

Exercise Classes

at Vauxhall Recreation Club



Day	Class	Time	Venue	Instructor	Prices
Mon	In-2-Box	6-7pm	Sportshall	Neil	Lunchtime Classes Lifelines Members FREE VRC members £2.85 Non-members £3.60
	Running Club	6:45-7:45pm	Meet in gym	Chris	
	Spinning (Intermediate)	6:15-7pm	The Studio	Anna	
	Spinning (Intermediate)	7:05-7:50pm	The Studio	Anna	
	Pilates (Intermediate)	7:30-8:25pm	Strikers	Claire	
Tues	Legs, Bums and Tums	12:15-1pm	Sportshall	Wanda	Evening classes Lifelines Full members FREE Lifelines Off Peak and VRC members £3.60 Non-members £4.25
	Circuit Mania	6-7pm	Sportshall	Michael	
	Yoga	6-6:55pm	Strikers	Anne	
	Spinning (Intermediate)	7:15-8pm	The Studio	Michael	
Weds	Spinning (Intermediate)	12:15-1pm	The Studio	Neil	Yoga/Pilates Lifelines Full members £1.75 VRC Members £3.60 Non-members £4.25
	Spinning for Beginners	6-7pm	The Studio	Lisa	
	Legs, Bums and Tums	6-7pm	Riverside/Sportshall	Kym	
	Pilates for Beginners	6-6:55pm	Strikers	Claire	
	Pilates (Intermediate)	7.05-8pm	Strikers	Lisa	
Thurs	Senior Conditioning	11-11:50am	Sportshall	Kym	Senior Conditioning Lifelines Members FREE VRC members £2.00 Non-members £2.50
	Legs, Bums and Tums	12:15-1pm	Sportshall	Kym	
	Legs, Bums and Tums	6-7pm	Sportshall	Luzi	
	Spinning (Intermediate)	6:15-7pm	The Studio	Neil	
	Interbox	7-8pm	Sportshall	Michael	
Sat	Tri-training* (trial)	8-9:30am	The Studio	Dave	Kickboxing Lifelines/VRC Members £5.00 Non- Members £6.50 Belts and licenses not included
	Kickboxing (prices apply)	10am-12noon	Sportshall	Keith	



Everyone Welcome! Information **01582 748238** / Bookings **01582 418873**

Vauxhall Recreation Club • 20 Gypsy Lane • Luton • LU1 3JH www.vauxhallrecreation.co.uk

Circuit Mania

A highly challenging motivational workout that will condition your whole body using aerobics and resistance stations. Intermediate level.

In-2-Box

This is a progressive boxing skills class where you will learn punching and footwork technique. The class will involve using a punch bag and boxing combinations. Suitable for all.

Interbox

This is a technique class based on boxing moves incorporating an aerobic and upper body workout. Suitable for all.

Kick Boxing

Kickboxing is a sport which combines kicks from martial arts and punching from boxing. The basic moves are kicking, punching, jumping and blocking. The kicks are very similar to the martial arts of kung fu and tae kwon do, and karate. This class is suitable for all levels.

Legs, Bums and Tums

This body conditioning class will target those problem areas in a fun and effective way. Suitable for all.

Pilates for Beginners

This is a core strength/stability workout. Its main aims are to correct posture and flexibility, and increase back and abdominal strength. Suitable only for those new to Pilates. Over 18's only.

Pilates (Intermediate)

Core strength/stability workout. Only for those who have regularly attended a Pilates class for a minimum of 6 months to 1 year.

If you are unsure of your Pilates level, your instructor will assess you. Over 18's only.

Running Club

Covers all levels of running from complete beginners to experienced competition runners. Warm up and stretches before running, cooldown and post run stretching. Advice on footwear, clothing and hydration. Different techniques to keep you motivated and to make sure those that are a little slower are not left behind.

Senior Conditioning

This low-impact body conditioning class will target your legs, bottom and tummy areas. It will help with flexibility and mobility of your joints and is suitable for all levels.

Spinning for Beginners

This is a beginner level cardiovascular class set on bikes where the instructor will take you through the basics of a spinning class to get you ready for the intermediate level. This class is suitable for beginners to exercise and spinning and is a great way to test your fitness levels. You will leave motivated and energised. Beginners only!

Spinning (Intermediate)

An Intermediate level cardiovascular class set on bikes where the instructor will take you on a journey, which will increase your fitness level and tone thighs and buttocks. This a very motivating high energy class.

Tri-training

The class consists of a 30 minute running session and a 1 hour spinning session, it is based around training for triathlons and will run in all weather conditions. The class will be on a trial basis only.

Yoga

This class can improve your flexibility greatly in 8 weeks. You will learn how to identify your body's stabilising muscles (the core) and use them effectively and efficiently to improve your posture and move with more confidence. Suitable for all levels of fitness.

All classes are suitable for men and women.

Terms and Conditions

- VRC members may pre-book exercise classes 14 days in advance
- Non-members may pre-book exercise classes 7 days in advance but must pay upon booking
- Bookings cancelled without 24 hours notice will be charged at the full cost
- Full Lifelines members cancelling without 24 hours notice will be charged at 50% of the full VRC member cost