

# BEAUMONTS HEALTH CLUB™

## Class Descriptions continued

### LATIN DANCE

A fun filled Latin inspired workout to improve cardiovascular fitness and co-ordination. The main element is FUN!

### PILATES ON THE BALL

Incorporating the principles of Pilates, and basic Fitball exercises, Pilates On the Ball is a complete workout for functional fitness.

### PEDAL-X

A challenging class carried out on exercise bikes set to powerful and motivating music but without the complicated choreography sometimes experienced in an exercise to music class.

### PILATES (based class)

Long, lean, toned muscles - Pilates is the basis of all functional fitness. It calms your mind, improves your posture, strengthens and mobilises the back and lengthens the spine. Concentrating on the deeper abdominal and pelvic muscles it gives an inner strength and flatter stomach. Get back to basics and get more from your classes.

### STEP

A high intensity low impact workout using specially designed step incorporating muscle toning, strengthening and flexibility.

### TAI CHI

Tai Chi is an ancient form of Chinese exercise, which encourages and improves fitness, balance and posture. All movements are in the standing position and it is advisable to wear loose, comfortable clothing.

### TOTAL BODY CONDITIONING

A low impact, intense conditioning class using handweights, bands or body bars to tone and strengthen all the major muscle groups. Minimal co-ordination required. Suitable for all abilities.

### TOTAL NRG

A studio based resistance workout using gym based exercises to uplifting music which will tone and define your muscles

### ULTIMATE MIX

This class offers a choreographed mix of aerobics and conditioning exercises tailored to burn fat.

### YOGA

Emphasis is on breathing and relaxation. Avoid eating a heavy meal before the class.

### ZUMBA® FITNESS

'Zumba® fitness' is part dance, part aerobics, a fabulous fun cardio dance fitness workout designed for absolutely anyone. No dance or fitness experience required

### PLEASE NOTE:

- The WARM-UP is a vital part of your class or workout session and prepares your body for exercise helping to prevent injuries to both muscles and joints.
- Please make every effort to arrive in plenty of time so that you can participate in a full WARM-UP. If you arrive more than 5minutes after a class has started your Instructor may advise you not to take part.
- Please obtain a receipt from reception and hand it to the Instructor as proof of your booking.
- If you book a class and then find you cannot attend please telephone the centre and tell us.
- If you give 48 hours clear notice no charge will be made.
- If you are unable to give this notice every effort will be made to re-let the space. If we cannot re-let your cancelled booking, the cost of the booking will be charged to you. This also applies to Beaumont's members.
- Beaumonts Members may book on line, 7 days in advance from 8 a.m. (10 a.m. by phone or in person). For full conditions please ask at reception.



**NEW PROGRAMME**



# Bodywork Programme

Fitness class timetable



Follow us on:  

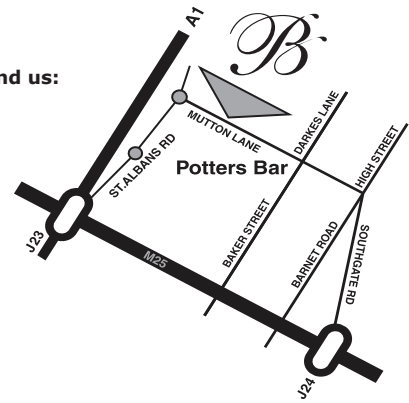
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**Furze Field Centre,**  
Mutton Lane, Potters Bar,  
Hertfordshire EN6 3BW  
**Telephone: 01707 850500**



The Centre is owned and funded by Hertsmer Borough Council, and managed by Hertsmer Leisure. Hertsmer Leisure is a registered Charity. Charity Number 1093653.

Where to find us:



# Bodywork Timetable

## Monday

Time	Class	LCH	NLCH	Level
◆ 09.00 - 09.25	Absolute Abs	£2.25	£3.20	B/I/A
● 09.30 - 10.25	Pedal X	£4.50	£6.40	B/I/A
◆ 09.30 - 10.25	The Ultimate Mix	£4.50	£6.40	B/I/A
◆ 10.30 - 11.25	Pilates on the ball	£4.50	£6.40	B/I/A
▲ 11.40 - 12.25	Aqua Aerobics**	£4.50	£6.40	B/I
● 18.00 - 18.55	Pedal X	£5.50	£7.40	B/I/A
◆ 18.00 - 18.55	Kick-box Cardio	£5.50	£7.40	B/I/A
● 19.00 - 19.55	Pedal X	£5.50	£7.40	B/I/A
◆ 19.00 - 19.55	Total NRG	£5.50	£7.40	B/I/A
▲ 19.55 - 20.40	Deep Water Aqua	£5.50	£7.40	I/A
◆ 20.00 - 20.55	Zumba® fitness	£5.50	£7.40	B/I/A
■ 20.15 - 21.10	Circuits	£5.50	£7.40	B/I/A
◆ 21.00 - 21.55	Zumba® fitness	£5.50	£7.40	B/I/A

## Tuesday

Time	Class	LCH	NLCH	Level
● 07.10 - 08.05	Pedal X	£5.50	£7.40	B/I/A
◆ 09.00 - 09.25	Absolute Abs	£2.25	£3.20	B/I/A
● 09.30 - 10.25	Pedal X	£5.50	£7.40	B/I/A
◆ 09.30 - 10.25	Aerobics	£5.50	£7.40	B/I/A
◆ 10.30 - 11.25	Bums, Legs & Tums	£5.50	£7.40	B/I/A
◆ 11.30 - 12.25	Pilates*	£5.50	£7.40	B/I/A
◆ 12.30 - 13.25	Zumba® fitness	£5.50	£7.40	B/I/A
◆ 17.30 - 18.00	Absolute Abs	£2.25	£3.20	B/I/A
● 18.05 - 19.00	Pedal X	£5.50	£7.40	B/I/A
▲ 18.05 - 19.00	Aqua Aerobics**	£5.50	£7.40	B/I
◆ 19.00 - 19.55	Kickbox cardio	£5.50	£7.40	B/I/A
≡ 19.00 - 19.55	Hula Dance	£5.50	£7.40	B/I/A
● 19.05 - 20.00	Pedal X	£5.50	£7.40	B/I/A
◆ 20.00 - 20.55	Pilates*	£5.50	£7.40	B/I/A

## Class Descriptions

### 20:20:20

20 minutes of stomach/abdominal toning, 20 minutes of cardio vascular exercise, and 20 minutes of low impact toning for the lower body.

### ABSOLUTE ABS

A class where you can condition those stomach muscles. Suitable for both men and women.

### AEROBICS

A Hi/Lo aerobic workout for maximum fat burning and maximum enjoyment.

### AQUA AEROBICS (suitable for Ante Natal)

A low impact workout in the water for all abilities - also suitable for non-swimmers, this is a great way to achieve general body fitness. This is

## Wednesday

Time	Class	LCH	NLCH	Level
◆ 09.00 - 09.25	Absolute Abs	£2.25	£3.20	B/I/A
◆ 09.30 - 10.25	Pilates on the ball	£5.50	£7.40	B/I
● 09.30 - 10.25	Pedal X	£5.50	£7.40	B/I/A
◆ 10.30 - 11.25	Bums, Legs and Tums	£5.50	£7.40	B/I/A
▲ 11.30 - 12.25	Aqua Aerobics**	£5.50	£7.40	B/I/A
◆ 11.30 - 12.25	Pilates*	£5.50	£6.40	B/I/A
◆ 18.15 - 19.00	Step	£5.50	£7.40	B/I/A
● 19.00 - 19.55	Pedal X	£5.50	£7.40	B/I/A
◆ 19.00 - 19.55	Total Body Conditioning	£5.50	£7.40	B/I/A
◆ 20.00 - 20.55	Box Circuit	£5.50	£7.40	B/I/A

## Thursday

Time	Class	LCH	NLCH	Level
◆ 09.00 - 09.25	Absolute Abs	£2.25	£3.20	B/I/A
● 09.30 - 10.25	Pedal X	£5.50	£7.40	B/I/A
◆ 09.30 - 10.25	Latin Dance	£5.50	£7.40	B/I/A
◆ 10.30 - 11.25	20:20:20	£5.50	£7.40	B/I/A
▲ 11.35 - 12.20	Aqua Aerobics**	£4.50	£6.40	I/A
◆ 13.30 - 14.25	Tai Chi	£4.50	£6.40	I/A
◆ 18.00 - 18.45	Pilates*	£5.50	£7.40	B/I/A
● 19.00 - 19.55	Pedal X	£5.50	£7.40	A
◆ 19.00 - 19.55	Total NRG	£5.50	£7.40	B/I/A
● 20.00 - 20.55	Pedal X	£5.50	£7.40	B/I/A
◆ 20.30 - 22.00	Yoga	£5.50	£7.40	B/I/A

## Friday

Time	Class	LCH	NLCH	Level
◆ 09.00 - 09.25	Absolute Abs	£2.25	£3.20	B/I/A
● 09.30 - 10.25	Pedal X	£5.50	£7.40	B/I/A
◆ 09.30 - 10.25	Total Body Conditioning	£5.50	£7.40	B/I/A
● 10.30 - 11.25	Pedal X	£5.50	£7.40	B/I/A
◆ 10.30 - 11.25	Fitball	£5.50	£7.40	B/I/A
◆ 11.30 - 12.25	Pilates*/ Stretch	£5.50	£6.40	B/I/A
▲ 12.00 - 12.55	Aqua Aerobics**	£4.50	£6.40	B/I
◆ 18.00 - 18.55	Box / Circuit	£5.50	£7.40	B/I/A
● 18.15 - 19.10	Pedal X	£5.50	£7.40	B/I/A

## Saturday

Time	Class	LCH	NLCH	Level
● 09.00 - 09.55	Pedal-X	£5.50	£7.40	B/I/A
◆ 09.30 - 10.25	Dance Aerobics	£4.50	£6.40	I/A
◆ 10.30 - 11.25	Total Body Conditioning	£4.50	£6.40	B/I/A

## Sunday

Time	Class	LCH	NLCH	Level
◆ 09.00 - 09.25	Absolute Abs	£2.25	£3.20	B/I/A
● 09.30 - 10.25	Pedal X	£5.50	£7.40	B/I/A
◆ 09.30 - 10.30	Yoga	£5.50	£7.40	B/I/A

Key to location: ■ Sports Hall ◆ Main Dance Studio ● Pedal X Studio ▲ Boom Pool ≡ Multipurpose room

Key to level: B = Beginners I = Intermediate A = Advanced \* (based class) \*\* Suitable for ante natal

Impact: ■ = High Impact ■ = Medium Impact ■ = Low Impact

a highly effective, low impact form of exercise, which as it is performed in the water is also suitable for expectant mothers.

### BOX CIRCUIT

A total body workout combining boxing principles delivered in a circuit format. A class with a bit more punch!

### BUMS, LEGS & TUMS

A low impact toning class designed to condition the lower body.

### CIRCUITS

A total body workout incorporating cardiovascular work and muscular endurance/strength. It's wild, loud and full of variety.

### DEEPWATER AQUA

A challenging workout in deep water involving all aspects of exercise.

### FITBALL

A class with a difference! This fun and varied class is guaranteed to exercise your whole body working from the core outwards, leaving you wanting more!

### HULA DANCE

Everybody can hoop regardless of age, size and rhythm, hula dancing is fun and easy to get into, before you realise you will be doing hoop tricks. It gives you a solid massage of your intestines and organs and most importantly makes you smile while working up a nice sweat.

### KICK BOX CARDIO

A high impact fun and challenging class based on self-defence and boxing moves.

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