

NEW TIMETABLE

(commencing 1st September 2017)

Call 01932 253400 to book

Day	Time	Class	Instructor	Description	
MON	6.30 pm - 7.30 pm	Aerobics *NEW TIME*	Cheryl	A traditional exercise-to-music class	
	7.00 pm - 7.45 pm	Clubbercise *NEW*	Hanna	Fun easy-to-follow dance workout with glowsticks & disco lights	
	7.15 pm - 8.00 pm	Circuits *NEW TIME*	Fitness Team	A variety of exercises for that total body workout	
	7.30 pm - 8.30 pm	Zumba *NEW TIME*	Cheryl	This popular class incorporates some hot Latino dance steps!	
	8.00 pm - 9.00 pm	Casual Netball		No need to book, just turn up and get involved!	
TUES	6.30 pm - 7.15 pm	Clubbercise	Hanna	Fun easy-to-follow dance workout with glowsticks & disco lights	
	6.30 pm - 7.30 pm	Pilates	Sarah	Exercises to help strengthen the core and lower back	
	7.30 pm - 8.15 pm	Boxfit *NEW*	George	Lots of variation with boxing and circuits combined	
	7.30 pm - 8.30 pm	Tai Chi*	Falling Leaf	See website for details: www.falling-leaf.com	
	7.45 pm - 8.45 pm	Yoga	Stephane	For improvements in your strength and flexibility	
8.30 pm - 9.30 pm	Table Tennis Club*		Open to all and equipment supplied		
WED	6.45 pm - 7.45 pm	Casual Football*		A fun kick-a-bout for all levels, come and get involved	
	7.30 pm - 8.30 pm	HIIT Fit	Sarah	Short bursts of high-intensity exercise for great fitness gains	
	7.30 pm - 8.30 pm	Zumba	Cheryl	This popular class incorporates some hot Latino dance steps!	
THURS	6.30 pm - 7.15 pm	Clubbercise *NEW*	Rachael	Fun easy-to-follow dance workout with glowsticks & disco lights	
	7.00 pm - 8.00 pm	Boxfit	Andy	Time to get the gloves on - a great fun cardio class	
	6.30pm-7.30pm	Yoga *NEW*	Candido	For improvements in your strength and flexibility	
	8.15 pm - 9.15 pm	Tai Chi & Qi Gong*	Falling Leaf	See website for details: www.falling-leaf.com	
WEEKEND CLASSES AT THE FRESH SPORTS CENTRE AND FRESH GYM ARE INCLUDED IN YOUR MEMBERSHIP OR AVAILABLE AS PYG					
SAT	9.15 am - 10.15 am	Sports Centre	Boxfit	Andy	A great Saturday morning stress-buster!
	9.30 am - 10.15 am	Fresh Gym	Spinning	Steph	Focusing on endurance, high intensity and recover. Great fun!
	10.20 am - 10.40 am	Fresh Gym	Ab Blast	Gym Team	Sculpt, tone and define abs. Intensive and effective workout.
	10.15 am - 10.30 am	Fresh Gym	Body Pump PREP	Hanna	Getting you started with Body Pump
	10.30 am - 11.30am	Fresh Gym	Body Pump	Hanna	Full body workout to music, mixing aerobic with weight training
SUN	9.30 am - 10.15 am	Fresh Gym	Spinning	Muna	Focusing on endurance, high intensity and recover. Great fun!
	10.00 am - 11.00 am	Sports Centre	Tai Chi*	Falling Leaf	See website for details: www.falling-leaf.com
	10.00 am - 11.00 am	Fresh Gym	Yoga	Sandi	Perfect for beginners to Yoga
	11.15 am - 12.30 pm	Fresh Gym	Yoga	Hilary	For improvements in your strength and flexibility

* 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

GYM PYG: £7

*Fresh Plus (payable classes)

Netball, Football and Table Tennis - Members: £3

Netball, Football and Table Tennis - Non-members: £4

Tai Chi: £6

CLUBBERCISE: £5

FIRST CLASS FREE**

Come on down and try one of our classes for FREE!!

**This offer is limited to 1st time users only

Fresh Sports Centre Opening hours are Mon-Thu 5pm-9.30pm, Fri 5pm-8.30pm
Fresh Gym Opening hours are Sat 8am-6pm, Sun 9am-7pm

FRESH SPORTS CENTRE @ THAMESMEAD SCHOOL

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