

the thames club class descriptions

Aqua Fit: Suitable for all - including the 50+ & pre/post natal as the water creates a natural resistance & buoyancy.

Belly Dancing: Ignite the fire in your Belly! The ancient art of belly dancing is the perfect way to get a super-toned tum. Great fun and no previous experience required. Open to female members and non-members. This a privately run class where a fee applies. (Club terms and conditions apply)

Body Combat Technique*: A 15 minute introduction class where the instructor takes you through the correct techniques for all your Body Combat moves. A must for beginners/improvers

Body Combat: An energetic workout that tone and shapes, burns calories for a leaner body, improves coordination and agility and builds self confidence. Unleash yourself with Body Combat!

Body Balance *: You will leave this class in state of harmony and balance. Movements, stretches and poses derived from a mixture of Yoga, Tai Chi and Pilates

Body Pump Technique: Come 15 minutes before the main class and gain valuable technique information that will enhance your Body Pump workout. A must for beginners or those looking to improve their workout

Body Pump: is proven to be 'the world's fastest way to get in shape!' Each class is 60 minutes using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat burning. After an initial warm up all the major muscle groups are worked in a series of weight bearing exercises including squats, presses and lifts.

Boot Camp: Not for the faint hearted! Boot camp training with a personal training touch.

Boxercise: Get a fantastic all over body workout by incorporating strength and aerobic exercise elements that are used extensively in boxing training.

Circuits: This class combines cardiovascular and resistance work stations. Strength and endurance are both targeted in this class, which is suitable for anyone who enjoys hard work.

Fitness Yoga: A contemporary approach to an ancient form. A fitness program that incorporates stretch, strength & Yoga postures. Improve your flexibility within 8 weeks!

Jazz Dance: An upbeat class where you are taught routines by a trained dancer – a fun way to keep fit and healthy.

Karate Club: Join Tora Kodo Karate for 90 mins of karate training. Non members welcome £5. (Club terms and conditions apply)

LBT (Legs Bums and Tums): All over body conditioning to help tone up those problem areas.

Lunchtime Circuits: Join our Gym team at lunchtime for a 30 minute workout. Sessions will vary.

Pilates General, Level I & II: Concentrates on body posture and awareness- the exercises are designed to strengthen and tone through movement and will improve mobility and flexibility. Level I is suitable for new/improvers and Level II is suitable for improvers. A general class is for all levels.

Beginners Spinning*: For those who want to give spinning a go but find the full class a little bit daunting – one try and you will be hooked!

Spinning*: Want a motivating workout that'll push you to your limit? It's here! A cycling session with lots of legwork and the motivation of training in a group.

Step: If you love freestyle step this is the class for you. Easy to follow choreography combined with conditioning moves to make a great weekend workout

Tai Chi: The ancient art of Tai Chi that consists of slow flowing movements that focus the mind, whilst conditioning the body. Participants will be required to complete the Tai Chi course before attending the regular class.

Yoga/Hatha Yoga: For the mind, body & soul. Complete relaxation and stretching - the essential ingredient to a stress free lifestyle.

Zumba*: Is currently one of the World's fastest growing fitness programmes. It fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! So Ditch the workout! Join the Party! earted! Boot camp training with a personal training touch.

the thames club studio timetable

5th July – 5th September



Monday

Time	Class	Instructor	Level	Studio
09.15-10.00	*Pilates	Juliana	G	M&B
10.15-11.00	*Pilates	Julia	G	M&B
10.15-11.00	*Aqua Fit	Kirsty	G	Pool
10.30-11.30	*Body Pump®	Milly	G	HE
12.00-12.30	*Absolute Abs	Gym Team	All	M&B
14.00-14.45	*Aqua Fit	Tanya	G	Pool
17. 50-18.50	*Body Combat®	Lenny	B	HE
18.15-18.30	*Spinning® Clinic	Charlotte	B	ST
18.30-19.00	*Spinning®	Charlotte	B	ST
19.00-20.00	*Body Pump®	Pat	ALL	HE
20.00-20.45	* Spinning®	Gary	I	ST
20.00-21.15	* Yoga	Debbie	G	M&B

Tuesday

07.00-07.45	*Spinning®	Carolina	G-I	ST
09.30-10.30	*Body Combat®	Carolina R	ALL	HE
09.30-10.15	* Spinning®	Gary	G	ST
09.30-10.30	*Walking Club	Tanya	All	Outside
10.30-11.30	*Jazz Dance	Kate	G	HE
10.30-11.30	*Body Balance®	Emma	G	M&B
13.00-14.00	*Yoga	Debbie	G	M&B
17.45-18.30	*LBT	Dawn	G	HE
18.30-19.30	*Zumba®	Carolina	G	HE
19.00-19.45	* Spinning®	Jon	G-I	ST
19.00-19.45	* Pilates	Amanda	G	M&B
19.45-20.30	* Pilates	Amanda	G	M&B
19.45-20.30	*Circuits	Gym Team	All	HE

Wednesday

Time	Class	Instructor	Level	Studio
09.30-10.30	*Body Pump®	Emma	ALL	HE
09.30-10.30	* Yoga	Tanya	G	M&B
10.30-11.15	*Class of the month	Valerie	All	HE
10.45-11.30	*Aqua Fit	Tanya	G	Pool
12.00-12.30	*Absolute Abs	Gym Team	All	M&B
17.45-18.40	*Boxercise	Joseph	G	HE
18.00-19.00	*Running Club	Henry/Lisa	ALL	Outside
18.45-19.45	*Body Pump®	Nikki	All	HE
18.45-19.30	*Aqua Fit	Natalie	G	Pool
19.30-20.15	* Spinning®	Nikki B	ALL	ST

Thursday

09.30-10.30	*LBT	Jane	G	HE
09.30-10.15	* Spinning®	Gary	G-I	ST
10.30-11.15	* Pilates	Jane	G	HE
18.00-19.00	* Pilates Level 2	Sarah	I	M&B
18.30-19.15	*LBT	Maxine	G-I	HE
18.30-19.15	* Spinning®	NikkiB	G	ST
19.00-20.00	*Pilates Level 1	Sarah	G	M&B
19.15-20.15	*Body Combat®	Sam G	ALL	HE
20.15-21.00	*Zumba®	Vikki	ALL	HE

Friday

Time	Class	Instructor	Level	Studio
07.00-7.45	*Early Bird Circuit	Gary	All	HE
09.30-10.30	*Body Pump®	Tanya	G	HE
10.15-11.00	*Aqua fit	Gerda	G	Pool
10.45-12.00	*Yoga	Debbie	G	M&B
18.00-18.45	*Aqua Fit	Suzanne	G	Pool
18.00-18.30	*Absolute Abs	Gym Team	All	M&B
18.30-19.15	* Spinning®	Gary	I-A	ST

Saturday

09.30-10.30	*Step	Carolina	G	HE
10.30-11.15	*Spinning®	Nikki B	G-I	ST
10.30-11.15	*Class of the Month	Valerie	All	HE
10.30-11.30	*Body Balance®	Naledi	G	M&B
11.30-12.30	*Boxercise	Joseph	G	HE

Sunday

09.30-10.30	*Body Combat®	Sam H	ALL	HE
10.00-10.45	*Family Spin	Monika	All	ST
10.30-11.30	*Body Pump®	Sam H	ALL	HE
11.15-12.15	*Pilates	Amanda	G	M&B
Family Spin -11yrs upwards				

All Classes Bookable 24 hours in Advance

Key:

Studios: