

# Inglewood

## Class Timetable

### January 2024



Time	Class	Instructor	Gym use allowed
<b>MONDAY</b>			
07:00 - 09:00	Pool Maintenance	Staff	Yes
09:00 - 09:45	Aqua Fit	Kate	Yes
10:00 - 10:45			
11:15 - 12:15	Zumba Gold	Kate	No
13:30 - 14:30	Seated Yoga	Isobel	No
<b>TUESDAY</b>			
09:30 - 10:30	Pilates	Emma	No
10:40 - 11:40	Pilates	Kate	No
12:45 - 13:45	Tai Chi - 24 Forms	Kate	No
16:00 - 17:30	Owners and Family Swim Only		Yes
17:30 - 18:15	Aqua Fit (Not January 2 <sup>nd</sup> )	Kate	Yes
<b>WEDNESDAY</b>			
09:00 - 09:45	Aqua Fit	Kate	Yes
10:30 - 11:30	Circuit	Kate	No
14:30 - 15:30	Owner Only Gym		No
17:30 - 18:30	Yoga	Helen Bull	No
<b>THURSDAY</b>			
09:15 - 10:00	Aqua Fit (Not 21 <sup>st</sup> December)	Kate	No
09:30 - 10:30	Pilates	Sarah	No
10:40 - 11:40	Tai Chi (Not 21 <sup>st</sup> December)	Kate	No
14:00 - 14:45	Chair Fit	Kate	No
<b>FRIDAY</b>			
9:15 - 10:00	Aqua Fit	Kate	Yes
10:30 - 11:30	Healthy Daily Steps to music	Kate	No
14:00 - 15:00	General Fitness for Owners	Kate	No
<b>SUNDAY</b>			
11:00 - 12:00	Table Tennis		No
10:30 - 11:30	Owners and Family Swim Only		Yes
15:00 - 16:00	Owners Only		
16:00 - 17:00	Owners and Family Swim Only		

Advance booking required and subject to availability. Book online via Smoothbook to use the gym, pool, and for classes.

Training Program – We offer as much or as little support as you need. All owners and members will receive an induction session on first visit which includes expert fitness advice.

Personal Training – It is so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you are focusing on the right exercises. A Personal Trainer will not just help your fitness, they will help you reach your goals so much faster and have fun while you are at it.  
(Additional charges will apply)



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### [FIT STEPPING! Healthy Daily Steps to music](#)

Your recommended daily steps take over 100 minutes when you walk. Let's pick up the pace with Kate and have fun whilst you get your steps completed. Bring comfortable exercise shoes, tracksuit, sports wear or comfortable clothes to the gym.

### [AQUA](#)

Pool class, using the constant resistance of water. Buoyancy of water reduces impact on joints. Water resistance allows feedback whether you use the Aqua equipment (Dumbbells, Noodles, Gloves) or not. Standing and submerged exercise to help support range of movement. Great fun and sing along if you want. The water constantly massaging your body while you move. Your choice to go at your own pace.

### [ZUMBA GOLD](#)

Dance to worldwide rhythms with a slant towards Latin. Use aerobic routines with low impact and no twisting moves to safety suit over 55 age group.

### [CHAIR FITNESS](#)

Get active - from the comfort of a chair. Gentle seated exercises to help improve circulation and strengthen muscles and joints; helping maintain mobility.

### [CIRCUITS](#)

A class working the whole body as well as your heart and lungs, exercises can be made easier or harder depending on your needs.

### [OWNERS FAMILY SWIM](#)

Open for owner's to bring their family members to the club. [OWNERS SWIM](#) Open for owner's only, no children unless agreed by the people in the pool.

### [PILATES](#)

This concentrates on developing the strength of the core stability muscles and in doing so improves posture alignment, flexibility, endurance and strength.

### [TAI CHI](#)

Ancient Chinese medicine in the form of gentle movements and breathing. Get the life force pumping, build a good mind- body connection and develop better balance and joint strength.

### [YOGA](#)

Mindfulness in motion, Asanas (postures) and Pranayama (breathing) Vinyasa are used to strengthen and lengthen the whole body.

### [SEATED YOGA](#)

Seated mindful meditation, Asanas (postures) and Pranayama (breathing) are used to stretch, strengthen and lengthen the whole body.

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