

Class Descriptions

Group Exercise Programme

TONING & STRENGTH

BODYPUMP™ - is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

FAB ABS - a 30 minute class focusing on the abdominals and obliques. All abilities welcome to this class and a great way to complete your fitness programme.

L.B.T - this low-impact class combats the most common problem areas using simple and effective resistance exercises.

STABILITY BALL - This fun exercise class uses stability balls and weighted balls to provide both an aerobic and challenging body conditioning workout.

FIT BALL - Fit ball is a unique workout that offers toning, strength building and stability exercises that cannot be found with any other exercises. Have a good time while moving to music, improve balance, co-ordination, and cardiovascular development

WATER WORK OUT

AQUA - a shallow water based class, which is fun and effective for a whole body workout. You can work out at your own pace and do not need to be able to swim.

HIGH ENERGY

STEP - step up your fitness with this ultimate step class and the fastest way to tone butts and thighs. Beginners and enthusiasts will experience a challenging workout that delivers fast results... lots of fun!

STUDIO CYCLING - the ultimate indoor cycling experience. A cycle workout taking you on a sensational journey with music that will motivate and move you and get you to your fitness goals.

UNWIND – RE-ENERGISE

BODY BALANCE - is the yoga, T'ai chi and Pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

YOGA – yoga refers to the practice of harmonising the mind and body. Yoga classes will increase your range of motion, facilitate relaxation and release tension through focusing on posture alignment and breathing

KIDS ACTIVITIES

TEEN SOLLutions - a teen gym session for young adults aged between 11 – 15 years. Fun workouts using the cardiovascular gym equipment only.

DANCE

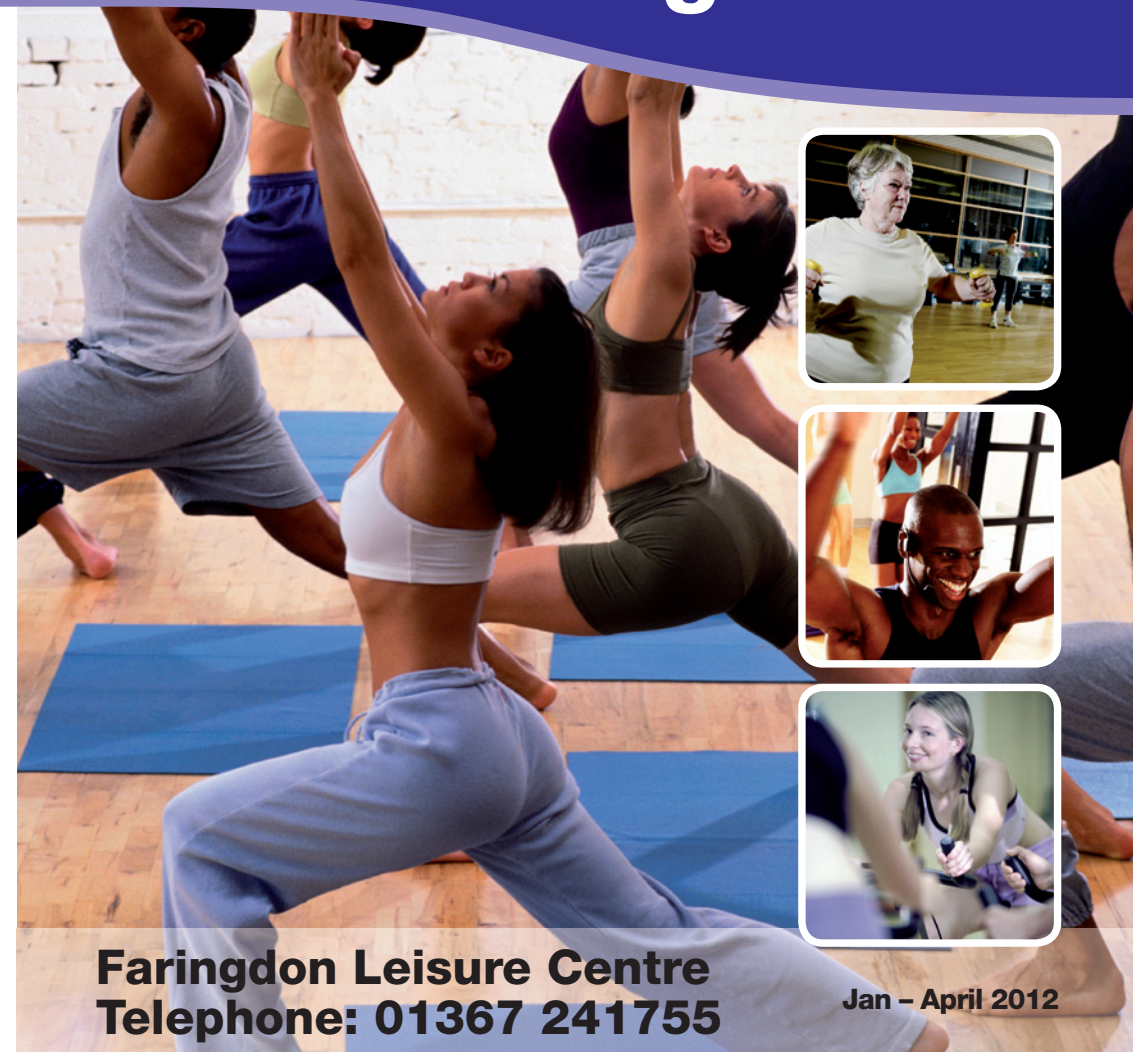
DANCEFIT - DanceFit is a new class, combining dance and fitness together for a fun and alternative workout.

PARENT AND TODDLER DANCE - why not let you and your little one learn, exercise, improve co-ordination and have fun through dance.

SALSACISE - Salsacise classes combine salsa dance and group exercise to improve your fitness level and feel great. Whether you're an experienced dancer, or simply a beginner, this class is guaranteed fun.

ZUMBA - Using upbeat Latin music together with cardiovascular exercise, Zumba is aerobic dancing that is easy to learn and at the same time fun. If you enjoy high energy, motivating music, and like to try unique moves and combinations, Zumba is for you.

STREET DANCE: street dance is energetic and a great way to get in shape whilst you have fun!



Faringdon Leisure Centre
Telephone: 01367 241755

Jan – April 2012

www.soll-leisure.co.uk

www.soll-leisure.co.uk

Group Exercise Programme

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.00 – 10.00	07.00-07.45 Studio Cycling Studio ^{NEW}					09.00-10.00 BODYPUMP® Studio	09.00-10.00 BODYBALANCE® Studio ^{NEW}
10.00 – 17.00	10.30-12.00 Yoga Studio	10.30-11.15 Stability Ball SQ Court 2 * 11.30-12.30 BODYPUMP® SQ Court 1 *	10.00-10.45 Parent & Toddler Dance & Movement Studio	10.00-10.30 Studio Cycling SQ Court 2 * 10.30-11.00 Fab Abs SQ Court 1 *	10.00-11.00 Zumba® SQ Court 1 * 11.00-11.45 BODYPUMP® SQ Court 1 * 11:30-12:15 Aqua Pool * 12:00-13:00 BODYBALANCE® SQ Court 2 *	10.15-11.00 Studio Cycling Studio	10.00-11.00 BODYPUMP® Studio
	15.30-16.30 Teen SOLLutions	13.20-14.20 Teen SOLLutions	15.30-16.30 Teen SOLLutions	15.30-16.30 Teen SOLLutions	13.20-14.20 Teen SOLLutions		
17.00 - 22.00	18.00-18.45 Studio Cycling Studio ^{NEW}	18.00-18.45 Studio Cycling Studio	18.00-18.45 Studio Cycling Studio	18.00-19.00 Yoga Studio	18.00-18.45 Studio Cycling Studio		
	18.00-18.45 Super Circuits Sports Hall ^{NEW}	19.00-20.00 Step Studio	19.00-19.45 Zumba® Sports Hall ^{NEW}	19.00-20.00 LBT Sports Hall	19.00-19.45 Fit Ball Studio ^{NEW}		
	19.00-20.00 BODYPUMP® Studio	20.00-20.45 Salsacise Studio	19.00-20.00 BODYPUMP® Studio	19.00-19.45 Street Dance Studio ^{NEW}			
	20.00-20.45 Aqua Pool		20.00-21.00 BODYBALANCE® Studio	20:00-20:45 Boxercise Sports Hall			
	20:00-20:45 DanceFit Studio						









Could we be SAVING you money?

Group Exercise Multi Buy Passes Available
12 sessions for the price of 10

SOLLutions Memberships from less than £1 per day*
*conditions apply

For further information please contact our Customer Advisor team on
01367 241755

Key:

	Dance		Crèche Available
	Toning & Strength		Course/ members discount applies
	Water Work Out		
	Unwind - Re-energise		
	High Energy		
	Kids Activities		

Bookings & Cancellations

- Members can book up to 10 days in advance.
- Non-members can book 7 days in advance with payment required at the time of booking.
- When booking classes, all members must produce their membership cards.
- No Shows - Members and non-members must give 24 hours notice to cancel a class. If notice is not given then both non-members and members will be charged for the class at non members rate.

Price Information

SOLLutions Unlimited
SOLLutions Family
SOLLutions Bonus
NON-members

Class Price

FREE
FREE
FREE / £6.00 after 17.00
£6.00

*Crèche

FREE
FREE
FREE
£3.20

Crèche Times

Tuesday 10:30 – 13:30
Thursday 10:00 – 12:00
Friday 10:00 – 13:00

www.soll-leisure.co.uk