

## NEW TIMETABLE (commencing Tuesday 3rd Jan 2017)

Call 01932 253400 to book

Day	Time	Class	Instructor	Description
MON	6.15 pm - 6.45 pm	Straps and Bells <b>*NEW*</b>	George	A class to improve your strength, mobility and balance
	7.00 pm - 8.00 pm	Aerobics	Cheryl	A traditional exercise-to-music class
	7.00 pm - 8.00 pm	Circuits	Andy	A variety of exercises for that total body workout
	8.00 pm - 9.00 pm	Zumba	Cheryl	This popular class incorporates some hot Latino dance steps!
TUES	6.15 pm - 6.45 pm	Kettlebells <b>*TIME CHANGE*</b>	Rachael	A great cardio, resistance and core workout all in one
	6.30pm - 7.15 pm	Clubbercise <b>*NEW*</b>	Hannah	Fun easy-to-follow dance workout with glowsticks & disco lights
	6.30 pm - 7.30 pm	Pilates	Emma	Exercises to help strengthen the core and lower back
	7.30 pm - 8.30 pm	Old Skool Circuits	George	Lots of variation, circuits and core! Targets the whole body!
	7.30 pm - 8.30 pm	Tai Chi*	Falling Leaf	See website for details: <a href="http://www.falling-leaf.com">www.falling-leaf.com</a>
	7.45pm - 8.45 pm	Yoga	Stephane	For improvements in your strength and flexibility
	8.30 pm - 9.30 pm	Table Tennis Club*	Sports Centre	Open to all and equipment supplied
WEDS	6.30 pm - 7.15 pm	Boxing Fit <b>*TIME CHANGE*</b>	Billy	Total body fitness enhancing speed and coordination
	6.30 pm - 7.30 pm	Casual Football*	Sports Centre	A fun kick-a-bout for all levels, come and get involved
	7.00 pm - 8.00 pm	Body Conditioning	Cheryl	An hour of cardio, resistance and core exercises
	7.30 pm - 8.30 pm	HIIT Fit	Sarah	Short bursts of high-intensity exercise for great fitness gains
	8.00 pm - 9.00 pm	Zumba	Cheryl	This popular class incorporates some hot Latino dance steps!
THURS	6.30 pm - 7.00 pm	Abs & Core	George	A 30-minute blast to target those abdominal muscles
	7.00 pm - 8.00 pm	Boxercise	Andy	Time to get the gloves on - a great fun cardio class
	7.30 pm - 8.30pm	Karate (adult beginners)	Richard	Beginner Karate class for adults
	7.30 pm - 9.00pm	Karate (adult advanced)	Richard	Advanced Karate class for adults giving you a further 30 mins
	8.15 pm - 9.15 pm	Tai Chi & Qi Gong*	Falling Leaf	See website for details: <a href="http://www.falling-leaf.com">www.falling-leaf.com</a>
FRI	6.30 pm - 7.15 pm	Clubbercise <b>*NEW*</b>	Glen	Fun easy-to-follow dance workout with glowsticks & disco lights
SAT	9.15 am - 10.15 am	Boxercise	Andy	A great Saturday morning stress-buster!
SUN	10.00 am - 11.00 am	Tai Chi*	Falling Leaf	See website for details: <a href="http://www.falling-leaf.com">www.falling-leaf.com</a>

\* Fresh Plus (payable classes)

### CLASS BOOKING INFORMATION

All classes require advanced booking.  
Members can book a day prior to their class. Non-members can only book on the day.  
Telephone to make your Booking on 01932 253400

### CANCELLATIONS

As courtesy to others, please telephone and cancel your class if you are unable to attend.  
If you fail to show for a class we may not be able to book you on another class for a period of 14 days.

### CLASS PRICES

30 min class: £5  
45 min class: £7  
60 min class: £7

### FIRST CLASS FREE\*\*

Come on down and try one of our classes for FREE!!  
\*\*This offer is limited to 1st time users only

GYM PYG: £7

### \*Fresh Plus (payable classes)

Football and Table Tennis - Members: £3  
Football and Table Tennis - Non-members: £4  
Tai Chi: £6

Open Mon-Thu 5pm-9.30pm, Fri 5pm-8.30pm, Sat 9am-6pm, Sun 10am-4pm

## FRESH SPORTS CENTRE @ THAMESMEAD SCHOOL

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