

NEW TIMETABLE (commencing Mon 1st May 2017)

Call 01932 253400 to book

Day	Time	Class	Instructor	Description	
MON	6.15 pm - 6.45 pm	Straps and Bells *NEW*	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	
	7.30pm - 8.15pm	Clubbercise *NEW*	Hanna	Fun easy-to-follow dance workout with glowsticks & disco lights	
	7.30pm - 8.45pm	Casual Netball* (Summer - dry weather)	Outdoor Court	No need to book, just turn up and get involved! (also see 8.30pm)	
	8.00 pm - 9.00 pm	Zumba	Cheryl	This popular class incorporates some hot Latino dance steps!	
	8.30 pm - 9.45 pm	Casual Netball* (Summer - wet weather)	Sports Centre	<i>Netball moves from 7.30pm to 8.30pm if inclement weather</i>	
TUES	6.30 pm - 7.00 pm	Booty Blast *NEW*	Rachael	Lower body work out. Guaranteed to sculpt shape and burn fat	
	6.30 pm - 7.15 pm	Clubbercise *NEW*	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 - 8.30 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: 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*	Sports Centre	Open to all and equipment supplied		
WEDS	6.30 pm - 7.15 pm	Boxing Fit	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 - 8.30 pm	Karate (adult beginners)*	Richard	Beginner Karate class for adults	
	7.30 pm - 9.00 pm	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: www.falling-leaf.com	
FRI	6.30 pm - 7.15 pm	Clubbercise *NEW*	Glen	Fun easy-to-follow dance workout with glowsticks & disco lights	
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	Boxercise	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 *NEW*	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
Karate: £6

Fresh Sports Centre Gym Open Mon-Thu 5pm-9.30pm, Fri 5pm-8.30pm

Fresh Gym Open Sat 8am-6pm, Sun 9am-7pm

FRESH SPORTS CENTRE @ THAMESMEAD SCHOOL

MANYGATE LANE, SHEPPERTON, TW17 9EE e: info@trainfresh.com www: www.trainfresh.com t: 01932 253400