aspirations
health and fitness

Fitness
Class Programme
July - September 2019

www.telfordandwrekinleisure.co.uk
Ab Blaster
A class working on the mid section of the body, concentrating on balancing out posture, strengthening, toning and defining the abdominal area.

Aquafit
An excellent low impact aerobic workout and muscle conditioning session, with the added fun of being in water!

Aqua Circuits
This session is a series of conditioning exercises set in the water using the benefits of aquatic exercise to strengthen, condition and support the muscles.

Aqua Jog
Using the unique flotation belts, this is the latest in water aerobics. A total body workout using water resistance eliminating impact and stress on joints. It exercises your heart and lungs and boosts your cardiovascular system.

Bodyattack™
Bodyattack is the sports-inspired cardio workout for building strength and stamina.

Bodybalance™
Bodybalance is a yoga based class embracing elements of Tai Chi and Pilates. It will improve your mind, body and life.

Bodycombat™
Bodycombat is the empowering cardio workout where you are totally unleashed, inspired by martial arts.

Bodypump™
Bodypump is the original barbell class that strengthens your entire body.

Body Sculpture
Whole body strength and conditioning class, combining weight bars, dumb bells and floor work to challenge the body.

Circuits
A high energy, high impact workout that incorporates a wide variety of aerobic and resistance exercises, effective at improving fitness and body toning.

CXWORX
A core class using resistance tubes, weight plates, as well as body weight exercises like crunches and hovers.

GRIT
The 30 minute High-Intensity Interval Training (HIIT) workout designed to improve strength and cardiovascular fitness to maximise calorie burn.

Legs, Bums & Tums
Warm up and then tone, tone, tone! Exercises performed on specific muscle groups to tone the body.

Mature Mega Mix
A low impact class carried out at a gentle pace, perfect for beginners and over 50’s.

Pilates
A multi muscle workout concentrating on core strength, promoting flexibility and mobility.

Piloxing
A non-stop cardio fusion of standing pilates, boxing and dance that will push you past your limits.
**RPM™**  Indoor cycling workout, riding to the rhythm of powerful music.

**RPM Virtual™**  A 30 or 45 minute virtual indoor cycling class.

**SH'BAM™**  A fun-loving, insanely addictive dance workout.

**Spinfit**  Cycle class building confidence, strength & cardio vascular fitness.

**Sprint™**  A 30 minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

**Sprint Virtual™**  A virtual 30 minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

**Step ‘n’ Tone**  This class offers a combination of step aerobics followed by an all over body tone to reach those problem areas.

**The Trip Virtual™**  Is a virtual immersive cycling workout experience that combines 40 minutes of multi-peak cycling workouts with a journey through digitally created worlds.

**Tone ‘n’ Trim**  A class designed to tone and trim all those problem areas.

**Vibe Step**  A back to basics step class that is easy to follow and lots of fun. Perfect for beginners; lots of creative and simple choreography and you can progress, as your skills and confidence grow.

**Yoga**  Improves flexibility, strength, posture, relaxation and is suitable for all fitness levels.

**Zumba**  Cardiovascular class for all fitness levels incorporating cultural dance moves.

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**Class etiquette**

**Participants must be aged 16 or over**

- It is advised customers arrive five minutes prior to the start of the class to set up equipment if required.
- You will not be permitted to enter once classes start as you will miss the warm up and your place will be reallocated.
- Remember to drink water before, during and after the class.
- Please wear appropriate footwear for your class.
- Class places are allocated on a first come, first served basis.
- Aspirations Plus members can book classes up to 14 days in advance, online, by telephone or in person at the centre. Other aspirations members can book classes up to seven days in advance, online, by telephone or in person at the centre.
- We expect customers to positively take part in classes and respect the instructor and other users.
- Please ensure that if you are unable to attend a booked class, you notify the centre at least 24 hours in advance so places can be offered to other customers.
- ‘aspirations’ members who have fitness classes as part of their package may now cancel pre-booked classes online.
- Customers are required to sign in on registers provided at the beginning of the class. Proof of booking must be produced at every class.

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All classes are monitored regularly. Classes under performing may be subject to change. Classes may be subject to change due to school commitments.

**Bank Holidays:** Please check with individual centres for programme details on these days.
Class held at Park Lane Community Centre, Woodside. Tone n Trim and Pilates classes need to be booked for and paid in advance either by phone, online or in person at Abraham Darby Sports and Leisure Centre.
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**KEY**
- Virtual Class
- Cardio
**PLEASE NOTE**

Oakengates Leisure Centre Studio Refurbishment: There will be a refurbishment of the studio from Monday 1 April - Sunday 28 April, during this time a temporary programme will be running at Telford Priory School. Please check the interim programme timetable which is available from reception. Please note during this period all classes must be booked and paid for in advance by phone, online or in person at Oakengates Leisure Centre.

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**Oakengates Leisure Centre**

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| SH’BAM     | RPM          | RPM         | SH’BAM      | RPM       | RPM        | RPM        |

| 6 - 7pm   | 6.15 - 7.15pm | 6.30 - 7.15pm | 8.30 - 9.15pm |              |            |           |
| BODYATTACK | Step ‘n’ Tone | RPM         | Aquafit      |            |            |            |

| 6.15 - 7pm | 7.15 - 8.15pm | 6.15 - 7.15pm |              |            |            |            |
| RPM        | RPM          | RPM         |            |            |            |            |
| RPM        | RPM          | RPM         |            |            |            |            |

| 6.30 - 7.30pm | 8.30 - 9.30pm | 7.15 - 8.15pm |              |            |            |            |
| Legs, Bums & Tums | Vibe Step | RPM         |            |            |            |            |

| 7.30 - 8.15pm |              | 8.30 - 9.30pm |              |            |            |            |
| Bodysculpture |             | BODYPUMP    |            |            |            |            |

| 7.30 - 8.15pm |              |             |              |            |            |            |
| Aquafit       |              |             |              |            |            |            |

**KEY**

- **Strength & Toning**
- **Cardio**
- **Aqua**
- **Mind & Body**

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### Stirchley Recreation Centre

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### Newport Swimming Pool

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### KEY

- **Strength & Toning**
- **Cardio**
- **Aqua**
- **Mind & Body**

**Classes are held at Cosy Hall, Newport. These classes need to be booked and paid for in advance either by phone, online or in person at Newport Swimming Pool.**
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Wellington Civic & Leisure Centre - Indoor Cycling Programme

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7.30 - 8am | Virtual RPM
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10.30 - 11am | Virtual RPM
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8.30 - 9.15pm | Virtual RPM

KEY

VIRTUAL RPM
VIRTUAL SPRINT
VIRTUAL TRIP
THE TRIP
CARDIO

Wellington Civic & Leisure Centre
NEW

Available to 14 and 15 year olds including:

- Unrestricted access to 7 gyms
- Over 55 Les Mills fitness classes per week
- Use of 4 swimming pools
- Access to level 4 fitness professional advice

ONLY £15 per month*

www.telfordandwrekinleisure.co.uk
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<tr>
<th>Day</th>
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*14 and 15 year old must be accompanied by a participating paying adult for gym and class use at all times.*
Abraham Darby
Sports & Leisure Centre
Ironbridge Road, Madeley, Telford TF7 5HX
tel: 01952 382770
email: abrahamdarbyleisure@telford.gov.uk

Horsehay Village Golf Centre
Wellington Road, Horsehay, Telford TF4 3BT
tel: 01952 382639
email: horsehay.villagegolfcentre@telford.gov.uk

Newport Swimming Pool
Victoria Park, Newport TF10 7LH
tel: 01952 382740
email: newpool@telford.gov.uk

Oakengates Leisure Centre
New Road Wrockwardine Wood, Telford TF2 7AB
tel: 01952 382810
email: oakleisure@telford.gov.uk

Phoenix Sports & Leisure Centre
Duce Drive, Dawley, Telford TF4 3JS
tel: 01952 382779
email: phoenixleisure@telford.gov.uk

Stirchley Recreation Centre
Please check with centre for opening times
Grange Avenue, Stirchley, Telford TF3 1ET
tel: 01952 382730
email: stirchleyrecreationcentre@telford.gov.uk

Wellington Civic & Leisure Centre
Larkin Way, off Tan Bank, Wellington, Telford TF1 1LX
tel: 01952 382720
email: wellingtonleisure@telford.gov.uk

www.telfordandwrekinleisure.co.uk