



www.harlowssportcentre.co.uk

Class Timetable

Harlow Sportcentre • Hammar skjold Road • Harlow • Essex CM20 2JF

T • 01279 307300

F • 01279 307399

E • classes@harlowssportcentre.co.uk



Class Timetable

Day	Class	Instructor	Location/Area
Monday			
07.00 - 07.45	Spinning	Tom	Wellness Works
10.00 - 11.00	Body Balance**	Jo	Studio 2
11.00 - 12.00	Legs, Bums and Tums	Jo	Studio 1
12.15 - 13.15	Body Pump*	Jo	Studio 1
14.00 - 15.00	Cardiac Rehab	Marion	Studio 2
17.45 - 18.45	Total Body Conditioning	Debbie	Studio 1
18.45 - 19.45	All Step	Amanda	Studio 1
18.45 - 19.45	Spinning	Sandra	Wellness Works
19.30 - 20.00	Ab Attack**	Gym Instructor	Wellness Works
19.45 - 20.45	Circuits	Martin	Main Hall
20.00 - 20.30	Ab Attack**	Gym Instructor	Wellness Works
20.00 - 21.00	Body Pump*	Sandra	Studio 1

Tuesday

07.00 - 07.45	Body Tone and Sculpt	Milly	Studio 1
09.30 - 10.30	Body Balance**	Jo	Studio 2
10.15 - 11.15	Total Body Conditioning	Amanda	Studio 1
11.15 - 12.15	Pilates*	Lorraine	Studio 2
12.30 - 13.30	Spinning* (Beginners)	Lorraine	Wellness Works
12.30 - 13.30	Free weights for Women**	John	Heavy Works gym
18.00 - 19.00	Body Balance*	Kate	Studio 2
18.00 - 19.00	Spinning	Tom	Wellness Works
18.00 - 19.00	Body Jam	Debbie	Studio 1
19.00 - 20.00	20/20/20	Amanda	Studio 1
19.30 - 20.00	Ab Attack**	Gym Instructor	Wellness Works
19.30 - 20.30	Spinning	Natalie	Wellness Works

Wednesday

07.00 - 07.45	Spinning	Milly	Wellness Works
09.30 - 10.30	Gentle Circuit*	Davinder	Main Hall
10.00 - 11.00	Body Attack	Amanda	Studio 1
11.30 - 12.30	Spinning	Jane	Wellness Works
11.30 - 12.30	50+ Movement Exercise	Gym Instructor	Studio 1
12.45 - 13.45	Body Pump*	Caroline	Studio 1
17.15 - 18.00	Fit Ball*	Caroline	Studio 2
18.30 - 19.30	Cardiac Rehab	Marion	Studio 2
18.30 - 19.30	All Step	Amanda	Studio 1
18.45 - 19.45	Spinning	Colleen	Wellness Works
19.30 - 20.00	Ab Attack**	Gym Instructor	Wellness Works
19.45 - 20.45	Body Pump	Amanda	Studio 1
20.00 - 21.00	Yoga*	Beth	Studio 2

*Suitable for Active Aging

*Please note if you're new to Body Balance or Body Pump Classes, you must book a Technique class first. Speak to a member of our Team who will arrange this for you.

**Please note these classes are only available to Wellness Works Members

Thursday

09.30 - 10.30	Body Balance**	Jo	Studio 2
10.15 - 11.15	Legs, Bums & Tums	Amanda	Studio 1
11.15 - 12.15	Mind & Body	Various	Studio 1
12.30 - 13.30	Spinning	Jane	Wellness Works
12.30 - 13.30	Cardiac Rehab	Marion/Sue	Studio 2
18.00 - 19.00	Body Attack	Lorraine D	Studio 1
18.00 - 19.00	Fit Ball*	Caroline	Studio 2
18.00 - 19.00	Pilates*	Andrew	Conference Room 2
18.30 - 19.30	Spinning	Jane	Wellness Works
19.00 - 20.00	Body Jam	Debbie	Studio 2
19.30 - 20.30	Circuits	Cara	Studio 1

Friday

06.45 - 07.30	Spinning	Milly	Wellness Works
09.30 - 10.30	Gentle Circuit*	Davinder	Main Hall
10.00 - 11.00	Body Attack	Debbie	Studio 1
10.00 - 11.00	Fit Ball*	Jo	Studio 2
11.30 - 12.30	Body Pump*	Jo	Studio 1
17.30 - 18.30	Body Balance*	Sue	Studio 2

Saturday

09.00 - 10.00	Box-it-Fit	Andrew	Studio 1
10.00 - 11.00	Spinning	Elaine	Wellness Works
10.00 - 11.00	All Step	Jan	Studio 1
11.30 - 12.30	Body Pump*	Caroline	Studio 1
12.45 - 13.45	Yoga*	Jacqui	Studio 2

Sunday

09.45 - 10.45	Circuits	Tom / Roy	Studio 1
10.00 - 11.00	Body Balance**	Milly	Studio 2
11.00 - 12.00	Body Attack	Lorraine D	Studio 1
11.30 - 12.30	Spinning	Jane	Wellness Works
13.30 - 14.30	Free weights for Women**	John	Heavy Works Gym

We'd like to know what you think of our classes. Please find comment cards in the gym and main reception.

Ask a gym instructor today to advise you on which classes will help achieve your goals!

Ask an instructor about our Active Aging Activities

If you're new to Spinning ensure you arrive at least 10mins prior to the start time and report to the class instructor.

Please arrive promptly to all classes. If you are over 10mins late you may be refused entry.

The decision whether to allow you to join the class will be at the instructor's discretion.

Class Descriptions



Body Attack

Intense cardiovascular workout for a great cross training

Body Balance

Holistic workout with Yoga, Tai Chi & Pilates principles to stretch and strengthen & bring your mind, body & soul into balance

20-20-20

Combo workout of Aerobics, Step and BodyTone

Ab Attack

A 30 minute blast to flatten your stomach

Aerobatone

Enjoyable class, simple routines with 30mins of toning

All Step

Cardiovascular workout with choreographed routines stepping on and off a platform

Box-it-fit

Conditioning using boxing skills & pads for maximum effect

Circuits

No fancy footwork, just a combination of cardio favourites knitted together with the best bits of resistance exercise

Fitball

Full body workout with Swiss balls and your own body resistance

Legs Bums & Tums

Resistance training for lower body using linked low impact moves

Mind & Body

A range of 6 weeks courses in 3 holistic disciplines; starting with Pilates, then Yoga, followed by Tai Chi.

Body Pump

Strength and endurance training class using barbells and weights

Body Jam

This class uses a variety of dance styles to improve your body's ability to burn fat and improve cardiovascular fitness

Pilates

This technique is a wonderful way to develop deep postural muscle strength whilst lengthening & toning the whole body

Spinning

Indoor cycling with endurance, speed, interval & strength rides

Total Body Conditioning

A muscle toning and strengthening workout with use of weights, bodybars, exotubes and your own body weight

Yoga

Holistic class concentrating on breathing, relaxed movements, focal concentration and meditation



Non members are welcome to all of our classes

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