

EXERCISE TIMETABLE

| DAY | TIME | CLASS | INSTRUCTOR | DESCRIPTION |
|-----|------------------|------------------------------------|------------|--|
| MON | 6:15pm – 6:30pm | Flexibility | Amie | Improve your flexibility with a program of stretches. |
| | 6:30pm – 7:15pm | Circuits | Amie | A variety of exercises to challenge all major muscles in circuit format. |
| | 7:30pm – 8:15pm | Pump & Tone (B) | Amie | A structured weight class using a mixture of equipment, great for a total body workout. |
| TUE | 6:00pm – 6:30pm | Meta Fit | Emily | High intensity body weight workout. |
| | 6:30pm – 7:30pm | Zumba | Charlene | Zumba is a fusion on Latin and International music – dance themes that create a dynamic, exiting, effective fitness class! |
| | 6:30pm – 7:15pm | Shape & Tone NEW* (B) | Helen | Strengthen and tone your body in this 45-minute energising class, using a mix of equipment and body weight-based exercises. |
| | 7:30pm – 8:15pm | Pump (B) | Olga | A structured barbell class for a great total body workout. |
| | 7:30pm – 8:30pm | Freestyle Fitness Yoga (B) | Helen | Flowing Yoga moves to improve strength and flexibility. |
| WED | 6:15pm – 7:00pm | Weighty Wednesday Circuits | Amie | A variety of exercises to challenge all major muscles. |
| | 6:30pm – 7:30pm | Pilates Intermediate (B) | Kay | Pilates exercises aim to tone muscles, promote flexibility & improve posture, with a particular emphasis on strengthening the core. |
| | 7:15pm – 8:15pm | Lower Body Strength & Conditioning | Judy | Leg conditioning drills, toning the lower body, mixed with floor work to strengthen your core muscles. |
| | 7:30pm – 8:30pm | Pilates Beginners (B) | Kay | Pilates exercises aim to tone muscles, promote flexibility & improve posture, with a particular emphasis on strengthening the core. |
| THU | 6:00pm – 6:30pm | STRONG Nation NEW* | Tunde | Strong packs a total body workout into 30 minutes. Strong combines body weight, muscle conditioning, cardio & plyometric training moves to original music. |
| | 6:15pm – 7:15pm | Body Sculpt (B) | Helen | A total body workout using cardio & resistance exercises to reduce body fat and increase muscle definition |
| | 6:30pm – 7:30pm | Zumba | Tunde | Zumba is a fusion on Latin and International music – dance themes that create a dynamic, exiting, effective fitness class! |
| | 7:30pm – 8:15pm | HIIT NEW* | Amie | High Intensity Interval Training with a mixture of cardio and toning exercises. Having fun whilst working out! Exercise in disguise! |
| | 7:30pm – 8:30pm | Freestyle Fitness Yoga (B) | Helen | Flowing Yoga moves to improve strength and flexibility. |
| FRI | 6:00pm – 7:00pm | Body Blitz (B) | Rhys | A blend of HIIT training and weights to get a full body workout. |
| | 7:30pm – 8:30pm | Vinyasa Yoga (B) | Gozel | Vinyasa's strength is in its diversity. Classes are dynamic and fun. |
| SAT | 9:00am – 10:00am | Body Conditioning | Judy | A great start to your weekend with a conditioning class. |
| | 9:00am – 10:00am | Pilates (B) | Gozel | Low impact class. It will focus on improving balance, core strength and flexibility |

Class Prices (Non Members Only):

60 Minutes: £6.00 45 Minutes: £5.50 30 Minutes: £4.50 15 Minutes: £3.00

Booking Classes:

Classes marked (B) require advance booking. Classes can be booked at reception, over the phone (01276 670316) or emailed to sportscentre@tomlinscoteschool.com. Classes without (B) can also now be booked at reception. Doing so will guarantee you a space in the class.

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