

4TH JULY – 28TH AUG

# Class Timetable

Please be aware this is a temporary summer timetable

MONDAY

TIME	CLASS	LOCATION	
07.15 - 07.45	Functional Fitness	Fitness Suite	>
09.30 - 10.30	Pilates	Dance Studio	>
09.30 - 10.30	Zumba*	Studio 3	>
10.45 - 11.15	Over 60's Gentle Dance*	Studio 3	>
12.30 - 13.15	Deep Water Aquafit (returning 1st August)	25m Pool	>
17.00 - 17.45	Circuits (starts w.c 11.07)	Studio 1 & 2	>
18.00 - 18.45	Legs, Bums & Tums	Studio 1 & 2	>
18.00 - 19.00	Adult Swimfit	25m Pool	>
19.15 - 20.00	Clubbercise Excl 04,11,18/ 07 15,22/08	Studio 3	>
19.00 - 20.00	Running Club	Outside	>

TUESDAY

TIME	CLASS	LOCATION	
09.30 - 10.30	Les Mills Body Balance	Studio 1 & 2	>
10.40 - 11.20	Kettlehit	Studio 1 & 2	>
11.45 - 12.30	Aquafit Excl. 12/07 & 9/08	23m Pool	>
13.15 - 13.45	Express Pump & Tone Excl 5&12/07	Studio 1 & 2	>
17.15 - 17.55	Indoor Cycling	Studio 1 & 2	>
18.30 - 19.15	Les Mills Body Attack	Studio 1 & 2	>
19.00 - 20.00	Pregnancy Fitness	Dance Studio	>
19.20 - 20.15	Les Mills Body Balance	Studio 1 & 2	>

\*Class ran by an external Instructor. Bookable through Dani.

Visit [www.oundlesportscentre.co.uk](http://www.oundlesportscentre.co.uk)

Call 01832 277208

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WEDNESDAY

TIME	CLASS	LOCATION	
07.10 - 07.40	Early Bird Indoor Cycling	Studio 1 & 2	>
09.30 - 10.15	Relieve & Revive Foam Rolling	Studio 1 & 2	>
10.20 - 10.40	Core Conditioning	Studio 1 & 2	>
10.45 - 11.45	Pilates - intermediate	Studio 1&2	>
12.15 - 13.00	Chair Strength & Balance	Studio 1 & 2	>
18.00 - 19.00	Zumba*	Studio 3	>
18.15 - 18.45	Kettlehit	Studio 1 & 2	>
18.30 - 19.30	Mindful Yoga	Dance Studio	>
19.00 - 20.00	Athletic Track Session (Adults 14+) Excl. 06/07	Outdoor Track	>
19.15 - 20.00	Clubbercise Excl. 6,7, 13/07, 18,24/08	Studio 3	>

THURSDAY

TIME	CLASS	LOCATION	
07.15 - 07.45	Functional Fitness	Fitness Suite	>
09.30 - 10.15	Circuits	Studio 1 & 2	>
10.20 - 10.40	Core Conditioning	Studio 1 & 2	>
17.15 - 18.00	Pump & Tone	Studio 1 & 2	>
18.05 - 18.25	Core Conditoning	Studio 1 & 2	>
18.30 - 19.15	Aquafit Excl. 7,14/07	23m pool	>
18.35 - 19.20	Indoor Cycling	Studio 1 & 2	>
18.40-19.40	Pilates	Dance Studio	>

FRIDAY

TIME	CLASS	LOCATION	
07.10 - 7.40	Studio Cycling	Studio 1&2	>
09.30 - 10.00	Functional Fitness	Fitness Suite	>
10.00 - 11.00	Zumba*	Studio 1 & 2	>
10.00 - 11.00	Over 60's Gentle Dance*	Studio 3	>
11.30-12.30	Pilates	Dance Studio	>
17.30 - 18.15	Les Mills Body Attack	Studio 1 & 2	>

# Weekend Classes

SATURDAY

TIME	CLASS	LOCATION	
08.30 - 09.15	Bootcamp	Studio 1 & 2	>
10.00 - 10.45	Pregnancy Fitness	Studio 1 & 2	>

SUNDAY

TIME	CLASS	LOCATION	
09.15 - 10.00	Circuits	Fitness Suite	>
10.00 - 11.00	Mindful Yoga (every other Sunday from 1 May)	Studio 1 & 2	>

## Our Classes

### Les Mills Body Balance

The soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm and centred.

### Les Mills Attack

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

### Pump & Tone

This class will condition, tone and strengthen your entire body, fast. A fast paced barbell workout that will leave you feeling pumped up and energised.

### Aquafit

Aquafit is a fun and energetic class. The unique physical properties of pool water provide an ideal environment for exercise adding additional resistance but with no impact on the bodies joints. We also offer a Deep Water Aquafit class where floatation gear will be provided so you can concentrate of the movements.

### Ante & Postnatal Exercise

Specialist designed classes to help you stay active during pregnancy or welcome you back to exercise post-birth.

### Pilates

Pilates strengthens your body and mind, improving posture, balance, flexibility and wellbeing. Focusing on core strength, Pilates can help with general fitness, postural alignment, recovery

from injury and other problems caused by the stresses of modern day living. We also offer an intermediate level with some more advanced exercises which will challenge you further.

### Yoga

Yoga is an ancient form of exercise that focuses on strength, flexibility and breath control to boost physical and mental wellbeing. Yoga incorporates meditation which aids spiritual development and calm the mind.

### Functional Fitness - Zonal Fitness

Get in 'The Zone' on our training rig in this functional fitness workout, preparing the body for everyday real-life movements. These movements will improve strength, balance and cardiovascular endurance.

### Chair Strength & Balance

Chair Strength & Balance has been designed to be part of a falls prevention programme. This class has exercises to help in everyday living such as standing up and opening tins, using resistance bands to improve strength.

### Oundle Running Club Track Sessions

Designed to help improve your running performance. Improve your speed and endurance by taking part in our professionally coached sessions on our very own athletics track, with a variety of intervals, tempos, sprints and drills.

### Clubbercise

Clubbercise® is a fun full body workout with a banging soundtrack that gets great results. One session burns around 600 calories. The routines combine

dance, toning and combat moves with options to suit all fitness levels. Get your glow sticks from reception!

### Swimfit

Brand new structured session suitable for 18+. If you're improving your fitness, developing stamina and resistance, losing weight or training for an event then this is for you! All we ask is that you are able to swim 100m frontcrawl/backstroke as the entry requirement.

### Relieve & Revive Foam Rolling

Foam rolling is a way of massaging muscle soreness, increasing your range of motion and preparing your muscles for deeper stretching. Foam rolling can be used in myofascial release work as a massage tool to help release tension and stiffness in the body, which can reduce pain and increase range of movement.