

fitness timetable

ACTIVE LIFE

HERNE BAY

11th JAN - 31st MARCH 2010



MIND & BODY STUDIO

DANCE STUDIO

CYCLE STUDIO

REFLEXIONS GYM

CRECHE

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ACTIVE LIFE

REGISTERED CHARITY 1095215



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
09.15 - 10.00 GROUP CYCLE Sean Cycle Studio	3*	09.15 - 10.00 GROUP CYCLE Nicci Cycle Studio	3*	10.05 - 10.50 GROUP CYCLE Sean Cycle Studio	3*	09.15 - 10.00 GROUP CYCLE Sean Cycle Studio	3*	09.15 - 10.00 GROUP CYCLE Nicci Cycle Studio	3*	08.15 - 09.00 GROUP CYCLE Sean Cycle Studio	3*	08.15 - 09.00 GROUP CYCLE Kelly Cycle Studio	3*
10.05 - 10.50 GROUP CYCLE Sean Cycle Studio	3*	10.05 - 10.55 HI-LO WORKOUT Nicci Dance Studio	3*	10.05 - 10.55 B.L.T. Sharon Dance Studio	3*	10.05 - 10.55 BASIC STEP Mel Dance Studio	3*	10.05 - 10.55 AEROTONE Nicci Dance Studio	3*	09.10 - 10.10 BOOT CAMP CIRCUITS Sean Dance Studio	3*	09.00 - 9.30 PUMP/COMBAT TECHNIQUE Kelly Dance Studio	3*
10.05 - 10.55 AEROTONE Nicci Dance Studio	3*	11.05 - 11.50 BODY PUMP Nicci Dance Studio	3*	11.00 - 11.15 BODY PUMP TECHNIQUE Sharon Dance Studio	3*	10.05 - 10.50 GROUP CYCLE Sean Cycle Studio	3*	11.05 - 11.55 PILATES FOR ALL Michaela Dance Studio	3*	09.05 - 10.05 MODERN YOGA (Level 1) Emma Mind & Body	3*	09.30 - 10.30 BODY PUMP Kelly Dance Studio	3*
11.00 - 11.15 BODY COMBAT TECHNIQUE Nicci Dance Studio	3*	17.00 - 18.00 GYM TEENS Claire Gym	3*	11.15 - 12.00 BODY PUMP Sharon Dance Studio	3*	11.05 - 11.55 BODY PUMP Sean Dance Studio	3*	13.00 - 14.00 GYM WORKOUT Karen Gym	3*	10.05 - 11.05 MODERN YOGA (Level 2) Emma Mind & Body	3*	10.30 - 11.30 BODY COMBAT Kelly Dance Studio	3*
11.15 - 12.00 BODY COMBAT Nicci Dance Studio	3*	17.15 - 18.00 FIGHT CLUB Sean Mind & Body	3*	13.30 - 14.30 PILATES FOR ALL Michaela Dance Studio	3*	17.00 - 18.00 GYM TEENS Claire Gym	3*	13.00 - 14.00 YOGA FOR ALL Nikki Mind & Body	3*	10.15 - 11.00 BODY PUMP Sean Dance Studio	3*		
12.30 - 13.15 BEGINNERS PILATES Michaela Mind & Body	3*	17.30 - 18.15 ZUMBA RAPIDO Kelly Dance Studio	3*	17.30 - 18.30 YOGA FOR ALL Nikki Mind & Body	3*	17.30 - 18.15 EASY STEP Sharon Dance Studio	3*	17.15 - 18.00 GROUP CYCLE Kelly Cycle Studio	3*	11.05 - 11.50 FITNESS BALLET Ellie Dance Studio	3*		
13.00 - 14.00 GYM WORKOUT Katy Gym	3*	18.15 - 19.15 PILATES FOR ALL Kirsten Mind & Body	3*	18.00 - 18.45 GROUP CYCLE Sean Cycle Studio	3*	18.00 - 18.45 GROUP CYCLE Jan Cycle Studio	3*	17.15 - 18.15 FIGHT CLUB Sean Mind & Body	3*	11.10 - 12.00 PILATES FOR ALL Sean Mind & Body	3*		
13.30 - 14.30 PILATES FOR ALL Michaela Mind & Body	3*	18.15 - 19.15 BODY PUMP Kelly Dance Studio	3*	18.00 - 18.55 STEP FOR ALL Lucy Dance Studio	3*	18.15 - 19.15 BODY COMBAT Kelly Dance Studio	3*	18.05 - 19.05 ZUMBA RAPIDO Kelly Dance Studio	3*				
17.30 - 18.15 EASY STEP Sharon Dance Studio	3*	18.15 - 19.00 GROUP CYCLE Julie Cycle Studio	3*	18.30 - 19.30 YOGA FOR ALL Nikki Mind & Body	3*	18.15 - 19.15 PILATES ADVANCED Michaela Mind & Body	3*	18.15 - 19.15 FIGHT CLUB Sean Mind & Body	3*				
17.30 - 18.30 YOGA FOR ALL Nikki Mind & Body	3*	19.15 - 20.00 GROUP CYCLE Julie Cycle Studio	3*	19.00 - 20.00 BODY COMBAT Sean Dance Studio	3*	18.50 - 19.35 GROUP CYCLE Jan Cycle Studio	3*	19.15 - 20.15 BODY PUMP Sean Dance Studio	3*				
18.00 - 18.45 GROUP CYCLE Corinne Cycle Studio	3*	19.15 - 20.15 PILATES FOR ALL Kirsten Mind & Body	3*	19.00 - 19.45 GROUP CYCLE Corinne Cycle Studio	3*	19.15 - 20.15 PILATES FOR ALL Michaela Mind & Body	3*	19.30 - 20.30 TAI CHI Sue Mind & Body	3*				
18.15 - 19.00 BODY JAM Jan Dance Studio	3*	19.15 - 20.15 STEP FOR ALL Kelly Dance Studio	3*	19.45 - 20.45 CIRCUIT TRAINING Lissa Hall	3*	19.15 - 20.15 B.L.T. Kelly Dance Studio	3*						
18.30 - 19.30 YOGA FOR ALL Nikki Mind & Body	3*	20.15 - 21.00 ABS, CORE & MORE Kelly Dance Studio	3*	20.00 - 20.45 BODY PUMP Sean Dance Studio	3*	20.15 - 21.15 BODY JAM Jan Dance Studio	3*						
19.00 - 19.45 GROUP CYCLE Nicci Cycle Studio	3*					20.15 - 21.00 BEGINNERS ZUMBA Kelly Mind & Body	3*						
19.00 - 19.45 BODY PUMP Corrine Dance Studio	3*												
20.00 - 21.00 B.L.T. Lissa Dance Studio	3*												

2010 PRICES

	5 Star Member	3 Star Plus Member	4 Star Member	3 Star Member	Non Member
Fitness Class Induction	FREE	FREE	FREE	FREE	FREE
Gym Induction	£25.00	£25.00	£25.00	£25.00	£30.00
Gym Adult (Peak)	FREE	£5.20	£5.20	£5.20	£6.70
Gym Adult (Off Peak)	FREE	FREE	£5.20	£2.50	£6.70
Gym 60+ (Off Peak Only)	FREE	FREE	£2.50	£2.50	£6.70
Fitness Studio Class	FREE	FREE*	£5.00	£2.50*	£6.20
Mind & Body / Cycle Class	FREE	FREE*	£5.50	£3.00*	£6.70
Active 4 Life Class	FREE	£3.20	£3.20	£3.20	£3.20
Teen Class	FREE	FREE*	£3.10	£3.10	£4.00
Personal Training Session	£28.00 per session or book 5 sessions and get the 6th free				

applies to classes marked 3 on the timetable, all other classes charged at standard rate.

Booking is strongly advised for the fitness studios. Not only will this ensure your place in the class, but if in any circumstances a class is cancelled we will be able to inform you at the earliest opportunity. Fitness classes may be cancelled due to lack of attendance (minimum 4 persons) or if we are unable to get an instructor. You must give 24 hours notice if you wish to cancel, or are unable to attend your class. A charge of £2.50 will be incurred for any late cancellations. Any booking that is not cancelled will incur a charge of £5.00 for a Fitness Class and £5.50 for a Mind and Body Class. Participants will not be allowed in the fitness studios once the warm up has commenced. Please ensure you have read the full studio guidelines which are located in each studio.

class descriptions

ABS, CORE & MORE (14+) - An intensive abdominal workout focusing on creating a trim, toned waistline and a strong, healthy back.

ACTIVE FOR LIFE - Simple but effective workouts that improve general fitness levels and makes everyday activities easier to complete. Ideal for anyone experiencing weight, cardiac, blood pressure diabetic or musculoskeletal problems. An induction must be taken before enrolment into this class.

AEROTONE (14+) - Basic aerobic choreography moves with light hand weights to help tone up the body.

B.L.T. (Bums, Legs & Tums) (14+) - A workout designed to zoom in on those problem areas.

BODY COMBAT (16+) - An empowering and athletic workout combining powerhouse moves and stances with a range of self-defence disciplines.

BODY JAM (16+) - A fun, easy to follow dance workout which improves cardio fitness. A great fat burner... the fun way!

BODY PUMP (16+) - A pre-choreographed 45/60 minute non impact workout using barbells and adjustable weights to music. Claims to be the fastest way to get into shape. An induction class is recommended before participation in this class.

BOOT CAMP AEROBIC CIRCUITS (14+) - New innovation: low in choreography, high in results. Dynamic calorie burning, toning and conditioning workout. A mixture of individual boot camp circuit training methods with a twist. Suitable for all fitness levels from beginner to regular trainer.

CIRCUITS (14+) - A class packed with a variety of exercises designed to improve fitness, coordination, stamina, strength and endurance.

FIGHT KLUB (14+) - Combat with contact. The fun way to lose calories. Results Guaranteed.

FITNESS BALLET (14+) - Fitness Ballet aims to strike the balance between providing a cardio workout, building strength and flexibility whilst helping participants de-stress. Fitness Ballet lengthens, tones and defines physique.

MODERN YOGA (14+) - Bringing together a fusion of yoga teachings this session is an exploratory and in-depth yoga class developing strength, stamina and flexibility. The emphasis will be on helping individual practice and posture.

GROUP CYCLE (14+) *must be able to fit on equipment, please ask a gym instructor if unsure* - 45 minute class on exercise bikes in the cycle studio. Excellent calorie burner targeting legs and bums. Designed for all levels of ability.

GYM TEENS (12+) - A supervised cardiovascular workout for those aged 12 - 15. A chance to use the CV equipment in the gym with a trainer.

GYM WORKOUT / B.L.T. GYM (14+) - A supervised workout in the gym using cardiovascular and toning equipment. Ideal for updating gym programmes, improving motivation or finding out if the gym is the right place for you.

HI/LO WORKOUT (14+) - A challenging mixed impact aerobic workout with general all-over toning and stretching to finish.

PILATES (14+) - Low impact exercise designed to strengthen and lengthen muscles. Work on coordination, concentration and core stability. Improving posture, releasing stress and tension. Pilates is suitable for all ages and abilities.

-BEGINNERS PILATES: For those who are new to Pilates, introduction to the principles of Pilates. Ideal for those who have back issues or injury.

- PILATES FOR ALL: Basic mat work class for all ability levels. Master the mind – body connection. Focuses on quality of movement.

- PILATES ADVANCED: A more challenging class for those who are familiar with Pilates. The class is faster paced with exercises to help you achieve optimal strength and flexibility.

STEP FOR ALL (14+) - An easy to follow bench stepping workout with choreography for those new to step and experienced steppers alike.

STEP 'N' TONE (14+) - A fun fat burning step workout with a tone up to top it off.

TAI CHI (14+) - Standing and slow moving meditative exercises aimed at moving your life energy or 'Chi' around. Improves balance and strength, suppleness and breathing whilst introducing self defence applications when performed fast.

YOGA FOR ALL (14+) - Simple but effective movements and postures that gently stretch and massage the body. Great for toning and flexibility.

ZUMBA (14+) - Combines Latin and International music, using a variety of styles including Salsa and Flamenco. Music selections are a mix of fast and slow rhythms to help tone and sculpt the body.