provide a healthier and functional approach to stomach exercises. This is accomplished through the development of strength-based exercises, which allow us to functionally integrate the body as a whole entity.

### Danceworks

Danceworks incorporates elements of both Jazz and Ballet. Your teacher Alison has fused them together with fantastic results. Alison encourages all who have the inner desire to dance, to take part in this class. No one will be made to feel inadequate (regardless of ability)

as she truly admires those who at least try.

### Fit Ball Training

Exercise ball, Fit ball or Swiss ball – you will find different names however they all do the same: working your body. This class is an ideal way to give your body a makeover, to improve your strength and flexibility, as well as correcting a slouching posture. Apart from the Fit ball you will find every other piece of equipment used to make that class fun and variable for each level.

### H2O

Water aerobics combines the buoyancy and resistance of the water to build muscle, improve flexibility and stamina without the stress on your joints.

### Hatha Yoga

A traditional 'Hatha' yoga class designed to increase mental and physical awareness. Through a variety of poses and gentle stretching exercises, with an emphasis on controlled breathing, Yoga will assist in balancing and conditioning the body. Yoga has proven a very effective way to blend exercise with relaxation techniques.

### Hi / Lo

A cardiovascular training programme that combines hi and lo intensity aerobics. A rapid calorie burner that delivers fast improvement in general endurance and an increase in overall body strength.

### Legs, Tums & Bums

This ever popular class is designed to tone and shape the muscle of the bottom, abdominal and thigh area. A variety of standing and floor-based exercises make this class both enjoyable and effective.

### Pilates

Pilates represents a unique approach to exercise that develops body awareness, improving and changing the body's postural and alignment habits and increasing flexibility and ease of movement.

### Pilates Course\*

For full benefit of the method, we offer you this 6 weeks course where you'll learn to flow from one movement to the next, building stamina and fitness. After you have completed this course feel free to join our Pilates classes offered on regular basis. Just be aware of the level quoted. All bookings made at reception (£36 for 6 weeks). Please see Studio Notice Board for further details such as dates of course.

### Pre/Post Natal

Physical activity plays a very important part of a woman's overall health and wellbeing, even more so when she is pregnant or if she has just given birth. These classes are designed especially for pre & postnatal women and are highly beneficial for mother and baby. Qualified fitness professionals specifically teach

these programmes. Guidelines suggest to leave any exercise 6 weeks after a normal birth and 10 -12 weeks after a C-Section. Babies and car seats are welcome.

### **Sivananda Yoga**

A Hindu discipline aimed at training the consciousness for a state of perfect spiritual insight and tranquillity. A system of exercises are practiced as part of this discipline to promote control of the body and mind.

### **Spinning®**

For the cycling enthusiast and for those looking to improve cardiovascular fitness. The class consists of basic athletic and rhythmic drills with great music to motivate and encourage you. You will use speed and resistance to simulate cycle racing in a challenging workout. The ultimate calorie burner!

### **Step**

A challenging workout to pre-choreographed routines based around the use of a low bench/step. Particular emphasis is on working the legs but also on enhancing coordination skills.

### **Stretchworks**

Specialised fitness programme using stretching and strengthening exercises that are adapted to individual needs and ability.

### **Tai Chi**

Tai Chi teaches you the awareness of one's own balance and what affects it, awareness of the same in others, and appreciation of the practical value in one's ability to moderate extremes of behaviour and attitude at both mental and physical levels. A Chinese system of physical exercises designed especially for self-defence and meditation.

### **Zumba**

Zumba is dance based aerobic fitness class which fuses latin rhythms and easy to follow moves to create a dynamic fitness program you'll just love. Latin and international music are fused to create an explosive, booty shaking party of a workout.