

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.

FOLLOW US ON



LesMills 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.

LesMills 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.

LesMills 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.

LesMills 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.

LesMills 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.

LesMills 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

Lifestyle
Active Life
Healthy Life
Live Life

GROUP FITNESS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY								
06:45 - 07:30 RPM™ Aleta 	06:45 - 07:15 GRIT™ Lorra 	06:45 - 07:30 BODY PUMP™ Sabina 	06:45 - 07:15 GRIT™ Lorra 	09:15 - 10:00 BODY COMBAT™ Sabina 	08:00 - 08:45 RPM™ Aleta 								
08:00 - 09:00 YOGA Ami	09:30 - 10:15 RPM™ Sabina 	08:00 - 09:00 PILATES Gabrielle	08:00 - 08:45 PIYO Aleta	10:15 - 10:45 SPRINT™ Sabina 	09:00 - 09:45 ZUMBA® Lorra/Sandra 								
09:30 - 10:15 BODY CONDITIONING Jackie	10:30 - 11:30 PILATES Gabrielle	09:30 - 10:15 LEGS, BUMS & TUMS Jayne	09:00 - 09:45 PIYO Aleta	17:00 - 18:00 CLIP & CLIMB Fitness Team	10:00 - 10:45 JUNIOR CIRCUITS Fitness Team								
10:30 - 11:15 MATURE MOVERS Jackie (Sports Hall)	11:00 - 12:00 PILATES Vince (Sports Hall)	10:30 - 11:30 MATURE MOVERS Valerie	10:00 - 10:45 AQUA FIT Tanya/Caleb	17:30 - 18:30 STEP Valerie	SUNDAY								
17:00 - 18:15 YOGA Ami	12:05 - 13:05 PILATES Vince	17:15 - 18:00 LEGS, BUMS & TUMS Valerie	10:00 - 10:45 MATURE MOVERS Valerie	18:45 - 20:15 YOGA Ami 	08:00 - 08:45 BODY PUMP™ Helen 								
17:15 - 18:00 HIIT Aimee (Sports Hall)	17:00 - 18:15 YOGA Ami	18:15 - 19:00 ZUMBA® Tanya 	11:00 - 11:45 MATURE MOVERS Jackie	17:30 - 18:15 BODYATTACK™ Charley 	Studio, Fitness and Activity Bookings								
18:30 - 19:00 SPRINT™ Helen 	18:30 - 19:15 AQUA FIT Tanya/Caleb	19:15 - 20:00 RPM™ Aleta 	17:45 - 18:30 CIRCUITS (Sports Hall) Fitness Team	By phone - 01249 857335									
19:15 - 20:00 ZUMBA® Lorra/Sandra 	18:30 - 19:15 BODY PUMP™ Helen 	20:15 - 20:45 SPRINT™ Aleta 	18:30 - 19:20 ULTIMATE SPIN Jan	On Our App - Search for St Mary's Health									
19:30 - 20:30 SWIM FIT Nikki	19:30 - 20:30 PILATES Vince	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.	18:45 - 19:30 ZUMBA® Sandra (Sports Hall) 	Online - https://stmaryssportscentre.co.uk/LhWeb									
<p>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.</p>		<p>19:30 - 21:30 PILATES Vince</p>		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.									
				<table border="1"> <tr> <td>Strength & Condition</td> <td>Water Based Activity</td> <td>Cardio/ Aerobic</td> <td>Mind & Body</td> </tr> <tr> <td>HIIT</td> <td>Dance/ Aerobic</td> <td>Cycling</td> <td>Other</td> </tr> </table>		Strength & Condition	Water Based Activity	Cardio/ Aerobic	Mind & Body	HIIT	Dance/ Aerobic	Cycling	Other
Strength & Condition	Water Based Activity	Cardio/ Aerobic	Mind & Body										
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