

BTS CLASSES (BODY TRAINING SYSTEMS)

These classes are choreographed to music and are changed every 3 months, keep looking out for the new launch dates.

Body Attack (BTS): A simple, high intensity group fitness class that's fully optioned to cater for all levels. You will experience high-energy sports training moves for cardio vascular fitness, along with upper & lower body conditioning exercises for building strength.

Body Combat (BTS) A martial arts based programme working shadow kicks, blocks, punches and strikes in choreographed routines to high energy music Phew!

BodyPump Clinic :Must be attended by any new participant.

Body Pump (BTS): In-studio resistance training using adjustable weights. Complete body workout structured to music. The quickest way to change your body shape guaranteed.

Step The ultimate step class! Step up the intensity , but not the complexity of your work out whilst toning butts, thighs, hammies & calves. Awesome sounds complete the session.

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Balance It's the yoga, tai chi and pilates workout that leaves you feeling long, strong, centred and calm.

A holistic programme designed to tone, relax and renew.

Bender Ball The blender ball is a fantastic way to awesome abs. This amazing ball allows you to work your abs in a way nothing else can. You MUST try this to see the results.

Blitz your Bitz A Class designed to work all sorts! Using ball, weights and bands.

Circuit training 45 mins circuits 30 sec,45sec & 1 minutes !!

Abs (Blast/Awesome): Concentrating purely on your abdominals working with or without equipment. The best way to a six pack.

Aqua Water Works: Water based workout for cardio vascular fitness and muscle tone. Great for all areas of the body, and all ages.

Legs, Bums and Tums. Tone up those problem areas with this low impact class designed to strengthen and firm your wobbly bits.

Karate: Information and registration for the beginners course, see reception.

Spinning: A group cycle class using resistance to stimulate the ups and downs of hill terrain. Suitable for all, use your resistance dial, ride the ultimate calorie burner! Book place at reception. Please adhere to the Spinning rules below;

You are required to be at your bike at least 5min before the class starts otherwise the reserve list will take precedent; To cancel, please give at least 2hrs notice so someone can take your place. If you want to book back to back classes you can book one and reserve the other.

Spin 'n' Row: A combination of spinning and rowing calorie burner. See spinning as same rules apply.

Ashtanga Yoga Learn the basics, develop your skills and improve mind, body and awareness.

Stretch and Tone Using resistance bands, tubes, bender balls and free weights. An all over body workout. Excellent toning class for all.

Please note Suggestion & Comment cards are available at reception, please feel free to fill out at any time regarding any of the Studio Classes and hand in at reception.

F.A.O Charlotte Warrender

THE OASIS HEALTH CLUB TIMETABLE

*WITH EFFECT FROM
12TH MARCH 2012*

*NON MEMBERS
WELCOME £4.00
PER CLASS*

OPENING TIMES

MONDAY-THURSDAY 6.30AM-10PM

FRIDAY 6.30AM-9PM

SATURDAY AND SUNDAY 7.30AM-5PM

**O R W E L L S T , G R I M S B Y
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2 5 1 6 8 2**



Studio Classes

Monday

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
9.15-10.30	Body Pump & Clinic	Roger
10.30-11.30	Zumba	Charlotte
17.15-18.00	LBT	Charlotte
18.00-19.05	Body Combat & Clinic	Maxine
19.15-20.15	Balance	Sheleen

Tuesday

7.00-7.45	Body Pump	Marie
9.30-10.30	Step	Rachel
10.45-11.30	Circuit training	Jake (w/c 19.3.12)
17.15-17.55	Blitz your Blitz	Rachel
18.00-18.45	Body Attack Express	Rachel
18.55-19.55	Karate	Roger
20.00-21.00	Ashtanga Yoga	Roger

Wednesday

9.30-10.30	Stretch & Tone	Charlotte
10.30-11.30	Balance	Rachel
17.15-18.00	Body Combat	Marie
18.00-19.15	Body Pump & Clinic	Maxine

Thursday

6.45-7.45	Body Combat	Dave
9.30-10.30	Body Attack	Rachel
10.30-11.30	Body pump	Rachel
17.30-18.15	Zumba	Charlotte
18.20-19.20	Balance	Sheleen

Friday

7.00-7.45	Body Pump	Marie
9.30-10.30	Body Combat	Shelly
10.30-11.00	Bender Ball	Charlotte
17.15-18.00	Circuit Training	Jake (w/c 19.3.12)

Saturday

8.00-9.30	Ashtanga Yoga	Roger
9.30-10.30	Karate	Roger
10.35-11.35	Body Attack	Rachel
11.40-12.40	Body Combat	Marie

Sunday

9.00-10.00	Body Pump	Maxine
10.05-11.05	Step	Maxine

Pool Classes

Monday

<u>TIME</u>	<u>CLASS</u>
11.30-12.30	Family Swim

Tuesday

11.15-12.00	Aqua
16.00-18.00	Swimming Lessons
19.00-19.45	Aqua

Wednesday

11.30-12.30	Family Swim
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Thursday

07.00-07.45	Aqua
11.15-12.00	Aqua
17.30-18.30	Family Swim

Friday

16.00-17.30	Swimming lessons
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Saturday

11.15-12.15	Family Swim
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Sunday

10.00-11.00	Family Swim
11.15-12.00	Aqua

The pool will be closed for the weekend family swim session only.

Children's swimming lessons-See reception for details Please note:

Pool will be laned off, but open as normal

The family swim is an extra charge of £2.00 per session per child for ages 3—15. Under 3,s are free.

(Members only)

Gym Classes

Monday

<u>TIME</u>	<u>CLASS</u>
7.00-7.30	Spinning
10.40 -11.10	Spinning
17.30- 18.00	Spinning
18.15 - 19.00	Spinning

Tuesday

17.30-18.00	Spinning
18.05 - 1850	Spinning

Wednesday

7.00-7.45	Spin Row
18.00 - 18.45	Spinning

Thursday

18.30-19.00	Spinning
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Friday

7.00-7.30	Instructors Choice
10.00-10.30	Spinning

Saturday

09.30-10.30	Spin circuit
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Class guidelines

Please note Studio classes may be cancelled or changed due to holidays/sickness, you will be notified by reception

Please inform the instructor if you are new to the class and/or you have an illness/injury. Suitable clothing and footwear must be worn. When taking part in a studio class, please ensure non-marking shoes are worn. Please see Studio Guidelines for more information.

