



Class Descriptions continued

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 hand-weights, 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:

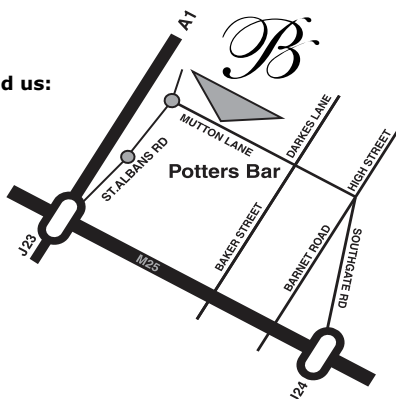
- The WARM-UP is a vital part of your class or workout session and prepares your body for exercise helping to prevent injuries to both muscles and joints.
- Please make every effort to arrive in plenty of time so that you can participate in a full WARM-UP. If you arrive more than 5 minutes after a class 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.



Details correct at time of going to print

FurzeField Centre,
Mutton Lane, Potters Bar,
Hertfordshire EN6 3BW
Telephone: 01707 850500

Where to find us:



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

Bodywork Programme

Fitness class timetable



Bodywork Timetable

Monday				
Time	Class	LCH	NLCH	Level
● 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*	£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

Tuesday				
Time	Class	LCH	NLCH	Level
● 07.10 - 08.05	Pedal X	£5.50	£7.40	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 and Tums	£5.50	£7.40	B/I/A
◆ 11.30 - 12.25	Pilates*	£5.50	£6.40	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

Key to location: ■ Sports Hall ◆ Main Dance Studio ● Pedal X Studio ▲ Boom Pool
Key to level: B = Beginners I = Intermediate A = Advanced * (based class) ** Suitable for ante natal

Class Descriptions

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 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.

Wednesday				
Time	Class	LCH	NLCH	Level
◆ 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
◆ 18.00 - 18.55	Latin Dance	£5.50	£7.40	I
● 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
▲ 19.55 - 20.40	Deep Aqua Aerobics**	£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
● 09.30 - 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	Hula Dance	£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

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.

Friday				
Time	Class	LCH	NLCH	Level
● 09.30 - 10.25	Pedal X	£5.50	£7.40	B/I/A
◆ 09.30 - 10.25	Step	£5.50	£7.40	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 - 19.00	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
● 09.30 - 10.25	Pedal X	£5.50	£7.40	B/I/A
◆ 09.30 - 10.30	Yoga	£5.50	£7.40	B/I/A

Remember at Beaumonts.....

- You can buy 5 Personal Training Sessions and get 1 free
- Our Instructors can prepare a FREE personal programme for you at any time
- We have a crèche for children aged 3 months to 5 years (extra charge applies, please check opening times)
- PowerPlate® is available
 - Champion swimmer Liam Tannock uses it to stay in top form
 - Madonna loves the vibration and quick results
 - Dannii and Kylie Minogue both swear by it
 - YOU can use it to tone quickly and keep in top shape!

KICK BOX CARDIO

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

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.

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