

Fitness Classes

General Information

- This programme is subject to change and a number of classes may be removed from the programme over the summer and christmas periods and at other times during the year. For the most up to date information, please check with the centre before attending.
- Classes are only available for those aged 16 and above except Funky Footsteps, Urban Vibes, Street Dance, Aqua Aerobics and Fitness Fusion.
- All sessions will start within 5 minutes of the advertised times.
- Once a class has started you will not be allowed to join in.
- Please do not leave the class until the end.
- If you are under Doctor care or believe that your exercise session should be restricted or modified please see the instructor at start of session.

Booking Conditions

Pre-booking advised

Levels

All: Individuals attending these classes can work at their own level. This class is designed for all abilities.

Beg - Beginner: A class designed for individuals that are new to exercise or are returning from injury/ illness. These classes are also an ideal progression for those on the Exercise Referral Scheme.

Int - Intermediate: Individuals that exercise regularly will benefit from attending these classes to help increase their fitness levels and tone up.

Adv - Advanced: These are high energy classes designed for those individuals that are able to work up to their maximum and looking for a challenge.

GP - Exercise Referral: Classes are specifically delivered for individuals attending Exercise Referral Scheme. For further details on scheme eligibility please contact Zara Barnes, Physical Activity Assistant on 01530 454606.

Venue of Classes

SH - Sport Hall S – Studio C - Crèche P - Pool BAR - Bar Area SC - Squash Court

Crèche

Puddle Ducks crèche facilities are available where 'Y' is shown on the timetable.

Hermitage Leisure Centre - Fitness classes

Day	Time	Class	Instructor	Level	Creche	Venue	Price
Mon	9.30-10.30	Body Pump <small>Minimum age 18yrs</small>	Sharon	All	Y	S	£5.00
	10.00-11.00	50+ Aerobics	Julie	All	Y	SH	£3.50
	10.30-11.30	Legs, Bums and Tums	Sharon	All	Y	S	£5.00
	12.30-13.30	Pilates	Kellie	All		S/crt	£5.00
	18.00-19.00	Step 'n' Tone	Kellie	All		S	£5.00
	19.00-20.00	Body Balance	Lori	All		C	£5.00
	19.00-20.00	Fitness Yoga	Tracie	All		S	£5.00
	19.30-20.30	Aerobics combat	Kellie	All		SH	£5.00
	20.00-21.00	Body Pump <small>Minimum age 18yrs</small>	Tracie L	All		S	£5.00

Tue	9.30-10.30	Aqua Aerobics <small>Minimum age 14yrs</small>	Julie	All	Y	P	£5.00
	9.30-10.30	Top2Toe Workout	Lori	All	Y	SH	£5.00
	9.30-10.30	40+ Aerobics	Tracie S	All	Y	S	£3.50
	10.30-11.30	Body Pump <small>Minimum age 18yrs</small>	Lori	All	Y	S	£5.00
	10.30-11.30	Aqua Aerobics <small>Minimum age 14yrs</small>	Julie	All	Y	P	£5.00
	14.30-15.30	Next Step Gentle Aerobics	Tracie	GP		S	£3.80
	14.30-15.30	Next Step Aqua Aerobics	Julie	GP		P	£3.80
	18.00-19.00	Step 'n' Stomachs	Lori	All		S	£5.00
	18.00-19.00	Body Balance	Tracey S	All		C	£5.00
	19.00-20.00	Body Pump <small>Minimum age 18yrs</small>	Sharon	All		S	£5.00
	19.00-20.00	Aqua Aerobics <small>Minimum age 14yrs</small>	Tracie L	All		P	£5.00
	19.00-20.00	Body Balance	Tracey S	All		C	£5.00
	19.30-20.30	Circuit Training <small>Minimum age 18yrs</small>	Lori	All		SH	£5.00

Wed	9.30-10.30	Aerotone	Lori	All	Y	S	£5.00
	10.30-11.30	Body Balance	Lori	All	Y	S	£5.00
	13.00-14.00	Pilates	Kellie	All		S/crt	£5.00
	14.30-15.30	Next Step Aqua Aerobics	Nicki	GP		P	£3.80
	16.30-17.15	Cheerleading 5-14 yrs	Kelly	All		S/crt	£2.30
	17.00-18.00	Fitness Fusion 11-15 yrs	Kelly	All		C	£2.30
	17.00-18.00	Max on the Ball <small>Minimum age 18yrs</small>	Lori	All		S	£5.00
	18.00-19.00	Body Pump <small>Minimum age 18yrs</small>	Lori	All		S	£5.00

Day	Time	Class	Instructor	Level	Creche	Venue	Price
Wed	18.00-19.00	Pilates	Kellie	All		C	£5.00
	18.30-19.30	Aqua Aerobics <small>Minimum age 14yrs</small>	Tracie L	All		P	£5.00
	19.00-20.00	Aerobics 'n' Tone	Charlotte	All		S	£5.00
	19.00-20.00	Body Balance	Lori	All		C	£5.00
	19.30-20.30	Zumba	Kellie	All		SH	£5.00

Thur	9.30-10.30	Body Pump <small>Minimum age 18yrs</small>	Sharon	All	Y	S	£5.00
	10.00-11.00	50+ Aerobics	Julie	All	Y	SH	£5.00
	12.30-13.30	Pilates	Kellie	All		S/crt	£5.00
	17.30-18.30	Fitness Yoga	Tracie S	All		S/crt	£5.00
	18.30-19.30	Boxercise	Melinda	All		S	£5.00
	19.00-20.00	Pilates	Kellie	All		C	£5.00
	19.30-20.30	Bokwa	Sam S	All		SH	£5.00
	19.45-20.45	Body Balance	Tracey S	All		S	£5.00

Fri	9.30-10.30	Body Sculpture <small>Minimum age 18yrs</small>	Sharon	All	Y	S	£5.00
	10.30-11.30	Aqua Aerobics <small>Minimum age 14yrs</small>	Lori	All	Y	P	£5.00
	17.30-18.30	Body Pump <small>Minimum age 18yrs</small>	Tracie L	All		S	£5.00
	18.30-19.30	Zumba	Kellie	All		SH	£5.00

Sat	8.30-9.30	Body Pump <small>Minimum age 18yrs</small>	Lori	All		S	£5.00
	9.30-10.30	Body Max <small>Minimum age 18yrs</small>	Lori	All		S	£5.00
	10.30-11.30	Abs on the Ball	Lori	All		S	£5.00
	11.30-12.15	Funky Footsteps 5-7yrs	Claire	All		S	£2.70
	12.15-13.15	Funky Footsteps 8-11yrs	Claire	All		S	£2.70
	13.15-14.15	Funky Footsteps 12-16yrs	Claire	All		S	£2.70

Sun	9.30-10.30	Body Biltz	Lori	All		SH	£5.00
	19.00-20.00	Total Immersion Aqua <small>Minimum age 14yrs</small>	Tracie L	All		P	£5.00

Hood Park Leisure Centre - Fitness classes

Day	Time	Class	Instructor	Level	Creche	Venue	Price
Mon	9.30-10.30	Step	Rachael	Int/Adv	Y	S	£5.00
	10.30-11.30	Body Pump <small>Minimum age 18yrs</small>	Rachael	All		S	£5.00
	11.30-12.30	50+ Aerobics	Rachael	All	Y	S	£3.50
	17.45-18.30	Studio Spin	Julian	All		S	£5.00
	18.30-19.30	Cardio Choreography	Debbie	All		S	£5.00
	18.30-19.15	Zumbatomic 8 - 15 yrs	Sam	All		SH	£2.30
	19.30-20.30	Spin	Debbie	All		S	£5.00
	19.30-20.30	Zumba	Sam	All		SH	£5.00
	20.30-21.30	Body Pump <small>Minimum age 18yrs</small>	Nikki	All		S	£5.00

Tue	9.15-10.15	Aqua Zumba <small>Minimum age 14yrs</small>	Sam	All	Y	P	£5.00
	9.30-10.30	Body Pump <small>Minimum age 18yrs</small>	Rachael	All	Y	S	£5.00
	10.30-11.30	Body Balance	Rachael	All	Y	S	£5.00
	18.30-19.30	Body Pump <small>Minimum age 18yrs</small>	Julian	All		S	£5.00
	19.30-20.30	Spin	Debbie	All		S	£5.00
	20.00-21.00	Aqua Aerobics <small>Minimum age 14yrs</small>	Kirsty	All		P	£5.00
	20.30-21.30	Boxercise	Melinda	Beg		S	£5.00

Wed	9.10-10.10	Next Step Aqua Aerobics	Julian	GP	Y	P	£3.80
	9.30-10.30	Body Sculpt <small>Minimum age 16yrs</small>	Nicki	All	Y	S	£5.00
	10.30-11.30	Pilates	Kelly	All	Y	S	£5.00
	11.30-12.30	50+ Aerobics	Kelly	All		S	£3.50
	17.00-17.30	Studio Spin	Rachael	All		S	£5.00
	17.30-18.30	Body Pump <small>Minimum age 18yrs</small>	Rachael	All		S	£5.00
	18.30-19.30	Step 'n' Pump	Rachael	Int/Adv		S	£5.00
	19.30-20.30	Yoga Strength	Rachael	Int/Adv		S	£5.00
	20.30-21.30	Boxercise	Melinda	Adv		S	£5.00

Thur	9.30-10.15	Aqua Aerobics <small>Minimum age 14yrs</small>	Nikki	All	Y	P	£5.00
	9.10-9.50	Studio Spin	Lori	All	Y	S	£5.00
	9.50-10.30	Studio Spin	Lori	All	Y	S	£5.00
	10.30-11.30	Zumba	Sam	All	Y	SH	£5.00
	16.30-17.30	Cheerleading 5-14 yrs	Kellie	All		SC	£2.30
	16.00-16.45	Boxercise 8-16yrs	Melinda	All		S	£2.70

Thur	17.50-18.20	Studio Spin	Kellie	All		S	£5.00
	18.30-19.30	Cardio Blast and Core	Debbie	All		S	£5.00
	18.30-19.30	Circuits <small>Minimum age 18yrs</small>	Sam	All		SH	£5.00
	19.30-20.30	Studio Spin & Core	Julian	All		S	£5.00
	20.00-21.00	Aqua Aerobics <small>Minimum age 14yrs</small>	Sarah	All		P	£5.00
	20.30-21.30	Pilates	Kellie	All		S	£5.00

Fri	9.00-9.30	Studio Spin	Julian	Beg	Y	S	£5.00
	9.30-10.30	Step 'n' Pump <small>Minimum age 18yrs</small>	Rachael	Int/Adv	Y	S	£5.00
	10.30-11.30	Yoga Strength	Rachael	All	Y	S	£5.00
	16.00-16.45	Street Dance 7-16 yrs	Kellie	All		S	£2.70

Sat	8.30-9.30	Body Balance	Tracey S	All		S	£5.00
	9.30-10.30	Body Pump <small>Minimum age 18yrs</small>	Tracey L	All		S	£5.00

Sun	10.00-10.30	Studio Spin	Rachael	All		S	£5.00
	10.30-11.30	Step 'n' Pump	Rachael	Int/Adv		S	£5.00
	11.30-12.30	Yoga Strength	Rachael	All		S	£5.00
	16.30-17.00	Studio Spin	Kellie	All		S	£5.00
	17.00-18.00	Pump 'n' Sculpt <small>Minimum age 18yrs</small>	Kellie	All		S	£5.00
	18.00-19.00	Pilates	Kellie	All		S	£5.00

Fitness Class Description & Information



Abdominal / Core Strength / Fitball: Dedicated exercises for the abdominals and back helping to improve posture and strength for day to day activities.

Aerobic Combat: A class suited to those who prefer working the cardio vascular system through a series of structured attack based exercises. The emphasis is heavily placed on combining punches and kicks to form highly intense aerobic sequences and ending with a section of abdominal strength work.

Aerobics and tone: A fusion of cardio and strength work designed to engage a variety of fitness elements. An excellent full body workout.

Aqua Aerobics: Aqua is a high energy, full body workout where you can expect a mix of cardio moves including jumping, kicking, running, sprinting and abdominal/core exercises.

Body Balance: Body Balance is a dynamic yoga-based stretch programme that leaves you feeling relaxed and renewed. It combines the fundamental principles and practices of yoga, pilates and feldenkrais, such as controlled breathing, concentration, flexibility and strength training. These all combine to create a holistic workout that brings the body, mind and soul into a state of balance and harmony.



Body Max: A strength orientated studio based class designed to work all major muscle groups through the use of adjustable weights.

Body Pump: This studio based session makes use of the adjustable barbells to improve muscle tone and definition without causing bulk. (Only for 18 year olds and over)

Body sculpture: This class primarily focuses on muscular conditioning preceded by some vigorous cardiovascular exercise. A nicely blended class for those seeking to achieve a full body workout.

Bowka: This new class is an intense workout featuring South African war dance. Capoeira, kick boxing and step to build strength and endurance in a fun and challenging class



Boxercise: The best stress buster around is one of the most effective forms of cross-training available today. Boxercise combines the use of both aerobic and anaerobic energy systems that not only ensures a diverse workout, but also enhances sports specific senses, including hand-eye co-ordination, balance and timing. Boxercise classes are always fun, energetic and addictive.



Cardio Blast and Core: This high intensity class features the use of weights to further develop toning and core strength

Cardio Choreography: A class which features basic aerobic moves put together to challenge combined with intensity moves to develop tone and core strength

Legs, Bums and Tums: This class specifically targets the lower body strengthening the legs, glutes and abdominal area reshaping the body and help to improve co-ordination, flexibility, strength and stamina.

Next Step: A beginners gentle workout suitable for existing and new exercise referrals or those returning to exercise after illness, injury or the elderly / frail.

Pilates: The Pilates method represents a unique approach to exercise that develops body awareness improving and changing the bodies postural and alignment habits and increasing flexibility and ease of movement.

Pump 'n' Sculpt: An all body workout using barbells and bodyweight exercises.

Step Aerobics: An aerobic class incorporating the step dedicating itself to a fun choreographed class. Led by qualified instructors you will learn the principles of using a step whilst gaining a full body workout.

Studio Spin: A static cycle based class predominantly focusing on increasing cardiovascular fitness in addition to aiding toning and weight management.



Total Immersion Aqua: This class is our only Aqua based class to use the entire 25 metre pool allowing you to work in more space and fully utilise our aqua equipment. Are you up for the challenge?

Top2Toe: Very much a blended class combining all facets of fitness to improve cardio vascular and muscular conditioning. The structure of the class alters each week to keep the mind and body fresh, however as the name suggests you will get worked from Top2Toe.

Yoga Strength: A class combining principles of Ashtanga Power yoga and traditional strength training.



Zumba: A fun and easy latin based dance exercise class - join the party!

Photographic Policy

Photographs may be taken by NWLDC employees/professional photographers working for the Council during sessions and used for publicity reasons. If this causes you any concern, please speak to the activity leader or Centre Manager.