

### PILATES

Pilates is a mind and body conditioning exercise programme that targets the deep postural muscles of the abdomen and spine to improve central core stability and posture.

### YOGA

A breath-centred yoga class encouraging self-awareness and exploration through a range of postures, simple pranayama (breath work) and relaxation techniques with some relevant philosophy woven in to give a focus for our practice. Suitable for all abilities.

### HIIT

A high intensity cardiovascular workout where you can achieve incredible results in just 45 minutes! This class combines shorter, high intensity bouts of exercise with regular rest intervals - maximising intensity.

### MATURE MOVERS

Stay active with our Mature Movers exercise class. It improves strength, flexibility and helps you lose weight and stay healthy.

### AQUA FIT

A gentle, fun and effective water based class suitable for all levels of fitness and especially good for joint problems. Also suitable for pre and post-natal exercise.

### SWIM FIT

Get results and achieve your goal, whether it is to lose weight, tone up, improve technique, or just to become fitter and stronger. Get active today with Swim Fit! **Must be able to swim 100m without stopping.**

### SWIM SMART

Coached by British Masters Champion Nikki Harris, this session caters for beginners to competitive swimmers & concentrates on swimming fitness, drills & stroke development. **Must be able to swim 100m freestyle.**

### ZUMBA®

Join the party! Zumba fuses hypnotic Latin rhythms and easy to follow moves. This 45 minute body energizing class is great for fat burning and working those core muscles.

### CIRCUITS

Circuit training is a form of endurance/resistance training using high-intensity aerobics. It targets strength building and endurance. Open to non-members | £6.00.

### JUNIOR CIRCUITS

This class is for juniors aged 8-16 years old, run by our personal trainers. It helps improve fitness, strengthen muscles and tone up! This is a great fun class for junior members of all fitness abilities. Open to non-members | £4.00.

### LEGS, BUMS & TUMS

Tone up and feel great, every Wednesday with Jayne. Our LBT class is packed full of moves that will target and strengthen our thighs, glutes and abdomen! This workout is low impact and suitable for all abilities.

### STEP

A fun and challenging class designed to target your legs, bum and tum. Step is a great way to burn fat, shape, tone, and build muscle.

### CLIP & CLIMB

An indoor climbing session. One hour of auto belay climbing with a qualified instructor. For adults and children over 5 years. Open to non-members. Fees apply. Ask Reception for current prices.

### PIYO

PIYO is a low impact class that uses dynamic and continuous flowing sequences to stretch and strengthen your muscles, as well as working up a sweat!

### BODY CONDITIONING

Combines lower and upper body exercises with the use of free weights and body weight resistance exercises. Get great results from this high calorie burning class.

### ULTIMATE SPIN

Looking to challenge yourself to see how fit you are? Then why not try this class! A dynamic, motivating group cycling class to improve the health of the heart and lungs.

## LES MILLS BODYPUMP

### BODY PUMP - GET LEAN, TONE MUSCLES, GET FIT

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. BODYPUMP gives you a total body workout. It will burn up to 540 calories! Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music. You'll leave the class feeling challenged and motivated, ready to come back for more.

## LES MILLS GRIT

### GRIT - THE BEST HIIT WORKOUT ON THE PLANET

Get ready to add HIIT workouts to your life with three unique Les Mills Grit™ workouts and take your fitness to the next level. You'll be addicted to the results. These HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn.

## LES MILLS RPM

### RPM - YOUR ROAD TO FITNESS

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session with great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

## LES MILLS BODYCOMBAT

### BODY COMBAT - UNLEASH YOUR INNER WARRIOR

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A Les Mills™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

## LES MILLS sprint

### SPRINT - SPEED UP RESULTS

A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

## LES MILLS BODYATTACK

### BODY ATTACK! - FIND YOUR ATHLETIC POTENTIAL

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. A Les Mills™ instructor will pump out energizing tunes and lead you through the workout, challenging your limits in a good way, burning up to 555 calories and leaving you with a sense of achievement.



ST MARY'S CALNE  
SPORTS CLUB

# GROUP FITNESS TIMETABLE

Valid from 1st September 2025

FOLLOW US ON



Lifestyle  
Active Life  
Healthy Life  
Live Life

# GROUP FITNESS TIMETABLE

## MONDAY

06:45 - 07:30 RPM™ Aleta	LES MILLS RPM
08:00 - 09:00 YOGA Ami	
09:30 - 10:15 BODY CONDITIONING Jackie	
10:30 - 11:15 MATURE MOVERS Jackie (Sports Hall)	
17:00 - 18:15 YOGA Ami	
17:15 - 18:00 HIIT Aimee (Sports Hall)	
18:30 - 19:00 SPRINT™ Helen	LES MILLS sprint
19:15 - 20:00 ZUMBA® Lorra/Sandra	ZUMBA
19:30 - 20:30 SWIM FIT Nikki	

This timetable is correct at time of print. Classes and times are subject to change at any time. Please check at Reception for the latest version.

## TUESDAY

06:45 - 07:15 GRIT™ Lorra	LES MILLS GRIT
09:30 - 10:15 RPM™ Sabina	LES MILLS RPM
10:30 - 11:30 PILATES Gabrielle	
11:00 - 12:00 PILATES Vince (Sports Hall)	
12:05 - 13:05 PILATES Vince	
17:00 - 18:15 YOGA Ami	
18:30 - 19:15 AQUA FIT Tanya/Caleb	
18:30 - 19:15 BODY PUMP™ Helen	LES MILLS BODYPUMP
19:30 - 20:30 PILATES Vince	
20:30 - 21:30 PILATES Vince	



## WEDNESDAY

06:45 - 07:30 BODY PUMP™ Sabina	LES MILLS BODYPUMP
08:00 - 09:00 PILATES Gabrielle	
09:30 - 10:15 LEGS, BUMS & TUMS Jayne	
10:30 - 11:30 MATURE MOVERS Valerie	
17:15 - 18:00 LEGS, BUMS & TUMS Valerie	
18:15 - 19:00 ZUMBA® Tanya	ZUMBA
19:15 - 20:00 RPM™ Aleta	LES MILLS RPM
20:15 - 20:45 SPRINT™ Aleta	LES MILLS sprint

### WARNING:

Strobe lighting may be used in our fitness classes.

Please inform the instructor if you have any medical conditions that we should be aware of.

Thank you.

## THURSDAY

06:45 - 07:15 GRIT™ Lorra	LES MILLS GRIT
08:00 - 08:45 PIYO Aleta	
09:00 - 09:45 PIYO Aleta	
10:00 - 10:45 AQUA FIT Tanya/Caleb	
10:00 - 10:45 MATURE MOVERS Valerie	
11:00 - 11:45 MATURE MOVERS Jackie	
17:30 - 18:15 BODYATTACK™ Charley	LES MILLS BODYATTACK
17:45 - 18:30 CIRCUITS (Sports Hall) Fitness Team	
18:30 - 19:20 ULTIMATE SPIN Jan	
18:45 - 19:30 ZUMBA® Sandra (Sports Hall)	ZUMBA
19:30 - 20:30 SWIM SMART Nikki	
19:35 - 20:35 BODY PUMP™ Lorra	LES MILLS BODYPUMP

## FRIDAY

09:15 - 10:00 BODY COMBAT™ Sabina	LES MILLS BODYCOMBAT
10:15 - 10:45 SPRINT™ Sabina	LES MILLS sprint
17:00 - 18:00 CLIP & CLIMB Fitness Team	
17:30 - 18:30 STEP Valerie	
18:45 - 20:15 YOGA Ami	

## SATURDAY

08:00 - 08:45 RPM™ Aleta	LES MILLS RPM
09:00 - 09:45 ZUMBA® Lorra/Sandra	ZUMBA
10:00 - 10:45 JUNIOR CIRCUITS Fitness Team	
<b>SUNDAY</b>	
08:00 - 08:45 BODY PUMP™ Helen	LES MILLS BODYPUMP

### Studio, Fitness and Activity Bookings

By phone - 01249 857335

On Our App - Search for St Mary's Health  
Online - <https://stmaryssportscentre.co.uk/LhWeb>

Class cancellations should be made at least **two hours** in advance of the class start time otherwise a non attendance fee of £4 will be charged. Maximum class occupancies apply.

We hope you enjoy your class.

Strength & Condition	Water Based Activity	Cardio/Aerobic	Mind & Body
HIIT	Dance/Aerobic	Cycling	Other