

GROUP CLASS TIMETABLE – JANUARY 2019

(B) Booking required

DAY/TIME	CLASS	DESCRIPTION	INSTRUCTOR	MEM	NON
MONDAYS					
9.15am-9.45am	Spin (B)	Indoor group cycle class in the gym	Hannah		£5.50
10.00am-10.30am	Ab Blast (B)	Short blast to focus on the abs and core	Hannah		£4.50
5.30pm-6.30pm	Legs, Bums & Tums	Focus on those key problem areas, slightly lower impact	Amanda		£6.00
6.30pm-7.30pm	Step Fit	Great cardio workout, also superb for glutes and lower body	Amanda		£6.00
7.00pm-7.30pm	Spin (B)	Indoor group cycle class in the gym	Hannah		£5.50
6.30pm-7.30pm	Boxercise - Next Level	Boxing-based fitness class that packs that extra punch!	TBC		£6.00
TUESDAYS					
9.15am-9.45am	Spin (B)	Indoor group cycle class in the gym	Hannah		£5.50
10.00am-10.30am	HIIT Fit (B)	Interval training class, short bursts of high intensity exercise	Hannah		£4.50
6.00pm-7.00pm	Move Fitness	Cardio class with functional strength and training	Gail		£6.00
6.00pm-6.45pm	Pump (B)	Barbell workout to burn calories, strip fat and build lean muscle.	Ashley		£5.50
7.00pm-7.30pm	Spin (B)	Indoor group cycle class in the gym	Hannah		£5.50
7.00pm-7.30pm	Circuits	Our two circuit classes give you the flexibility to get a quick 30 min workout or stay for both. Plenty of variety and suitable for all	Hayley		£4.50
7.30pm-8.00pm	Circuits		Hayley		£4.50
WEDNESDAYS					
9.15am-9.45am	HIIT Cardio (B)	Short bursts of high intensity cardio exercises	Sue		£4.50
10.00am-10.30am	Stability Circuits (B)	Uses swiss balls and gliders for a full core workout	Sue		£4.50
5.45pm-6.30pm	Core Conditioning	Elements of pilates, yoga and posture alignment for a strong core	Dawn		£5.50
6.30pm-7.15pm	Spin (B)	Indoor group cycling class in the gym	Hannah		£6.50
6.30pm-7.30pm	The Hour of Power	Low impact, light weights, high reps for true fitness balance	Dawn		£6.00
THURSDAYS					
9.15am-9.45am	Circuits (B)	A traditional Circuits class for a full-body workout	Hannah		£4.50
10.00am-10.30am	HIIT Circuits (B)	Short blasts of high intensity exercise	Hannah		£4.50
5.45pm-6.30pm	Pump (B)	A barbell class, choreographed to music	Dawn		£5.50
6.00pm-7.00pm	Spin (B)	Indoor group cycle class in the gym	Ashley		£7.00
6.30pm-7.00pm	Ab Attack	A dynamic class with exercises for the abs and core.	Dawn		£4.50
7.00pm-8.00pm	Boxercise	Working in pairs with pads, gloves and fun boxing-based routines	Dawn		£6.00
7.30pm-8.00pm	Spin (B)	Indoor group cycle class in the gym	Hannah		£5.50
FRIDAYS					
9.15am-9.45am	Spin (B)	Indoor group cycle class in the gym	Hannah		£5.50
10.00am-10.30am	Circuits Challenge (B)	Time for some fun and end-of-week informal competition in teams	Hannah		£4.50
6.00pm-6.45pm	Spin (B)	Indoor group cycle class in the gym	Ashley		£6.50
SATURDAYS					
8.30am-8.50am	Boxercise Intro	A short taster to find out what it's all about. Great for beginners	Dan		Free
9.00am-10.00am	Boxercise	Working in pairs with pads, gloves and fun boxing-based routines	Dan		£6.00
9.00am-9.50am	STRONG (by Zumba)	A full-body HIIT workout with brilliant routines for all levels	Fabiana		£6.00
10.00am-10.30am	Fab Low Intensity	Bodyweight exercises at a lower intensity.	Fabiana		£4.50
10.30am-11.00am	Fab High Intensity	Time to step it up a level. Short bursts of high-intensity exercise	Fabiana		£4.50
10.00am-11.00am	Zumba	Another chance to shake those hips with our Zumba class	Paul		£6.00
10.30am-11.00am	Spin (B)	Indoor group cycle class in the gym	John		£5.50
11.00am-11.45am	Spin (B)	Indoor group cycle class in the gym	John		£6.50



Whatever your age or level of fitness, from absolute beginner to exercise guru, we want you to come and try some classes and become part of our fitness club and community at Oakwood.

Attending classes

You can attend any of our classes on a casual basis. You don't need to be a member. However we have three membership options which are all brilliant value as follows:

	Unlimited use of the fitness gym, eGYM, all classes and Boditrax
	Unlimited use of the fitness gym, eGYM, morning classes Mon-Fri and Boditrax
	No use of fitness gym or eGYM. Includes evening classes Mon-Fri, all weekend classes and Boditrax.

Membership prices and offers are available from our website at www.oakwoodsportscentre.com

Trying a class for free

We're always happy for new customers to come and try a class or two for free. You may not find the right class the first time round so it's important to try a few and find something fun and engaging.

Just give us a call, or go online and book a free trial class and we'll take it from there.

OAKWOOD SPORTS CENTRE

Smallfield Road, Horley, RH6 9AU
 Mon-Fri, 7.30am-5.30pm, access from Smallfield Road
 Evenings and weekends, access from Balcombe Road
 01293 822238 oakwood@blueleisure.com
 www.oakwoodsportscentre.com

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