



**LES MILLS**

# Fitness class programme

**Commencing Monday  
4 September 2017**

### Key

**B** beginner level. Must be completed before attending a general level yoga / Pilates class

**G** general level class, suitable for all

**I** intermediate level class, suitable for those who are experienced with exercise and wanting more of a challenge

**A** advance level class, suitable for those with plenty of experience

**O50** class aimed for over 50's

**Ref** classes suitable for exercise referral members only

**\*** All participants must have completed a beginners class or are experienced in yoga/Pilates before attending the class

## Teddington Pools & Fitness Centre

Vicarage Road

Teddington TW11 8EZ

Phone: 020 3772 2999

[www.richmond.gov.uk/tpfc](http://www.richmond.gov.uk/tpfc)

R/C - Richmond Card with paid for leisure subscription



RC price in bold

Day	Class	Time	Level	Instructor	RC Price	Standard Price
MONDAY	Body tone	9.30-10.30am	G	Naomi	<b>£7.10</b>	£8.00
	Pilates	10.30-11.30am	G*	Naomi	<b>£7.10</b>	£8.00
	Nifty fifties	11.35-12.35pm	O50	Stuart	<b>£4.70</b>	£5.10
	Aqua	11.30-12.15pm	G	Nikki	<b>£4.90</b>	£5.70
	HIIT	1.00-1.50pm	G	Anna	<b>£7.10</b>	£8.00
	Falls prevention	2.00-3.00pm	Ref	Naomi	<b>£3.90</b>	N/A
	Falls prevention	3.15-4.15pm	Ref	Naomi	<b>£3.90</b>	N/A
	Iyengar yoga	4.50-5.50pm	G	Dolores	<b>£7.10</b>	£8.00
	BodyPump™	6.00-7.00pm	G	Bozena	<b>£7.10</b>	£8.00
	Zumba	7.00-8.00pm	G	Danielle	<b>£7.10</b>	£8.00
Pilates	8.00-9.00pm	G*	Nikki	<b>£7.10</b>	£8.00	
TUESDAY	Morning conditioning	7.00-7.45am	G	Sam/Hamid	<b>£7.10</b>	£8.00
	Pilates	8.30-9.30am	G*	Naomi	<b>£7.10</b>	£8.00
	Pilates	9.30-10.30am	G*	Naomi	<b>£7.10</b>	£8.00
	Iyengar yoga	10.30-11.45am	G*	Dolores	<b>£7.10</b>	£8.00
	BodyPump™ New	1.00-1.45pm	G	Lisa	<b>£7.10</b>	£8.00
	Active living	2.30-3.30pm	Ref	Sam	<b>£3.90</b>	N/A
	Tai Chi	6.00-7.00pm	G	Andi	<b>£7.10</b>	£8.00
	Body Tone 50/50	7.00-8.00pm	G	Nikki	<b>£7.10</b>	£8.00
WEDNESDAY	Zumba New	8.30-9.30am	G	Adrienne	<b>£7.10</b>	£8.00
	Legs, bums & tums	9.30-10.15am	G	Jenny	<b>£7.10</b>	£8.00
	Pilates	10.15-11.15am	G*	Jenny	<b>£7.10</b>	£8.00
	Active living	11.30am-12.30pm	Ref	Sam	<b>£3.90</b>	N/A
	BodyPump™	1.15-2.00pm	G	Lisa	<b>£7.10</b>	£8.00
	BodyPump™	6.15-7.15pm	G	Laura	<b>£7.10</b>	£8.00
	Iyengar Yoga	7.30-8.30pm	G*	Jane	<b>£7.10</b>	£8.00
	Aqua	7.30-8.15pm	G	Nikki	<b>£5.90</b>	£6.60
Pilates	8.30-9.30pm	G*	Nikki	<b>£7.10</b>	£8.00	
THURSDAY	Zumba	9.15-10.15am	G	Adrienne	<b>£7.10</b>	£8.00
	Hatha Yoga	10.15-11.15am	G*	Mariam	<b>£7.10</b>	£8.00
	Beginners Yoga	11.15am-12.30pm	G	Mariam	<b>£7.10</b>	£8.00
	Pilates	12.30-1.30pm	G*	Hamid	<b>£7.10</b>	£8.00
	Nifty fifties	1.30-2.30pm	O50	Jenny	<b>£4.70</b>	£5.10
	Active Living New	2.45-3.45pm	Ref	Sam	<b>£3.90</b>	N/A
	Beginners Pilates	6.00-7.00pm	B	Naomi	<b>£7.10</b>	£8.00
	Pilates	7.00-8.00pm	G*	Naomi	<b>£7.10</b>	£8.00
Boxercise	8.00-9.00pm	G	Hamid	<b>£7.10</b>	£8.00	
FRIDAY	Beginners Pilates	9.30-10.30am	B	Mariam	<b>£7.10</b>	£8.00
	Iyengar Yoga	10.30-11.45am	G*	Dolores	<b>£7.10</b>	£8.00
	Aqua	11.30-12.15pm	G	Stuart	<b>£4.90</b>	£5.70
	Zumba gold	12.15-1.15pm	O50	Narisa	<b>£4.70</b>	£5.10
	Pilates	1.15-2.15pm	G*	Elena	<b>£7.10</b>	£8.00
	Falls prevention	2.45-3.45pm	Ref	Naomi	<b>£3.90</b>	N/A
	Zumba	6.00-7.00pm	G	Mara	<b>£7.10</b>	£8.00
	Yin yoga/meditation	7.05-8.20pm	G*	Mariam	<b>£7.10</b>	£8.00
SATURDAY	Street Dance Fit	8.15-9.15am	G	Anna	<b>£7.10</b>	£8.00
	Zumba	9.15-10.15am	G	Anna	<b>£7.10</b>	£8.00
	HIIT	10.15-11.15am	I	Anna	<b>£7.10</b>	£8.00
	Body Tone	11.15-12.15pm	G	Anna	<b>£7.10</b>	£8.00
SUNDAY	Iyengar Yoga	8.40-9.55am	G*	Jane	<b>£7.10</b>	£8.00
	BodyPump™	10.05-11.05am	G	Lucy Rose	<b>£7.10</b>	£8.00
	Dynamic Hatha Flow	12.15-1.30pm	G*	Mariam	<b>£7.10</b>	£8.00
	Beginners Yoga	1.30-2.45pm	B	Mariam	<b>£7.10</b>	£8.00

## Class descriptions

**BODYPUMP™** - for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 590 calories. Instructors will coach you through the scientifically proven 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.

**Exercise Referral** - exercise class for existing Exercise Referral members who have completed the scheme.

**Pilates** - With a focus on core stability, the class will work with postural alignment and a variety of exercises to improve mobility, flexibility and strength. Some classes may use small pieces of equipment or the stability ball to enhance flexibility, strength and control. Suitable for any age and body shape, as alternative levels will be offered. However, all participants must have completed a beginners course or be experienced in Pilates prior to joining a general level class.

**Iyengar Yoga** - The Iyengar approach to Hatha yoga is characterised by attention to alignment, detail and by the use of 'props' to achieve the right action in asana. It is a progressive, cumulative method which enables learners to progress safely and extend personal limitations irrespective of age and ability. All participants must have completed a beginners course or be experienced in yoga prior to joining a general level class.

**Tai-Chi** - Chen style Tai Chi helps achieve optimum health, confidence and calmness through the practice of a powerful and effective combat system. Tai-Chi is one of the exquisite works of Chinese Martial Arts and is loved for its positive effect in health preservation and self defence. Suitable for all ages and abilities.

**Street Dance Fit** - this is a vibrant blend of edgy street dance and high-energy fitness for individuals who love music and want to have fun whilst having a work out.

**Body Tone** - An all over strength and endurance workout suitable for all. A low impact warm up followed by exercises to target all the major muscle groups in the body, deep and superficial. Various forms of equipment may be used to sculpt the body including weights, body bars, body balls, resistance bands and steps. Different formats are used to keep class interesting, challenging and fun!

**The Jungle Body KONGA®** - is an easy-to-follow, high intensity fusion of Boxing, Cardio, Dance & Sculpting set to the hottest beats from all decades. Konga® is a fierce & wild workout designed to shape, sculpt & redefine your physique while injecting your body with an endorphin overload. Expect to squat, burpee, sprint & sweat like crazy while some big tunes transport you to your happy place.

**Box Circuits** - a combination of boxercise and circuits. A great energetic class involving pad work, strength building, endurance training targeting multiple muscle groups. Suitable for all.

**Boxercise** - Old training principles are used and adapted to form an addictive, safe and stress busting workout suitable for all ages and abilities. It combines use of both aerobic and anaerobic energy systems, enhances sports specific senses

including hand-eye co-ordination, balance and timing. A fun, energetic class for those wanting a bit of a challenge!

**50/50** - Suitable for all abilities and a great all round workout. This class consists of 50% aerobics and 50% toning which may include hand weights, stability balls and resistance bands. It is a fun work-out that achieves a lot within an hour.

**Legs, Bums & Tums** - A great fat burner to improve body shape. The class incorporates an aerobic section followed by conditioning exercises to target the lower body and core. The focus is on improving body shape and encouraging fat reduction. Benefits your overall health, stamina & boosts self confidence! Suitable for all, as alternative exercises are given

**Nifty Fifties** - General class for seniors (aimed at the over 50's) of all levels. The class comprises of a gentle low impact aerobic section followed by conditioning work, core work and stretches that could incorporate body balls, exercise bands and light hand weights. Emphasis is put on maintaining or improving posture and range of motion around the major joints. A great class to work at your own pace and level. Alternative exercises given to accommodate all.

**Morning Conditioning** - A combination of cardio, body weight and free weight exercises to improve general fitness and increase strength. This class is aimed at anyone wanting to start their day with a quick full body workout. Exercises will vary each week to keep it interesting and challenging and can be modified to suit all fitness levels.

**Zumba** - This is a fun and exciting dance class that is sweeping the nation! It is a fusion of Latin rhythms and easy to follow moves. If you like to dance whilst having fun this class is ideal.

**Dynamic Hatha Flow** - This is a Combination of strength and flexibility. It is a more dynamic class where poses are developed and challenge you at your skill.

**Falls Prevention** - All classes are run by tutors who have undertaken the Postural Stability Course run by Later Life Training (the current recommended training course). Tutors use gentle movements to strengthen the leg, arm, back, ankle and pelvic floor muscles which help to improve balance and mobility.

**Yin Yoga / Meditation** - Traditional Eastern discipline that combines strength and flexibility through a series of yoga poses. This yoga helps to develop a sense of inner wellbeing and calmness. The ultimate aim of this session is to relax the Mind/body and learn a healthy approach to life. Not suitable for beginners.

**Aqua** - A water-based workout incorporating aerobic, conditioning and core moves. The combination of the cushioning effect of water and increased resistance makes for a highly effective all over workout that is kind to the body's joints. Suitable for everyone, even those recovering from injuries!

**High intensity interval training (HIIT)** - is a type of interval training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. It is a great way to torch fat and boost your metabolism. We use a combination of equipment such as dumbbells, kettlebells and battle ropes as well as traditional bodyweight exercises.