

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 2 February 2026

Lifestyle
Active Life
Healthy Life
Live Life

GROUP FITNESS TIMETABLE

MONDAY

06:45 - 07:30 RPM™ Aleta	06:45 - 07:15 GRIT™ Lorra
08:00 - 09:00 YOGA Ami	09:30 - 10:15 RPM™ Sabina
09:30 - 10:15 BODY CONDITIONING Jackie	10:30 - 11:30 PILATES Gabrielle
10:30 - 11:15 MATURE MOVERS Jackie (Sports Hall)	11:00 - 12:00 PILATES Vince (Sports Hall)
17:00 - 18:15 YOGA Ami	12:05 - 13:05 PILATES Vince
17:15 - 18:00 HIIT Aimee (Sports Hall)	17:00 - 18:15 YOGA Ami
18:30 - 19:00 SPRINT™ Helen	18:30 - 19:15 AQUA FIT Tanya/Caleb
19:15 - 20:00 ZUMBA® Lorra/Sandra	18:30 - 19:15 BODY PUMP™ Helen
19:30 - 20:30 SWIM FIT Nikki	19:30 - 20:30 PILATES Vince

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	06:45 - 07:30 BODY PUMP™ Sabina
09:30 - 10:15 RPM™ Sabina	08:00 - 09:00 PILATES Gabrielle
10:30 - 11:30 PILATES Gabrielle	09:30 - 10:15 LEGS, BUMS & TUMS Jayne
11:00 - 12:00 PILATES Vince (Sports Hall)	10:30 - 11:30 MATURE MOVERS Valerie

WEDNESDAY

06:45 - 07:30 BODY PUMP™ Sabina	06:45 - 07:15 GRIT™ Lorra
08:00 - 09:00 PILATES Gabrielle	08:00 - 08:45 PIYO Aleta
09:30 - 10:15 LEGS, BUMS & TUMS Jayne	09:00 - 09:45 PIYO Aleta
10:30 - 11:30 MATURE MOVERS Valerie	10:00 - 10:45 AQUA FIT Tanya/Caleb
17:15 - 18:00 LEGS, BUMS & TUMS Valerie	10:00 - 10:45 MATURE MOVERS Valerie
18:15 - 19:00 ZUMBA® Lorra	11:00 - 11:45 MATURE MOVERS Jackie
19:15 - 20:00 RPM™ Aleta	17:30 - 18:15 BODYATTACK™ Charley
20:15 - 20:45 SPRINT™ Aleta	17:45 - 18:30 CIRCUITS (Sports Hall) Fitness Team

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

09:15 - 10:00 BODY COMBAT™ Sabina	10:15 - 10:45 SPRINT™ Sabina
11:00 - 11:45 BODY CONDITIONING Sabina	17:00 - 18:00 CLIP & CLIMB Fitness Team
17:30 - 18:30 STEP Valerie	18:45 - 20:15 YOGA Ami
18:45 - 19:30 ZUMBA® Sandra (Sports Hall)	Studio, Fitness and Activity Bookings By phone - 01249 857335 On Our App - Search for Technogym app Online - https://stmaryssportscentre.co.uk/LhWeb
19:30 - 20:30 SWIM SMART Nikki	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.

FRIDAY

18:45 - 19:30 ZUMBA® Sandra (Sports Hall)	Strength & Condition	Water Based Activity	Cardio/Aerobic	Mind & Body
19:30 - 20:30 SWIM SMART Nikki	HIIT	Dance/Aerobic	Cycling	Other

SATURDAY

08:00 - 08:45 RPM™ Aleta	09:00 - 09:45 ZUMBA® Lorra/Sandra
10:00 - 10:45 JUNIOR CIRCUITS Fitness Team	10:00 - 10:45 JUNIOR CIRCUITS Fitness Team
11:00 - 11:45 BODY PUMP™ Helen	12:00 - 12:45 BODY PUMP™ Helen

SUNDAY

08:00 - 08:45 BODY PUMP™ Helen
12:00 - 12:45 BODY PUMP™ Helen

