

# Great Cornard Sports Centre – Class Timetable

<u>INSTRUCTOR</u>	<u>CLASS</u>	<u>DAY</u>	<u>TIME</u>	<u>PLACE</u>
<b>Sharon</b>	<b>Circuits</b>	<b>Mon</b>	<b>6:30-7:30pm</b>	<b>Studio</b>
For anyone who fancies a challenge. Circuits is a series of workout stations combining cardio fitness with conditioning exercises.				
<b>Lisa</b>	<b>Legs, Bums and Tums</b>	<b>Mon</b>	<b>7:30-8:30pm</b>	<b>Studio</b>
This is a full body conditioning class focusing on those priority zones.				
<b>Lisa</b>	<b>Group Cycling</b>	<b>Mon</b>	<b>8:30-9:15pm</b>	<b>Studio</b>
A high intensity heart pumping class with a non-load bearing aerobic workout on static bikes.				
<b>Sharon</b>	<b>Burn &amp; Tone</b>	<b>Tues</b>	<b>6:00-7:00pm</b>	<b>Studio</b>
A high intensity class to burn fat and calories, increase strength through core conditioning and tone to give you the body you want.				
<b>Lisa</b>	<b>Legs, Bums and Tums</b>	<b>Wed</b>	<b>6:30-7:30pm</b>	<b>Studio</b>
This is a full body conditioning class focusing on those priority zones.				
<b>Lisa</b>	<b>Pilates</b>	<b>Wed</b>	<b>7:30-8:30pm</b>	<b>Studio</b>
Pilates is a series of exercises that use both physical and mental techniques to condition the body. Pilates helps build strength, improve posture and increase flexibility.				
<b>Lisa</b>	<b>Group Cycling</b>	<b>Wed</b>	<b>8:30-9:15pm</b>	<b>Studio</b>
A high intensity heart pumping class with a non-load bearing aerobic workout on static bikes.				
<b>Sharon</b>	<b>Callanetics</b>	<b>Thurs</b>	<b>6:30-7:30pm</b>	<b>Studio</b>
A unique way of exercising isolating deep muscle groups in the body, using powerful “tiny precise” movements. Callanetics can strengthen, tone, give better flexibility and body alignment.				
<b>Tom</b>	<b>Fitness Yoga</b>	<b>Thurs</b>	<b>7:30-8:30pm</b>	<b>Studio</b>
A deep stretching, toning and relaxation class using movements from Yoga and Pilates to strengthen and relax the body.				
<b>Lisa</b>	<b>Pilates</b>	<b>Fri</b>	<b>9:00-10:00am</b>	<b>Studio</b>
Is a series of exercises that use both physical and mental techniques to condition the body. Pilates helps build strength, improve posture and increase flexibility.				

**Class Prices: £4.00 Adults £3.50 Concessions**  
**Pilates Class Casual Prices: £6.90 Adults £6.60 Concessions**  
**FREE TO CASUAL MONTHLY MEMBERS**

## Our Class Statement and Booking Procedure

**Casual users** must pre-pay when booking a Group Cycling or Pilates Class. **No** refunds given for cancellations. Other classes can only be booked 7 days in advance from the start of the class.

**Members** must give 24 hours notice to cancel a Group Cycling or Pilates Class. Failure to do so will result in pre-booking privileges being withdrawn. Other classes can be booked 8 days in advance during our opening times.

All users of this timetable must be 16 years or over.

All our classes are subject to change, cancellation or instructor change.

No refunds can be given or transferred to or from classes, unless cancellations are made by ourselves. Ask us about our cancellation promise.

Lateness - Turning up late 10 minutes past the start time of the class may result in you being unable to participate.