

## NEW TIMETABLE

(commencing 1st September 2017)

Call 01932 253400 to book

Day	Time	Class	Instructor	Description	
MON	6.30 pm - 7.30 pm	Aerobics <b>*NEW TIME*</b>	Cheryl	A traditional exercise-to-music class	
	7.00 pm - 7.45 pm	Clubbercise <b>*NEW*</b>	Hanna	Fun easy-to-follow dance workout with glowsticks & disco lights	
	7.15 pm - 8.00 pm	Circuits <b>*NEW TIME*</b>	Fitness Team	A variety of exercises for that total body workout	
	7.30 pm - 8.30 pm	Zumba <b>*NEW TIME*</b>	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 <b>*NEW*</b>	George	Lots of variation with boxing and circuits combined	
	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>	
	7.45 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 <b>*NEW*</b>	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	
	7.00 pm - 8.00 pm	Yoga <b>*NEW from 5th October*</b>	Candido	For improvements in your strength and flexibility	
	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>	
<b>WEEKEND CLASSES AT THE FRESH SPORTS CENTRE AND FRESH GYM ARE INCLUDED IN YOUR MEMBERSHIP OR AVAILABLE AS PYG</b>					
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: <a href="http://www.falling-leaf.com">www.falling-leaf.com</a>
	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

### 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)

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

CLUBBERCISE: £5

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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