

# Group Exercise Programme July/August 2010

## Introducing the SUMMER JAM SESSIONS

**Reebok**  
SPORTS CLUB

Monday			
Time	Class	Instructor	Studio
07.00-07.45	REEBOK REPS	ANN	C
07.30-08.15	INDOOR CYCLE	KATY	A
07.30-08.30	YOGA ENERGY	DAVID	F
12.00-12.30	BIKINI WORKOUT	KELLY	C
<b>NEW CLASS!</b>			
12.00-12.40	FIT TO FLEX T	DAIRINA	B
12.00-13.00	PILATES	LEON	F
12.10-12.55	INDOOR CYCLE	MARK F	A
12.30-13.00	BIKINI WORKOUT	KELLY	C
12.50-13.35	REEBOK REPS	DAIRINA	B
13.00-13.15	GENERAL ABS	Fitness Coach	Gym floor
13.00-14.00	YOGA DYNAMIC	LEON	F
13.05-13.45	AQUA	MAGDA	P
13.10-13.55	INDOOR CYCLE	KELLY	A
13.15-14.00	FIGHT KLUB	MARK F	C
13.15-13.30	ABS OF STEEL	Fitness Coach	Gym floor
17.20-18.00	JUKARI T	MAGDA	B
17.35-18.20	INDOOR CYCLE	JASON	A
18.00-19.00	INTROZPILATES	MARIE J	F
18.00-18.15	GENERAL ABS	Fitness Coach	Gym floor
18.00-19.00	FIGHT KLUB	TANYA	C
18.15-18.30	ABS OF STEEL	Fitness Coach	Gym floor
18.15-19.00	INTERVAL CIRCUIT	MAGDA	B
18.25-19.25	INDOOR CYCLE	JASON	A
19.00-20.00	BALLET FIT	HOLLY	F
19.00-19.15	GENERAL ABS	Fitness Coach	Gym floor
19.00-20.15	YOGA POWER	DAVID	B
19.05-19.50	REEBOK REPS	TANYA	C
19.15-19.30	ABS OF STEEL	Fitness Coach	Gym floor
19.30-20.15	INDOOR CYCLE	ANN	A

Tuesday			
Time	Class	Instructor	Studio
06.30-07.15	INDOOR CYCLE	KELLY	A
06.45-07.30	AQUA FREESTYLE	MARIE J	P
07.20-08.05	EXPRESS PILATES	KELLY	F
07.30-08.10	CIRCUIT TRAINING	DEBBIE	C
07.35-07.50	GENERAL ABS	Fitness Coach	Gym floor
12.00-13.00	YOGA VINYASA	SHARON	B
12.00-12.30	HULA-GLIDE	JEANNIE	C
12.05-12.50	INDOOR CYCLE	EMILY	A
12.15-12.55	PREGNANCY FITNESS	LENKA	F
12.30-12.45	GENERAL ABS	Fitness Coach	Gym floor
12.30-13.00	HULA-CORE	JEANNIE	C
12.45-13.00	ABS OF STEEL	Fitness Coach	Gym floor
13.00-13.40	R.A.W.	MAGDA	C
13.00-14.00	PILATES	SHARON	B
13.05-13.50	INDOOR CYCLE	EMILY	A
17.30-18.15	REEBOK REPS	JOHN/EMILY	B
17.30-18.15	START2STEP	LORNA	C
17.35-18.20	INDOOR CYCLE	GREG	A
18.00-18.15	GENERAL ABS	Fitness Coach	Gym floor
18.15-19.00	SUPER SCULPT	LORNA	C
18.15-18.30	ABS OF STEEL	Fitness Coach	Gym floor
18.20-19.35	YOGA ASHTANGA	EMILY	B
18.30-19.30	INDOOR CYCLE	ANN/JOHN	A
18.40-19.25	RUNNING CIRCUIT	MARK F Sports Hall	
19.05-19.50	STEP INTERMEDIATE	LEANNE	C
19.05-20.00	PILATES	LORNA	F
19.40-20.25	THE ULTIMATE CORE WORKOUT	ANN/JOHN	B
20.00-21.00	YOGA HOLISTIC	EMILY	F
20.00-21.00	TRIATHLON SWIM T	BARTEK	P
20.15-20.30	ABS OF STEEL	Fitness Coach	Gym floor

Wednesday			
Time	Class	Instructor	Studio
06.30-07.15	FIGHT KLUB	KELLY	C
06.45-07.30	POWER WALKING	Fitness Coach	Gym floor
<b>NEW TIME!</b>			
07.20-08.10	INDOOR CYCLE	KATY	A
07.20-08.05	REEBOK REPS	KELLY	C
12.05-12.50	CIRCUIT TRAINING	MAGDA	B
12.15-12.55	AQUA	JAYNE	P
12.10-12.55	REEBOK REPS	KELLY	C
12.30-13.00	EXPRESS PILATES	LISA S	F
12.30-13.15	INDOOR CYCLE	STEVEN	A
13.00-13.15	GENERAL ABS	Fitness Coach	Gym floor
13.00-13.30	EXPRESS PILATES	LISA S	F
13.00-14.00	FREESTYLE FITNESS YOGA	JAYNE	B
13.05-13.50	STEP & TONE	TINA	C
13.15-13.30	ABS OF STEEL	Fitness Coach	Gym floor
<b>NEW CLASS!</b>			
13.30-13.45	EXPRESS STRETCH	Fitness Coach	Gym floor
17.20-18.00	JUKARI T	MAGDA	B
17.30-18.30	PILATES	SHARON	F
17.45-18.30	INDOOR CYCLE	MARIE J	A
18.10-18.55	ZUMBA	ALESSIA	B
18.30-19.10	REEBOK REPS	MARK F	C
18.30-19.30	YOGA PURE	SHARON	F
18.30-19.45	INDOOR CYCLE ENDURANCE	DAIRINA	A
18.30-19.30	RUNNING CLUB	Fitness Coach	Gym floor
18.30-18.45	GENERAL ABS	Fitness Coach	Gym floor
18.40-19.25	AQUA	MARIE J	P
18.45-19.00	ABS OF STEEL	Fitness Coach	Gym floor
18.55-19.40	REEBOK CITY JAM DANCE	JURGITA	B
19.15-20.00	FIGHT KLUB	MARK F	C
19.30-20.30	YOGA MOTION	SHARON	F

Thursday			
Time	Class	Instructor	Studio
06.45-07.25	AQUA SUPER CIRCUIT	ANN	P
07.20-08.05	INDOOR CYCLE	EMILY	A
07.30-08.30	YOGA ENERGY	DAVID	F
12.00-12.15	GENERAL ABS	Fitness Coach	Gym floor
12.00-13.00	YOGA HATHA	SALLY	F
12.05-12.50	INDOOR CYCLE	DAIRINA	A
12.10-12.55	RUNNING CIRCUIT	MARK F Sports Hall	
12.10-12.55	SWEAT TO YOUR CORE	KELLY	B
12.15-12.30	ABS OF STEEL	Fitness Coach	Gym floor
12.30-13.15	FIGHT KLUB	STEVEN	C
13.00-13.45	INDOOR CYCLE	DAIRINA	A
<b>NEW STUDIO!</b>			
13.00-14.00	YOGA ANTE NATAL	SALLY	F
<b>NEW STUDIO!</b>			
13.00-14.00	PILATES	KELLY	B
13.20-14.05	REEBOK REPS	MARK F	C
17.30-18.00	BIKINI WORKOUT	NADIR	B
17.30-18.20	REEBOK REPS	JOHN	C
17.30-18.30	INTROZPILATES	PAUL	F
18.00-18.45	STABILITY BALL	MAGDA	B
<b>NEW TIME!</b>			
18.25-19.10	INDOOR CYCLE	MARIA	A
18.30-19.30	YOGA ASHTANGA	EMILY	F
18.35-19.20	INTERVAL CIRCUIT	JOHN	C
18.45-19.30	JUKARI T	MAGDA	B
19.00-19.15	GENERAL ABS	Fitness Coach	Gym floor
19.15-19.30	ABS OF STEEL	Fitness Coach	Gym floor
19.30-20.30	TRIATHLON SWIM T	BARTEK	P
19.30-20.30	YOGA FLOW	EMILY	F

Friday			
Time	Class	Instructor	Studio
07.15-08.00	INDOOR CYCLE	GREG	A
07.25-08.10	FIGHT KLUB	STEVEN	C
12.00-13.00	INTROZOGALATES	VERONIQUE	F
12.05-12.50	REEBOK REPS	DAIRINA	C
12.10-12.55	INDOOR CYCLE	MARK F	A
12.10-13.00	POWER WALKING	Fitness Coach	Gym floor
12.30-13.00	BIKINI WORKOUT	KELLY	B
13.00-14.00	YOGA	VERONIQUE	F
13.10-13.55	JUKARI T	DAIRINA	B
13.10-13.55	STEP INTERMEDIATE	LEANNE	C
13.30-13.45	GENERAL ABS	Fitness Coach	Gym floor
13.45-14.00	ABS OF STEEL	Fitness Coach	Gym floor
17.30-17.45	ABS OF STEEL	Fitness Coach	Gym floor
17.45-18.30	INDOOR CYCLE	EMILY/JOHN	A
17.45-19.00	YOGA DYNAMIC HATHA	KYM	B
17.45-18.30	ZUMBA	DONI	C
<b>NEW TIME!</b>			
18.40-19.25	CIRCUIT TRAINING	EMILY/JOHN	C
20.00-21.00	TRIATHLON SWIM T	BARTEK	P

Saturday			
Time	Class	Instructor	Studio
09.00-09.45	INDOOR CYCLE	MARIE J	A
09.20-10.00	JUKARI T	DAIRINA	B
10.00-11.00	REEBOK REPS	MARIE J	C
10.00-10.15	ABS OF STEEL	Fitness Coach	Gym floor
10.15-11.15	INDOOR CYCLE	DAIRINA	A
10.15-11.15	YOGA POWER	DAVID	F
10.20-11.20	STEP INTERMEDIATE	LEANNE	B
10.30-11.15	AQUA	ANN	P
11.25-12.55	YOGA DYNAMIC HATHA	DAVID	F
11.30-12.15	REEBOK REPS	DAIRINA	C
13.00-14.00	PILATES	PAUL	B

Sunday			
Time	Class	Instructor	Studio
10.30-11.15	AQUA	TANYA/MARK F	P
10.30-11.15	HI-LO AEROBICS	ZOE	C
11.20-12.05	FIGHT KLUB	TANYA/MARK F	C
11.30-12.15	SPORTS CIRCUIT	ZOE Sports Hall	
12.30-13.15	INDOOR CYCLE	TANYA/MARK F	A
13.30-14.30	PILATES CONDITIONING	TANYA/MARK F	B
14.30-15.30	YOGA HATHA	VERONIQUE	B
<b>NEW CLASS!</b>			
15.30-16.30	FIT TO FLEX T	VERONIQUE	B

### Events

**SUMMER JAM Sessions with Troy Dureh**  
Join us for these four incredible dance sessions and feel the vibe of the Notting Hill Carnival.  
Wednesday 7th July, 18.55-19.40, Studio B - Hip Hop Jam  
Wednesday 21st July, 18.55-19.40, Studio B - Reggae Jam  
Tuesday 10th August, 19.05-19.50, Studio C - Step Jam  
Wednesday 25th August, 18.55-19.40, Studio B - Jambuto  
No booking necessary.

**SUMMER BODY BOOT KAMP**  
Thursday 15th July, 12.10-12.55, Sports Hall.  
There are only three rules in Boot Kamp: You give 100%. You do not stop. Everyone else is in competition. Short bursts of high intensity workouts are proven the fastest route to burn FAT. Get the summer body you have always wanted! No booking necessary.

**Reebok goes GaGa**  
Sunday 18th July, 11.30-12.30, Studio B.  
All your favourite Lady GaGa tracks and one wicked dance routine.  
No booking necessary. Join in and just dance!

**Charity Indoor Cycle Master Classes**  
Thursday 12th August, 12.05-12.50 & 13.00-13.45, Studio A with Dairina and Stevie G.  
Help us raise funds for Cancer Research UK with two of our top instructors, who are joining forces to deliver those unforgettable sessions.  
No booking necessary, but places are limited. Suggested donation £5.

**Don't forget to try our EXERCISE OF THE MONTH (Please contact the Fitness Desk for more details)**

**Token Class T:** To avoid disappointment and secure your place some classes require tokens. These will be available fifteen minutes prior to the start of the class from Main Reception. Members are unable to ask for tokens for two consecutive classes. We reserve the right to amend the classes requiring tokens.

**Instructors:** Our instructors have been chosen to deliver the best group exercise programme in the country. Please feel free to ask them any questions you may have regarding their classes. They will welcome your constructive feedback and are always willing to try to incorporate your ideas.

**Class Feedback:** You may not wish to give feedback directly to the class instructor. If this is the case please use the class feedback forms located at the Fitness Desk or Main Reception.  
**Health & Safety:** Pilates and Yoga patrons please ensure that you wear protective shoes to and from the changing room/studio.

**Time Keeping:** It is important that members arrive on time for the pre-class announcements, screening and the warm-up component of the class. Latecomers may be refused entry for their own personal safety and to avoid disturbing fellow members.  
**Mobile phones:** In consideration of other members mobile phones should be put on silent during classes.

**Running Club/Power Walking:** Meeting point is the Fitness Desk. Running/Walking time is from 40 - 60 minutes. Beginners are welcome. Running/Walking routes are selected from around the Canary Wharf area.

**Cycle Shoes:** Please note SPD compatible cleats (shimano SM-SH56) are available on all bikes for those members who wish to bring cycle shoes. Members are not permitted to fit their own pedals to the cycles. We would appreciate your care on the wooden studio floor when walking with cleats.

**Changes:** Whilst every effort has been made to ensure the accuracy of this programme, management reserve the right to cancel or re-schedule classes after publication and at short notice. The programme may be amended during Bank holidays.

# Group Exercise Descriptions

## AEROBIC TRAINING

**R.A.W.** - a **Real Athletic Workout** with high impact and plyometric moves to improve your cardiovascular fitness and general body shape. This challenging yet achievable workout is suitable for both men and women.

**Hi-lo Aerobics** - this class works on your cardiovascular fitness and coordination using simple choreographed sequences with high impact options for those who want to work harder.

## STEP AEROBICS

**Step and Tone** - this class will use basic step patterns to improve your fitness level along with toning exercises to give your body great definition.

**Start2Step** - a class for those new to step or returning following a break.

**Step Intermediate** - this class is more choreographed for those who have stepped before and want an extra challenge!

**YOGA CLASSES** - great for developing flexibility, balance and core stability. Please refer to Mind & Body description leaflet for full explanations of our large variety of yoga classes.

**PILATES CLASSES** - great for strengthening abdominal area and long term back care. Please refer to Mind & Body description leaflet for full explanations of the large range of pilates classes.

## CIRCUIT TRAINING

**Circuit Training** - an all-over body workout incorporating different stations with resistance and cardiovascular exercises.

**Sports Circuit** - this class takes place in the sports hall and incorporates SAQ (speed, agility and quickness) and sports drills to improve cardiovascular fitness, coordination and speed.

**Running Circuit** - man was born to run. Running can burn approximately 200% more calories than walking and this circuit style class provides the perfect forum to run free!

**Interval Circuit** - Interval training is one of the most effective forms of exercise. This class will focus on improving your strength as well as your speed, balance and core stability.

## ABS CLASSES

**General Abs** - solely for your mid-section, this class will promote stronger abdominals and long term back care.

**Abs Of Steel** - a progression from a General Abs class. Get an even stronger back and more toned abdominals with seriously hard core exercises.

## CONDITIONING CLASSES

**Jukari** - make fitness fun again with this unique workout! During the class you will get a sensation of flying and strengthen and lengthen your muscles at the same time. You will work on your core stability, strength and balance and most of all, you will have loads of fun! Exclusive to Reebok Club, all fitness levels welcome.

**Bikini Workout** - get ready to hit the beach this Summer. Shape up your legs, bums and tums with this fun and effective workout.

**Super Sculpt** - designed to improve definition and muscular endurance using light weights and resistance tubes. Get your body toned up in no time with this fantastic new workout.

**Reebok Reps** - using a barbell and gradually changing weight intensities, this popular class focuses on different muscle groups from upper body to lower body, giving an overall fat-burning and toning effect.

## STRETCH CLASSES

**Express Stretch** - using various stretch techniques this class will improve your flexibility and joint mobility.

**Fit to Flex** - another fun and challenging class created by Reebok and Cirque Du Soleil. Using long elastic bands this class will improve your flexibility and joint mobility in an effective and unique way.

## WATER-BASED CLASSES

**Aqua** - this class is a mixture of fat-burning cardiovascular moves and body toning exercises. All are performed in the water to provide a fun, safe yet challenging workout that will improve your general fitness and lead to a stronger, leaner body.

**Aqua Freestyle** - this class rotates weekly between 3 class styles - Aqua Circuit, Aqua Aerobics and Aqua Conditioning. Great for keeping you motivated, fat-burning and body toning.

**Aqua Super Circuit** - a real body blast in the pool combining power aerobic moves with body conditioning exercises. One minute in each zone will take your aqua workout to a new level.

**Triathlon Swim** - this class uses swimming drills and technique coaching to improve general swimming technique and form. Triathlon Swim has an emphasis on improving swim times but non-triathletes are more than welcome.

## PREGNANCY CLASSES

**Pregnancy Fitness** - this class will use a combination of cardiovascular, conditioning and pilates moves for a general workout for mums to be.

**Yoga Antenatal** - this class uses all the traditional principles of yoga but is tailor-made for pregnancy.

## BOXING CLASSES

**Fight Klub** - a high energy class that takes you through boxing moves using the free-standing punch bags. Boxing gloves are highly recommended for this class and are available in the sports shop to purchase.

## DANCE STYLE CLASSES

**Ballet Fit** - you will learn basic classical ballet moves that help tone and sculpt your body. All levels welcome. No previous ballet experience necessary.

**Reebok City Jam Dance** - this street style class will keep you moving and grooving to the latest beats in a fun and un-pressured environment.

**Zumba** - this class mixes body sculpting movements with various Latin, hip - hop and reggaeton dance steps. It's fun, energetic and suitable for all fitness levels. Ditch the workout and join the party!

## OUTDOOR CLASSES

**Power Walking** - a low impact alternative to running that will burn off fat and calories in a non-pressured, fun environment.

**Running Club** - a forum for like-minded runners (beginners welcome) to run varied 7-10k routes come rain or shine.

**EXPRESS CLASSES** - 15/30/45 minute sessions geared for those with little time on their hands wanting to do some hard work.

## INDOOR CYCLE

**Indoor Cycle** - you will learn the principles of effective studio cycling. Class content may either use the principles of interval training and/or endurance training.

**Indoor Cycle Endurance** - the emphasis is on cardiovascular improvement within a variety of intensity ranges. Be prepared for a long ride!

## CORE TRAINING

**The Ultimate Core Workout** - develop your balance, stability and core strength. This class will give your abdominals the ultimate workout.

**Sweat To Your Core** - experience the new generation of stability ball training with the Bosu Ballast Balls. Unlike traditional core classes this session will *really* make you sweat whilst training your abs and back simultaneously.

**Stability Ball** - using a large inflated ball you will enhance posture, core stabilisation and improve strength. Hand weights may also be used.

**Hula-Core** - using the traditional hula-hoop technique this class will give you the toned abdominals you've always wanted.

**Hula - Glide** - using hula hoops and gliding discs this class is truly unique. Fun and effective way of getting the perfect, strong abdominals.