

Wednesday 2nd January - Sunday 24th February 2019


C = CARDIO; P = POOL; G = GYM

S = STUDIO; O = OUTSIDE

Level 1 (L1) Classes are introductory or lower intensity. If you are new to the Academy Health Club L1 Classes are a great starting point!

Over 60 Classes on the menu to inspire & transform Mind, Body & Spirit

Monday

6:30 – 7:15 am Pilates (C) Instructor Jeannie 

8:30 am – 9:00 am Stroke Technique for Swimmers (P) Instructor Tracey

9:15 – 10:00 am Spinning (S) Instructor Tracey (Level 1-2) 


9:15 - 10:25 am Freestyle Fitness Yoga (C) Inst. Jeannie (Level 1-2) 

10:30 – 11:30 am Evergreens (50+ Shape & Tone) (C) Instructor Tracey (Level 1-2) 


5:00 – 5:45 pm Strength, Balance, & Flexibility 4 Sport (C) Instructor Richard (Level 1-2)

6:00 – 6:30 pm Swim Lesson for Adult Beginners/Int (P) Instructor George & Lin (L1) or 6:00 – 6:45 pm Spinning (S) Inst. Richard

6:00 – 7:00pm Yoga (C) Instructor Naomi or 6:30 – 7:30 pm Aquafit (shallow) (P) Instructor Lin (L1)

7:00 – 7:45 pm SPINtelligence (S) Instructor Shep  (Level 1-2)


7:00 – 8:00 pm "Boot-Camp" Circuits (C) Instructor Richard (Level 3) 


8:00 – 9:00 pm Pilates (C) Instructor Jeannie 

8:30 – 9:30 pm Adult Swim Fitness/Masters (P) Instructor Emma

Tuesday

9:00 – 9:30 am Dive Academy (P) Instructor Emma

9:00 – 9:45 am Gym Circuits (G) Instructor Tracey (Level 1- 2) 

10:00 – 10:45 am Studio Circuits (C) Instructor Paul (Level 1- 2) 


11:00 – 12:00 pm Aquafit (Deep water) (P) Instructor Tracey

1:30 – 2:00 pm Swim Lesson for Adult Beginners/Int (P) Instructor Emma (Level 1)

5:00 - 5:45 pm PowerFit (C) Instructor Richard

6:00 – 7:00 pm Pilates Instructor Jeannie (C) or 6:00 – 7:00 pm Endurance Spin (1 hr) (S) Inst. Rich (Level 2-3)

7:00 – 8:00 pm HIIT (C) Instructor Jeannie or 7:15 – 8:00 pm Spinning (S) Instructor Martin


8:00 - 9:00 pm Freestyle Fitness Yoga (c) Instructor Jeannie (Level 1- 2) 

Wednesday

6:30 am Coffee Run (Start & Finish at Academy to receive 50% off your morning coffee!) 

9:15 – 10:00 am Spinning (S) Instructor Paul (Level 1- 2)

9:30 – 10:15 am Aquafit (Deep) (P) Instructor Tracey

11:00 – 12:00 pm Core N Stretch (C) Instructor Paul (Level 1) 

12:15 pm – 12:45 pm Stroke Technique for Swimmers (P) Instructor Emma

New for January 6:00 – 6:45 pm Kettlebell Strength & Cardio HIIT Workout (C) Instructor Jeannie 

6:00 – 7:00 pm Aquafit (Shallow water) (P) Instructor Lin (Level 1)

6:15 – 7:15 pm Gym Circuits (G) Instructor Martin  or 6:15 – 7:00 pm Spinning (S) Instructor Richard 


New for January 7:00 – 7:45 pm Align and Define (Body weight exercises) (C) Instructor Jeannie (L1)

New for January 8:00 – 8:45 pm Mid-Week Mindfulness (Exercises to de-stress & calm the mind & body) (C) Instructor Jeannie (L1)


Thursday

8:30 am – 9:00 am Stroke Tech for Swimmers (P) Inst. Tracey

9:15 – 10:00 am PowerFit (C) Inst. Richard

10:45 – 11:45 am Fitness Pilates (C) Instructor Tracey (Level 1) 

11:00 – 12:00 pm Aquafit (Shallow water) (P) Instructor Emma (Level 1)

2:00 – 3:00 pm Strength N Tone (G) Instructor Paul (Level 1) 


5:00 – 5:45 pm Powerfit (C) Instructor Richard


6:00 – 6:45 pm Spinning (S) Instructor Richard or 6:00 – 7:00 pm Yoga (C) Instructor Pippa (Level 1)

7:00 – 8:00 pm HIIT Strength (C) Instructor Jeannie


8:00 – 9:00 pm Pilates (C) Instructor Jeannie or 8:30 – 9:30 pm Swim Technique (Advanced) (P) Instructor Tracey


Friday

9:15 – 10:00 am Spinning (S) Instructor Martin 

10:00 – 11:00 am Pilates (C) Instructor Jeannie 

11:00 – 12:00 pm Aquafit (shallow water) (P) (Level 1) Instructor Tori

5:30 – 6:30 pm Pilates (C) Instructor Jeannie or 6:00 – 6:45 pm Spinning (S) Instructor Richard 

7:00 – 8:00 pm Zumba (C) Instructor Megan 

Saturday


7:30 – 8:30 am Adult Swim Fitness & Masters (P) Instructor Mike


8:00 – 8:45 am Spinning (S) Instructor Richard

8:30 – 9:00 am Swim Lesson Adult Beginners/Intermediates (P) Instructor George (Level 1)

9:00 – 9:45 am Tabata (C) Instructor Richard

Sunday

10:30 – 11:15 am Fitness Pilates (C) Instructor Tracey (Level 1) 

Swim & Sport Special – Enjoy a swim after your "pay as you go class" for only £2.00 Classes included in this offer are denoted with 

CLASSES AVAILABLE TO ACADEMY FULL MEMBERS (COMPLIMENTARY) & NON-MEMBERS £6.25 BOOKING ADVISED - SPACES LTD. CALL 01278 785909 TO BOOK

"ACADEMY 1:1" SPORTS COACHING, HEALTH & WELLNESS PROGRAMS, FITNESS CONCEPTS UNIQUE TO YOU. CONTACT RECEPTION FOR FURTHER DETAILS

