

# April - June 2022 Timetable



	Time	Class	Location	Instructor
<b>Monday</b>	11:45 - 12:30	Pilates	Dance Studio	<b>Karen James</b>
	12:30 - 13:00	HIIT	Sports Hall	<b>Mel Conolly</b>
	17:15 - 18:00	Pilates	Dance Studio	<b>Karen James</b>
	18:15 - 19:00	Coach by Colour Spin	Spin Studio	<b>Jo Marks</b>
<b>Tuesday</b>	11:45 - 12:15	Circuits	Sports Hall	<b>Mel Conolly</b>
	12:15 - 13:00	Body Conditioning	Dance Studio	<b>Karen James</b>
	17:15 - 18:00	Body Pump	Sports Hall	<b>Nikki Knowles</b>
	18:30 - 19:15	Yoga	Dance Studio	<b>Debbie Wherlock</b>
<b>Wednesday</b>	11:45 - 12:15	5 Moves	Sports Hall	<b>Mel Conolly</b>
	12:00 - 12:45	Hatha Yoga	Dance Studio	<b>Debbie Wherlock</b>
	12:30 - 13:15	X-FIT	Sports Hall	<b>Jessica Cashmore</b>
	17:45 - 18:30	Coach by Colour Cycle	Spin Studio	<b>Jo Marks</b>
<b>Thursday</b>	11:45 - 12:30	Pilates	Dance Studio	<b>Michelle Green</b>
	12:15 - 13:00	Coach By Colour Cycle	Spin Studio	<b>Jo Marks</b>
<b>Friday</b>	11.45-12.30	Body Pump	Sports Hall	<b>Nikki Knowles</b>
	12:30 - 13:15	X-FIT	Sports Hall	<b>Jessica Cashmore</b>

## Class Descriptions

**Pilates** - A blend of strength and flexibility training to improve posture and reduce stress whilst toning and creating an efficient holistic system in sport and daily activity.

**Body Conditioning** - Body conditioning combines cardio and resistance work. A whole body experience with a range of exercise techniques that includes aerobics, floor work, weights and resistance training, you're guaranteed a varied class that will hit those areas that other workouts miss.

**Circuits** – A classic circuit training. A mixture of movements and compound exercises that engage muscles throughout your entire body. The short rest periods will allow your heart rate to stay up while refuelling your muscles. Plus, it acts as a sneaky form of cardio!

**X-Fit** - X-Fit is a strength and conditioning workout that is made up of functional movement performed at a high intensity level. These movements are actions that you perform in your day-to-day life, like squatting, pulling, pushing...Every WOD aims to be a new challenge to conquer.

**Coach By Colour Cycle** - An indoor cycle class utilising coach by colour LED system to burn calories shape up and increase stamina whilst providing real time feedback to how hard you are working. Can burn up to 600 Calories. 45 mins

**Hatha Yoga** - A gentle introduction to basic yoga postures includes meditation and stretches to improve flexibility leaving you feeling relaxed and balanced.

**5 Moves** - 5 functional body weight routines to increase your overall strength and stamina. Suitable for all levels and held outdoors weather permitting.

**HIIT** – A full body aerobic and strength conditioning workout. This interval-based class combines full body strength training with cardio bursts. Modifications for all levels.

**Body Pump** - Is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit. It uses a combination of motivating music, fantastic instructors and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.

## **Group Exercise Policy**

### **Class Etiquette**

- Water is essential for all classes.
- Any illness, injuries and pregnancies should be reported to the instructor prior to the start of the class.
- All classes must be booked via the 1Life app or at Reception.
- Members must clean down all equipment after the class has taken place.
- No Bags or coats are to be allowed in the studios due to them being a trip hazard.
- Footwear is to be worn on route to and from classes at all times.

### **Cancellation Policy**

- Upon arrival, register your attendance at reception. Failure to do this could result in your space being allocated to a member on the waiting list.
- Attendance at reception after the class has started will result in your space being allocated to an available member on the waiting list
- If you cannot make a class, please cancel your reservation at the earliest opportunity. You can do this online [www.meadhurst.co.uk](http://www.meadhurst.co.uk) , via the 1Life app, by emailing reception [MeadhurstReception@1Life.co.uk](mailto:MeadhurstReception@1Life.co.uk) or by calling 01932 763500
- Failure to cancel your class reservation will result in a cautionary email to notify you to do so on the next occasion. If a failure to cancel a class reservation occurs three times then this will lead to your account being blocked from booking onto a class for a period of one week.

