

# October-December 2021 Timetable

	Time	Class	Location	Instructor
<b>Monday</b>				
	12:30-13:00	HIIT	Sports Hall	<b>Mel Conolly</b>
<b>Tuesday</b>				
	12:15-12:45	Boxing Blast	Sports Hall	<b>Mel Conolly</b>
	17:15-18:00	Body Pump	Sports Hall	<b>Nikki Knowles</b>
	18:30-19:15	Yoga	Studio 2	<b>Debbie Wherlock</b>
<b>Wednesday</b>				
	12:30-13:00	Legs, Bums, Tums	Sports Hall	<b>Mel Conolly</b>
	12:00-12:45	Hatha Yoga	Studio 2	<b>Debbie Wherlock</b>
	17:45-18:30	Coach By Colour Cycle	Spin Studio	<b>Jo Marks</b>
<b>Thursday</b>				
	11:45-12:30	Pilates	Studio 2	<b>Michelle Green</b>
<b>Friday</b>				
	11:45-12:30	Body Pump	Sports Hall	<b>Nikki Knowles</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.

**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.

**Yoga** - An ancient form of exercise and posture that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

**Field Fitness** – A cardio strong class to build on your aerobic capacity. Shift your speed and intensity at slightly random intervals during class, challenge your pace and burning unwanted body fat while increasing your fitness.

**Boxing Blast**- Martial arts inspired class where you will kick, punch and release stress with every blow. High energy non-contact class enabling you to feel like a champion at the end of every round! 30 mins

**Legs, Bums, Tums**- A full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach. Great for weight loss or those who want to improve their fitness levels.

**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.
- BP employees/site pass holders that are Non-Members can only book onto a class at reception. There must be an available space on the class not booked by members.
- Non-Members are not permitted to use the gym.
- 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 en 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.