

Exercise Classes

at Vauxhall Recreation Club



Day	Class	Time	Venue	Instructor
Mon	Senior Power Walking (Mar - Oct)	11am-12pm	Meet in Main Reception	Rick
	In-2-Box	6-7pm	Sportshall	Neil
	Running Club (Mar - Oct)	6:45-7:45pm	Meet in gym	Chris
	Spinning (Intermediate)	6:15-7pm	The Studio	Anna
	Spinning (Intermediate)	7:10-7:55pm	The Studio	Anna
	Pilates (Intermediate)	7:30-8:25pm	Strikers	Lisa
Tues	Legs, Bums and Tums	12:15-1pm	Sportshall	Wanda
	Circuit Mania	6-7pm	Sportshall	Michael
	Yoga (suitable for all levels)	6-6:55pm	Strikers	Anne
	Spinning (Intermediate)	7:15-8pm	The Studio	Michael
Weds	CSR Training (Circuits, Spin, Run)	12:15-1pm	The Studio	Neil
	Spinning for Beginners	6-7pm	The Studio	Lisa
	Legs, Bums and Tums	6-7pm	Sportshall	Kym
	Pilates for Beginners	6-6:55pm	Strikers	Lisa
	Pilates (Intermediate)	7:05-8pm	Strikers	Lisa
	Spinning (Intermediate)	7:15-8pm	The Studio	Anna
Thurs	Senior Conditioning	11-11:50am	Sportshall	Kym
	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
	In-2-Box	7-8pm	Sportshall	Michael
Sat	Tri-training	8-9:30am	The Studio	Dave
	Kickboxing (prices apply)	10am-12noon	Sportshall	Keith



Class Prices

	Lifelines Members		VRC Members	Non Members
	Peak	O/Peak		
Lunchtime Classes	FREE	FREE	£2.85	£3.75
Evening Classes	FREE	£3.75	£3.75	£4.40
Yoga/Pilates	£1.75	£3.75	£3.75	£4.40
Running Club	FREE	FREE	£2.50	£3.00
Seniors Walking & Conditioning	FREE	FREE	£2.00	£2.50
Kickboxing*	£6.50	£6.50	£6.50	£7.50

*Belts and licenses not included

Booking Line : 01582 418873

For class descriptions visit:

www.VAUXREC.co.uk

Class Descriptions

Circuit Mania

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

CSR Training (Circuits, Spin, Run)

A workout focussing on the areas of the body that are the most susceptible to fat deposits - the butt, hips, thigh and abdominals. Packed with fat burning techniques from start to finish, CSR is a fun and effective way to strengthen, burn fat and lose weight.

- 10-15 mins spinning
- 10-15 mins of whole body, abdominal and core strengthening exercises
- 10 mins run outside

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.

Kick Boxing

A class combining 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.

Seniors Power Walking

This will be an outdoors only class just for the summer but incase we don't have the usual glorious English weather please be armed with umbrella and waterproof coat. We will work to improve fitness, stamina, posture and at the same time burn fat. To ensure you get the most out of the class, we also use resistance bands and body weight exercises to strengthen and tone your muscles.

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.

Class Terms & Conditions

- **VRC and Lifelines members** may pre-book classes 14 days in advance
- **Non-members** may pre-book classes 7 days in advance (payable on booking)
- **Lifelines members** who fail to attend a class without notice will be charged £1.75 (or at full cost for Off Peak members failing to attend a Peak time class)
- **VRC and Non-members** cancelling classes without 24 hours notice will be charged at full cost per class if their place is not re-sold
- **VRC and Non-members** who fail to attend a class without notice will be charged at full cost

