



# group fitness

## Class Information

- Please ensure you have a valid ticket for your class (this includes members)
- Please hand your ticket to your instructor
- Please make sure you arrive at the designated start time of your class. Late entry will not be permitted due to Health & Safety reasons
- Please switch off your mobile phone
- Please wait until the class has finished before putting equipment away
- If you are new please let your instructor know
- Please wear appropriate footwear
- Bookings can be made online via our website, or by calling the appropriate centre listed inside. Bookings can be made up to one week in advance for members and 5 days in advance for non members
- All classes are open to members and non members

**Please give us at least two hours notice if you need to cancel your space in a class. If you do not you will be charged the full cost of the class (this includes members). Classes can be cancelled on line at [www.ashfordleisuretrust.co.uk/bookings](http://www.ashfordleisuretrust.co.uk/bookings)**



Stour Centre			
Day	Time	Class	Instructor
Monday	07.30 - 08.00	HIIT	Contours Team
	09.30 - 10.15	RPM	Susan
	09.30 - 10.15	Vibe Power	Sue
	10.15 - 11.00	Aqua (Deep)	Claire
	10.30 - 11.15	BodyBalance	Sally
	10.30 - 11.15	Vibe	Sue
	11.00 - 12.00	Active for Life	Becky
	11.00 - 11.45	Aqua Class (Shallow)	Claire
	12.15 - 13.00	Sport Hall Circuits	Lisa
	17.00 - 17.45	Vibe	SJ
	18.00 - 18.45	RPM	Ange
	18.00 - 19.00	BodyStep	Kirstie
	18.15 - 19.00	Stretch	Sharleen
	19.00 - 19.45	Spin	Becky
Tuesday	09.30 - 10.15	Spin	Sally
	09.30 - 10.15	Combo	Sarah
	10.15 - 11.00	Sh'bam	Natalie
	10.30 - 11.15	BodyBalance	Sally
	11.15 - 12.00	BodyPump	Sally
	12.15 - 13.00	Spin	Sally
	12.15 - 13.00	BodyCombat	Michelle
	13.00 - 14.00	Pilates	Jan
	17.00 - 18.00	Yoga	Katy
	18.00 - 18.45	RPM	Susan
	18.00 - 19.00	BodyPump	Michelle
	19.00 - 19.45	Vibe	SJ
	19.00 - 20.00	Boxing Blitz	Michelle
	20.00 - 21.00	BodyAttack	Emma
Wednesday	09.30 - 10.15	RPM	Sarah
	09.30 - 10.30	BodyAttack	Emma
	10.15 - 11.00	Aqua Class (Deep)	Kirstie
	10.30 - 11.00	Start Up	Contours Team
	10.30 - 11.15	Vibe	SJ
	11.00 - 11.45	Aqua Class (Shallow)	Kirstie
	11.00 - 12.00	Active for Life	Becky
	12.15 - 13.00	BodyBalance	Sally
	12.15 - 13.00	Legs, Bums & Tums	Emma
	12.15 - 13.00	HIIT	Contours Team
	17.15 - 17.45	Sprint	Ange
	17.30 - 18.00	Fat Blast	Contours Team
	18.00 - 18.45	RPM	Ange
	18.00 - 19.00	Legs, Bums & Tums	Lynne
19.00 - 19.45	BodyBalance	Lynne	
19.00 - 19.45	RPM	Scott	
19.00 - 19.30	Aqua Zumba	Lisa	
19.00 - 19.30	BodyAttack	Emma	
19.30 - 20.00	GRIT Strength	Emma	
20.00 - 21.00	Boxing Blitz	Danny	

Stour Centre			
Day	Time	Class	Instructor
Thursday	06.45 - 07.45	BodyCombat	Michelle
	09.30 - 10.15	Legs Bums & Tums	Sharon
	09.30 - 10.30	BodyBalance	Sally
	09.30 - 10.15	Vibe	Sue
	10.30 - 11.00	Abs Blast	Sue
	11.15 - 11.45	GRIT Strength	Emma
	12.15 - 13.00	Vibe	SJ
	12.00 - 12.45	Paracise	Becky
	13.00 - 14.00	Pilates	Jan
	18.00 - 18.30	GRIT Strength	Emma
	18.00 - 18.45	Spin	Sarah
	18.30 - 19.00	CXWorx	Emma
	19.00 - 19.30	Sprint	Sarah
	19.00 - 20.00	BodyStep	Kirstie
20.00 - 21.00	BodyPump	Andy	
Friday	07.00 - 07.30	Fat Blast	Contours Team
	09.30 - 10.15	BodyCombat	Michelle
	09.30 - 10.15	RPM	Sarah
	10.30 - 11.15	BodyPump	Michelle
	10.30 - 11.15	Aqua Class (Deep & Shallow)	Lisa
	10.30 - 11.00	Sprint	Sarah
	11.30 - 12.30	Active for Life	Claire
	12.15 - 13.00	Fat Blast	Contours Team
	12.30 - 13.15	BodyBalance	Natalie
	18.00 - 18.45	Spin	Becky
	18.00 - 18.45	Sh'bam	Lisa
	18.30 - 19.15	Stretch	Sharleen
	19.00 - 20.00	BodyCombat	Clare
	20.00 - 20.30	CXWorx	Emma
20.30 - 21.00	GRIT Strength	Emma	
Saturday	08.15 - 08.45	Sprint	Sarah
	08.15 - 09.00	BodyBalance	Sally
	09.00 - 09.45	Vibe	Hayley
	09.00 - 10.00	BodyAttack	Sally
	10.00 - 11.00	BodyPump	Sally
	08.15 - 09.00	BodyBalance	Ange
Sunday	09.00 - 09.30	HIIT	Contours Team
	09.00 - 10.00	BodyPump	Michelle
	09.15 - 09.45	Sprint	Ange
	10.00 - 10.45	Vibe	SJ
	10.15 - 11.00	Sh'Bam	Jon
	12.30 - 13.00	Fat Blast	Contours Team
	17.00 - 18.00	BodyPump	Hester
	18.15 - 19.00	BodyBalance	Hester

Julie Rose Stadium			
Day	Time	Class	Instructor
Monday	09.30 - 10.15	Spin	Sarah
	10.45 - 11.30	Walk/Jog	Danny
	18.00 - 18.45	HIIT	Lisa
	19.00 - 20.00	Bootcamp	Danny
	19.00 - 20.00	Yoga (Beginners)	Katy
Tuesday	19.00 - 20.00	Yoga (Intermediate)	Katy
	19.00 - 20.00	Sh'bam	Lisa
Wednesday	09.30 - 11.00	Yoga (Beginners)	Katy
	09.30 - 10.15	Spin	Becky
	09.30 - 10.15	Walk/Jog	Jon
Thursday	12.15 - 13.00	Legs, Bums & Tums	Sarah
	09.30 - 10.30	Legs, Bums & Tums	Emma
Friday	15.15 - 16.00	Walk/Jog	Jon
	10.45 - 11.30	Walk/Jog	Danny
Saturday	18.00 - 19.00	Zumba	Kelly
	09.00 - 09.45	Powerhoop	Lisa
	09.45 - 10.30	Zumba	Lisa

**Virtual Classes at the Stour Centre**

Day	Time	Class
Monday	06.45 - 07.30	RPM 45
	08.00 - 08.30	RPM 30
	11.30 - 12.00	RPM 30
	12.15 - 12.45	RPM 30
	13.00 - 13.45	RPM 45
	14.00 - 14.45	RPM 45
	16.00 - 16.30	RPM 30
Tuesday	06.45 - 07.15	RPM 30
	08.00 - 08.45	RPM 45
	10.30 - 11.00	RPM 30
	11.15 - 12.00	RPM 45
	13.15 - 13.45	RPM 30
	14.00 - 14.30	RPM 30
	16.00 - 16.45	RPM 45
Wednesday	06.45 - 07.30	RPM 45
	08.00 - 08.30	RPM 30
	11.30 - 12.00	RPM 30
	12.15 - 13.00	RPM 45
	13.15 - 13.45	RPM 30
	14.00 - 14.45	RPM 45
	16.00 - 16.30	RPM 30
Thursday	06.45 - 07.30	RPM 45
	08.00 - 08.45	RPM 45
	10.30 - 11.00	RPM 30
	11.15 - 12.00	RPM 45
	13.15 - 13.45	RPM 30
	14.00 - 14.45	RPM 45
	16.00 - 16.45	RPM 45
17.15 - 18.00	RPM 45	
20.00 - 20.45	RPM 45	

**Colour codes:**  
  River Studio  
  Spin Studio  
  New Studio  
  Pool  
  Hall  
  Gym Floor



All information is correct at time of publication but is subject to change without notice. Please speak to a member of the reception team at the relevant site if you require any further information on the classes available.

## Abs Blast

Strengthen your core muscles and assist the fat burning with simple low and medium intensity exercises.

## Active for Life

Designed for those who would benefit from a gentle class, but need to improve cardiovascular fitness and muscular strength. Ideal for those recovering from illness or injury, or the 50+ age group.

## Aqua (Shallow & Deep)

A non weight bearing class in the water combining movement and water resistance to give you a fantastically effective workout. You should be confident in the water for Deep Aqua classes.

## Aqua Zumba

Aqua Zumba blends Zumba moves with resistance. For one pool party you cannot miss!

## Les Mills BodyAttack™

A great cardio workout based on sports conditioning training with a motivating soundtrack.

## Les Mills BodyBalance™

A dynamic yoga based class that lengthens and strengthens your body, improves joint mobility, enhances muscle suppleness and releases tension.

## Les Mills BodyPump™

The fastest way to get in shape! Whether you want to tone up or improve strength this non impact barbell class is suitable for all. No co-ordination required.

## Les Mills BodyStep™

A high energy class with simple to follow choreography using a step platform.

## Les Mills BodyCombat™

An exciting workout combining powerhouse moves and stances from a range of self defence disciplines. Suitable for all.

## Boxing Blitz

An interval training workout, using a circuit format and focus pads and gloves. Suitable for all abilities!

## Circuits/ Bootcamp

High intensity cross training classes using a variety of different exercises and disciplines to give you an all over workout.

## Combo

A mixture of aerobics, step, strengthening and abdominal work - suitable for all.



## CXWorx

Based on cutting edge scientific research, this 30 minute programme is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and 'slings' connecting the upper and lower body, this workout will leave you looking good and feeling strong.

## Fat-Blast

Body sculpting, fat burning, medium intensity circuit. Delivered around the functional training rig.

## GRIT Strength

Styles: Plyo, Cardio, Strength. A 30 minute high intensity interval training workout to get fit fast. Designed to improve strength, build lean muscle and burns calories for hours after your workout.

## HIIT

High Intensity, fast paced circuit designed to push you to your limit. Delivered around the functional training rig.

## Legs Bums & Tums

A tone and sculpt class designed to target those problem areas.

## Les Mills Virtual RPM™

This 30 or 45 minute indoor cycling class is set to the rhythm of motivating music. It burns lots of calories, gets you fit and leaves you feeling euphoric. Fitness on demand with an on screen instructor.

## Les Mills Sprint™

A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

## Pilates

A great class for improving core stability by increasing strength and flexibility in those all important postural muscles.

## Powerhoop

A fun and effective way to slim your waist, build core stability and tone the muscles in your stomach, lower back, glutes, hips and thighs.

## Les Mills RPM™

Born from the sport of cycle racing, RPM uses simulated climbs and sprints in a workout where you control the intensity. Discover the athlete within.

## Les Mills Sh'bam™

Free yourself with the hottest new workout with fun moves and shakin' tunes. Sh'bam will get you in the fat burn zone without the hardwork workout, improve coordination, increase cardiovascular fitness through interval training peaks and you'll have so much fun you'll forget you're exercising!

## Paracise

Gentle on the joints yet stimulating to muscle memory. Low level intensity, standing based exercise.

## Start Up

Low intensity circuit designed for every day fitness around the functional training rig.

## Stretch

Increasing flexibility through stretching is one of the basic components of physical fitness.

## Vibe Cycle/Spin

A freestyle instructor led group cycling class. Upbeat and motivating with feelgood music to inspire and get you buzzing with energy.

## Vibe Power

A barbell and dumbbell freestyle workout utilising low reps, high resistance and power. Promotes fat loss and lean muscle.

## Zumba

A great workout to Latino beats and rhythms.



**Stour Centre**, Station Approach, Ashford, Kent TN23 1ET Telephone: 01233 663503  
**Julie Rose Stadium**, Willesborough Road, Ashford, Kent TN24 9QX Telephone: 01233 613131