

GROUP FITNESS

# TIMETABLE

COMMENCING 15<sup>TH</sup> APRIL 2024

■ Timetable change. ■ Waterside Club.

\*\*\* Please arrive at this class at least 5 minutes prior to its start time for preparation & equipment set-up.

PP Class taught by a Pre & Post natal qualified instructor. £ There is an additional charge for these courses.

**MONDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0745	Spin ***	Cardio	Spin	All	Elliot
0930-1015	Zumba	Dance	Studio 1	All	Nicky
0930-1015	Pilates	Holistic	Waterside	All	Jenny
0930-1015	Spin ***	Cardio	Spin	All	Helen
0930-1015	Aqua	Aqua	Pool	All	Angela
0945-1015	Raze ***	Condi/Cardio	Functional	All	Liam
1030-1115	Low & Tone	Condi	Waterside	Beg/All	Angela
1030-1115	Spin ***	Cardio	Spin	All	Helen
1030-1115	Aqua	Aqua	Pool	All	David
1030-1130	Vinyasa Yoga (PP)	Holistic	Studio 1	All	Hannah
1130-1215	Low & Tone	Condi	Waterside	Beg/All	Angela
1150-1235	Zumba Gold	Dance	Studio 1	Beg	Don
1240-1325	Tai Chi	Holistic	Studio 1	All	Don
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1430-1545	Yin Yoga	Holistic	Waterside	All	Tricia
1730-1815	H.I.I.T & Abs	Condi/Cardio	Studio 1	All	Ben
1730-1815	Spin ***	Cardio	Spin	All	Bob
1830-1915	Zumba	Dance	Studio 1	All	Laura
1830-1915	Body Conditioning	Condi	Waterside	All	Rebecca
1830-1915	Spin ***	Cardio	Spin	All	Jason
1830-1915	BOX12 ***	Condi/Cardio	BOX12	All	Leon
1930-2015	Pump ***	Condi	Studio 1	All	Jason
1930-2015	Pilates	Holistic	Waterside	All	Neila
1930-2015	Aqua	Aqua	Pool	All	Stacey

**TUESDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	Metafit	Cardio	Studio 1	All	Elliot
0830-0915	Yoga Principles	Holistic	Waterside	All	Rosanne
0930-1015	Dance Floor Fillers (PP)	Dance	Studio 1	All	Natalie
0930-1015	Yoga Principles	Holistic	Waterside	All	Rosanne
0930-1015	Spin ***	Cardio	Spin	All	Jason
1015-1100	Aqua	Aqua	Pool	All	Monica
1030-1115	Body Conditioning (PP)	Condi	Studio 1	All	Natalie
1030-1115	Body Maintenance	Rehab	Waterside	All	Eraldo
1115-1200	Aqua	Aqua	Pool	All	Monica
1130-1215	Tai Chi	Holistic	Studio 1	All	Joseph
1130-1215	Body Maintenance	Rehab	Waterside	All	Eraldo
1230-1315	Pilates	Holistic	Studio 1	All	Liz
1730-1800	H.I.I.T	Cardio	Studio 1	All	Michelle M
1815-1900	Body Conditioning	Condi	Studio 1	All	Michelle M
1815-1900	Pilates (PP)	Holistic	Waterside	All	Natalie
1815-1900	Peak ***	Cardio	Spin	All	Helen
1915-2000	Dance Floor Fillers (PP)	Dance	Studio 1	All	Natalie
1915-2000	Core Strength	Condi/Cardio	Waterside	Adv	Rae
1915-2000	Spin ***	Cardio	Spin	All	Carlotta
2015-2115	Vinyasa Yoga (PP)	Condi	Studio 1	All	Ruth

## CHILDREN'S TIMETABLE

For further information on the following classes, please use the relevant contact details:

Waterside Swimming [swimming@whlc.co.uk](mailto:swimming@whlc.co.uk). Water Babies 0161 928 6385.

**MONDAY**

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
1400-1630	Water Babies (£)	Swim	Pool	Baby	Water Babies

**TUESDAY**

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
1330-1600	Water Babies (£)	Swim	Pool	Baby	Water Babies
1700-1800	Stage Stars (Kids)	Dance	Waterside	4-12yrs	Laura

**WEDNESDAY**

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
1600-1900	Swimming Lessons (£)	Swim	Pool	3+	Georgina / Annetta
1700-1800	Cheerleading (Kids)	Dance	Waterside	4-12yrs	Hannah

**THURSDAY**

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
1600-1900	Swimming Lessons (£)	Swim	Pool	3+	Georgina / Josh
1700-1800	Fitness Fun	Condi/Cardio	Waterside	5-12yrs	Ben

**FRIDAY**

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
1145-1415	Water Babies (£)	Swim	Pool	Baby	Water Babies

**SATURDAY**

TIME	ACTIVITY	TYPE	LOCATION	AGE	INSTRUCTOR
0830-1330	Swimming Lessons (£)	Swim	Pool	3+	Georgina / Grace
1145-1245	Kids Kickboxing	Condi/Cardio	Waterside	7-12yrs	Neil
1400-1800	Water Babies (£)	Swim	Pool	Baby	Water Babies

**WEDNESDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0800	Wake Up Yoga	Holistic	Studio 1	All	Fenia
0930-1015	Clubercise	Dance	Studio 1	All	Hannah
0930-1015	Functional Yoga	Holistic	Waterside	Beg/All	Wil
0930-1015	Spin ***	Cardio	Spin	All	Dave
0930-1015	Aqua (PP)	Aqua	Pool	All	Niki
1030-1115	Body Conditioning (PP)	Condi	Studio 1	All	Niki
1030-1115	Barre	Condi	Waterside	All	Kirsty
1030-1115	Spin ***	Cardio	Spin	All	Dave
1030-1115	Aqua	Aqua	Pool	All	Monica
1130-1215	Pilates	Holistic	Studio 1	All	Michelle K
1130-1215	Barre	Condi	Waterside	All	Carlotta
1130-1230	Coffee Club	Club	Rivers	All	Members
1230-1315	Pilates	Holistic	Studio 1	All	Michelle K
1230-1315	Fitball	Condi	Waterside	All	Dawn
1330-1415	Aqua	Aqua	Pool	All	Monica
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1730-1800	Body Blast	Condi/Cardio	Studio 1	All	Monica
1815-1900	Zumba	Dance	Studio 1	All	Lisa
1815-1900	Spin ***	Cardio	Spin	All	Monica
1830-1945	Hatha Yoga	Holistic	Waterside	All	Don
1900-1945	Aqua (PP)	Aqua	Pool	All	Dawn
1915-2000	Strength & Conditioning	Condi	Studio 1	All	Leon
2015-2100	BOX12 ***	Condi/Cardio	BOX12	All	Leon

**THURSDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	Metafit	Cardio	Studio 1	All	Elliot
0845-0930	Pilates	Holistic	Studio 1	All	Liz
0945-1030	Pilates	Holistic	Studio 1	All	Liz
0945-1030	Body Conditioning	Condi	Waterside	All	Michelle M
0945-1030	Spin ***	Cardio	Spin	All	Helen
1015-1100	Aqua	Aqua	Pool	All	Carlotta
1045-1130	Zumba	Dance	Studio 1	All	Dionne
1045-1130	Vinyasa Yoga (PP)	Holistic	Waterside	All	Hannah
1045-1130	Peak ***	Cardio	Spin	All	Helen
1115-1200	Aqua	Aqua	Pool	All	Carlotta
1145-1230	Pump ***	Condi	Studio 1	All	Dionne
1145-1230	Tai Chi	Holistic	Waterside	All	Steve
1245-1400	Hatha Yoga	Holistic	Studio 1	All	Tricia
1730-1815	Circuits (PP)	Condi/Cardio	Studio 1	All	Niki
1815-1900	Stretch & Sculpt	Condi	Waterside	All	Hannah
1820-1905	Pump ***	Condi	Studio 1	All	Niki
1820-1905	Spin ***	Cardio	Spin	All	Martin
1915-2000	Clubercise	Dance	Studio 1	All	Hannah
2015-2030	Meditation	Holistic	Studio 1	All	Ruth
2030-2115	Renewal Yoga	Holistic	Studio 1	All	Ruth

**FRIDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0645-0730	Strength & Conditioning	Condi	Studio 1	All	Ben
0930-1015	Body Conditioning	Condi	Studio 1	All	Dawn
0930-1015	Functional Yoga	Holistic	Waterside	Beg/All	Wil
1030-1115	Low & Tone	Condi	Studio 1	Beg/All	Dawn
1030-1115	Pilates	Holistic	Waterside	All	Natalie
1030-1115	Spin ***	Cardio	Spin	All	Elliot
1030-1115	Aqua	Aqua	Pool	All	Suzanne
1030-1115	BOX12 ***	Condi/Cardio	BOX12	All	Jay
1130-1200	Raze ***	Condi/Cardio	Functional	All	Elliot
1130-1215	Pilates	Holistic	Studio 1	All	Suzanne
1130-1215	Low & Tone	Condi	Waterside	Beg/All	Dawn
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1430-1515	Aqua	Aqua	Pool	All	Liam
1730-1815	Power Forge	Condi	Studio 1	All	Helen
1730-1815	Pilates	Holistic	Waterside	All	Neila
1830-1915	Barre	Condi	Waterside	All	Hannah
1830-1915	Spin ***	Cardio	Spin	All	Helen

**SATURDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0845-0930	Pilates	Holistic	Studio 1	All	Jenny
0845-0930	Fitball	Condi	Waterside	All	Dawn
0945-1030	Body Conditioning	Condi	Studio 1	All	Michelle M
0945-1030	Stretch & Sculpt	Condi	Waterside	All	Dawn
1045-1130	Zumba	Dance	Studio 1	All	Dionne
1045-1130	Spin ***	Cardio	Spin	All	Bob
1045-1130	BOX12 ***	Condi/Cardio	BOX12	All	Monica
1145-1230	Spin ***	Cardio	Spin	All	Bob

**SUNDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0930-1015	Body Conditioning	Condi	Studio 1	All	Chloe
1030-1115	Zumba	Dance	Studio 1	All	Lisa
1030-1115	Spin ***	Cardio	Spin	All	Glenn
1130-1215	Yogalates	Condi	Waterside	All	Nancy
1600-1700	Hatha Yoga	Holistic	Studio 1	All	Don
1815-1915	Pilates	Holistic	Studio 1	All	Hayley

## CLASS DESCRIPTIONS

### AQUA

Splash your way to fitness with one of the most popular low impact classes. Suitable for all levels!

### BARRE

This creative workout combines the precision of Pilates, alignment of yoga and the grace and technique of ballet. Add to this the strength from sports conditioning and you have all the elements of a typical Barre session.

### BODY BLAST

A full body workout that is high energy and motivating! Taking elements from Body Conditioning and H.I.I.T and combining them to create a short but effective workout.

### BODY CONDITIONING

A full body workout targeting all major muscle groups suitable for those wanting to improve their all over definition forever!

### BODY MAINTENANCE

A rehabilitation based class. Offering members the opportunity to explore efficient and co-ordinated movement, to improve body form and lead to pain free activity.

### BOX12

BOX12 is a 36 minute workout, consisting of 12, 3 minute rounds that combine boxing and functional fitness exercises.

### CHEERLEADING (KIDS)

A fantastic team building activity that includes dance, arm motions, jumps, low level stunts, cheers, chants and games. Cheerleading is energetic, engaging and fun, come and join the Waterside Cheer Team.

### CIRCUITS

Challenge your body with this perfect all-over workout which combines aerobic and resistance training for fantastic effects!

### CLUBBERCISE®

Clubbercise® is a fun full body workout with a banging soundtrack that gets great results. One session burns around 600 calories. The routines combine dance, toning and combat moves with options to suit all fitness levels.

### CORE STRENGTH

Advanced core exercises strengthen more than just core muscles. They build your foundation and enable you to perform other movements more efficiently. Incorporate muscles like glutes and hamstrings and take your strength training to the next level. Improve your squat, deadlift and bench press as well as posture and balance.

### DANCE FLOOR FILLERS

Dance Floor Fillers is a fun filled, calorie burning workout. A non-stop class, jammed packed with hits from all decades, that make you want to move. This class is for everyone, no dance experience necessary.

### FITBALL

Fitball includes a variety of toning exercises on an unstable surface which is extremely effective at improving body awareness, posture and balance.

### FITNESS FUN (KIDS)

Games, activities, competitions, team building, circuits, and plenty of fun to be had at Fitness Fun. Explore a range of different sports and activities all whilst building the fundamental foundations for sport and fitness.

### FUNCTIONAL YOGA

A breath and movement practice based on the most functional aspects of Yoga and incorporating other helpful movements to increase stability, balance and range of movement. Every exercise is specifically designed for correcting the general muscle imbalances and restrictions of modern life, coupled with benefits to the mind from focused breathing and movement.

### HATHA YOGA

Designed to enhance muscular balance & strength, develop flexibility, increase stamina and improve posture whilst supporting a sense of well being. Suitable for all levels, providing an individual exercise experience.

### H.I.I.T (HIGH INTENSITY INTERVAL TRAINING)

H.I.I.T workouts will turn you into a more effective fat burner in a shorter amount of time - Go hard then go home!! 30 minutes is all you need.

### KIDS KICKBOXING

Are you ready to kick, punch, and have a blast? Our Kids Kickboxing class is all about fitness, discipline, focus, strength, and self-defense! Join us for an energetic and safe environment where you'll develop key skills while having loads of fun. Let's kickstart your journey to becoming a confident and strong martial artist!

### LOW & TONE

A low impact option combining a perfect mix of cardio and conditioning in a fun yet effective way – think fitness without all the frantic antics. Perfect for beginners, older adults or anyone returning to exercise.

### MEDITATION

Experience tranquility in just 15 minutes with our guided meditation class. This session offers a quick escape from daily stress. Whether you're new to meditation or a regular practitioner, join us to find peace and clarity in the midst of your day.

### METAFIT

Metafit is a high-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.

### PEAK (GROUP CYCLE)

During the Peak class the instructor will lead you through a series of intervals where you'll be challenged to hold a certain percentage of your FTP. For years now cyclists have been using power to improve their performance, follow the colours and on-screen indications, work on your cadence and power, track your performance to monitor your progress ride after ride. For those who love performance training, adapted challenges and entertainment, this class highlights key workout metrics to always keep you in your training zone.

### PILATES

A slow and controlled exercise method which helps to improve posture, mobility and strength. Perfect for body and mind.

### POWER FORGE

Power Forge - A fast paced weight training class that uses barbells, dumbbells, and bodyweight for total body conditioning. High reps, low impact, muscular strengthening where every second counts!

### PUMP

If changing your body's shape whilst benefiting from a fantastic cardio workout is what you're looking for then Pump is the perfect class! Burn lots of calories, reduce fat & tone in all areas. There is no fancy footwork & the easy-to-follow moves make the class both effective & enjoyable.

### RAZE

This 30min full body workout uses circuit style exercises to take advantage of the equipment in our functional area. Combining cardio and resistance training in a quick and effective programme.

### RENEWAL YOGA

Discover Renewal Yoga, where gentle stretches and mindful movements merge to enhance your mobility and vitality. This class offers a nurturing space to release tension, improve flexibility, and cultivate body awareness. Suitable for all levels, join us to revitalise your body and rejuvenate your spirit.

### SPIN

A fun, athletic, cardiovascular cycling workout that guarantees to leave you on a high: Spin is for those willing to work hard to burn excess fat, you will shed up to 600 calories in 45 minutes & get a great cardio boost!

### STAGE STARS (KIDS)

From stage to screen and everything in between! We will be combining dance, singing and drama in these exciting, themed classes. Using games and encouraging teamwork, the class will also be working on building confidence and having fun!

### STRENGTH & CONDITIONING

This is the perfect class if you want a challenge. Designed to improve strength, power, build muscle and change body composition.

### STRETCH & SCULPT

This class is a full body workout that will help to increase flexibility and uses body weight exercises to tone from head to toe. The class is suitable for all levels including beginners - a great addition to your weekly workout.

### TABLE TENNIS

This Waterside Club is run by members and is open to all wishing to have a go at the game. Please bring your own bat.

### TAI CHI

Traditional chinese exercise using slow, graceful movements combined with conscious relaxation & deep breathing to improve physical fitness, body condition, suppleness & strength. Requires no previous experience.

### VINYASA YOGA

A flowing type of Yoga where participants coordinate movement with breath to flow from one pose to the next. An inspiring and dynamic class.

### WAKE UP YOGA

This dynamic morning practice is designed to wake up the body and get you ready for the day ahead. Combining powerful yoga moves, gentle stretching and mindfulness to give you a full body workout and to bring you focus.

### YIN YOGA

Yin yoga approaches yoga postures slowly, encouraging the body to release and open. Postures are held for between 3 and 5 minutes, and as tension and holding patterns release, deeper poses can be found and explored. An extended relaxation at the end of a class will allow the work done to be realised throughout the body.

### YOGALATES

Blending the core-strengthening principles of Pilates with the serene fluidity of Yoga, this class offers a dynamic fusion that harmonises body and mind. Through a series of mindful movements, breathwork, and controlled exercises, Yogalates nurtures strength, flexibility, and balance.

### YOGA PRINCIPLES

An investigative class performing & feeling into different postures, motions & movements, to find individual areas that may benefit from strengthening or lengthening to create a balanced body & mind. The class is led by the breath.

### ZUMBA

Zumba takes the "work" out of workout, by mixing low & high-intensity moves for an interval-style, calorie-burning dance fitness party.

### ZUMBA GOLD

Perfect for those who are looking for a modified Zumba class that recreates the original moves at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, conditioning, flexibility and balance!

## DON'T MISS OUT!

### Book early to avoid disappointment

Our classes are popular and regularly fill up quickly (we must be doing something right!) To avoid disappointment it is advisable to book early. You can book for any of our classes eight days in advance. Bookings can be made online at [waterside-leisureclub.co.uk](http://waterside-leisureclub.co.uk), via the special Waterside Leisure Club app, or at reception.

### Remember to get there early

There are often waiting lists for our most popular classes. For this reason, we ask that you arrive at least five minutes before the class starts to ensure your space. Within the last five minutes we will give away the remaining spaces to anyone on the waiting list.

### Don't forget to cancel

There are many reasons why you can't make a class that you have booked. That is not a problem. We just ask that you let us know. This means that someone else can be given the space.



WATERSIDE HOTEL & LEISURE CLUB  
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[www.waterside-leisureclub.co.uk](http://www.waterside-leisureclub.co.uk)



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