

Exercise Classes

at Vauxhall Recreation Club

	Class	Time	Venue	Instructor
Mon	Senior Sports	11am-12pm	Sportshall	Rick
	Boxfit	6-7pm	Sportshall	Neil
	Spinning (Intermediate)	6:15-7pm	The Studio	Anna
	Running Club	6:45-7:45pm	Meet in gym	Chris
	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
	Zumba	5:45-6:45pm	Indoor Tennis	Claire M
	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	Circuit Mania	12:10-12:50pm	Sportshall	Neil
	Spinning for Beginners	6-7pm	The Studio	Rick
	Box n Tone	6-7pm	Sportshall	Anna
	Pilates for Beginners	6-6:55pm	Strikers	Claire F
	Pilates (Intermediate)	7:05-8pm	Strikers	Claire F
	Spinning (Intermediate)	7:15-8pm	The Studio	Rick
Thurs	Senior Conditioning	11-11:50am	Sportshall	Rick
	Absolute Abs	12:15-12:45pm	Sportshall	Michael
	Legs, Bums and Tums	6-7pm	Sportshall	Luzi
	CSR Training	6:15-7pm	The Studio	Neil
	In-2-Box	7-8pm	Sportshall	Michael
Sat	Spinning	9:45-10:30am	The Studio	Mike C/Team
	MMA Conditioning	12-1:30pm	Arena	Rick

Class Prices

	Lifelines Members			
	Peak	O/Peak	VRC Members	Non-Members
Lunchtime Classes	FREE	FREE	£2.90	£3.85
Evening Classes	FREE	£3.85	£3.85	£4.80
Yoga / Pilates / MMA Conditioning	£1.80	£3.85	£3.85	£4.80
Seniors Sport & Conditioning / Abs	FREE	FREE	£2.05	£2.55
Zumba	£1.80	£4.25	£4.25	£5.00



Booking Line : **01582 418873** For class descriptions visit: www.VAUXREC.co.uk

Class Descriptions

Absolute Abs

Working all areas of the lower back and abdominal region, a superb body core workout in 30 minutes. This class is suitable for all levels.

Box n Tone

This class packs a punch and tones you at the same time! Great for improving aerobic fitness while toning all the essential muscle groups. Highly motivational and is all about putting the fun into exercise.

Boxfit

A technique class based on boxing moves incorporating an aerobic and upper body workout. Based around a circuit. Suitable for all.

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 most susceptible to fat deposits - the bottom, 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 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.

Legs, Bums and Tums

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

MMA Conditioning

Mixed Martial Arts Conditioning. These classes are designed to show you how to take your training to the edge and are not for the faint hearted. You will learn ways to maximise muscle tone and reduce body fat in a very short period of time. You will be taken through a number of circuit stations each lasting 3 minutes that will mimic the intensity of a real professional fight. For an advanced level of fitness.

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 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.

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 Sports

This fun exercise class covers a variety of sport from basketball to circuits. Held in the sportshall during the winter months, in the spring this will become a walking activity. 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.

Yoga

This class can greatly improve your flexibility 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.

Zumba®

Zumba® is an exercise class based on the traditional moves of salsa, samba and merengue, with it's infectious music, easy-to-follow dance moves, and body-beautifying benefits, you'll be having so much fun in the class you'll forget you're actually working out! This class is suitable for all levels and ages.

All classes are suitable for men and women.