

Class Timetable

Monday 9th January – Sunday 12th February

TONBRIDGE SCHOOL CENTRE

Tonbridge School, London Road, Tonbridge, Kent TN10 3AD. Tel: 01732 304111 Fax: 01732 304116
Email: tsc@tonbridge-school.org www.tonbridge-school.co.uk

Monday

9.00 – 9.30
Core Conditioning
Fitness Team

9.30 – 10.00
Circuits
Fitness Team

10.00 – 11.00
Active Movers
Lynda

13.00 – 14.00
Legs, Bums & Tums
Christine

14.00 – 15.00
Pilates
Christine

18.00 - 19.00
Zumba
Pip

19.00-20.00
Keiser Cycle
Emma

19.00 – 20.30
Casual Climbing**

19.00-19.45
KETTLEBELLS
Dan

19.45-20.30
KETTLEBELLS
Dan

20.15 – 21.15
Adult Ballet
Colette***

Tuesday

9.15 – 10.00
Keiser Cycling
Fitness Team

13.15 – 14.00
FIT - BALL
Fitness Team

17.45-18.30
KETTLEBELLS
Patrick/Dan

18.30 – 20.00
Yoga
Veronica

20.00 – 21.00
PUMP
Wendy

Wednesday

9.00 – 10.00
20:20:20
Fitness Team

9.30 – 10.30
Aqua
Colette

12.45 – 13.30
KETTLEBELLS
Fitness Team

15.00 – 16.30
Yoga
Leila

16.30 – 18.00
Kick-Start Fitness
11 – 15 years old
Fitness Team

18.00-18.45
FIT-BALL
Fitness Team

19.00 – 20.00
Keiser Cycle
Graham

19.00 – 19.45
KETTLEBELLS
Dan

20.00 – 21.00
Zumba
Mel

Thursday

6.45 – 7.30
Circuits
Fitness Team

8.45 - 9.30
Swim & Trim
Helen

10.30-11.30
Zumba
Ivonne

13.00 – 14.00
PUMP
Christine

14.00 – 15.00
Pilates ****
Christine

17.45 – 18.30
Keiser Cycle
Graham

18.45 – 19.45
Line Dancing *

19.00-19.45
Aqua
Colette

19.00– 20.00
Keiser Cycle
Mark

20.00 -21.00
BOX – FIT
Mark

Friday

9.00-10.00
20:20:20
Fitness Team

13.00-13.45
KETTLEBELLS
Fitness Team

17.30 – 18.30
Pilates
Monica

18.30 – 19.30
Keiser Cycling
Fitness Team

19.30 – 20.00
Core Conditioning
Fitness Team

Saturday

9.00 – 10.00
Saturday Cycle
Fitness Team

10.00 – 10.30
Beginners
Keiser Cycle
Fitness Team

11.15 – 12.45
Yoga
Veronica/Leila

11.30-13.00
Kick Start Fitness
11 – 15 years old
Fitness Team

Sunday

9.45-10.30
FIT-BALL
Fitness Team

10.30 – 11.30
PUMP
Cath

PLEASE NOTE:

*Line Dancing costs £6.40 a session –No Class on the 27th October

**Casual Climbing costs a £6.00 a session

*** Adult Ballet costs £6.90 a session

**** Thursday Pilates will be held in the classroom

KETTLEBELL classes – First 15 minutes technique, final 30 minutes non-stop Kettlebells!!

- Please book all classes – up to 7 days in advance for Members and the day before for Non-Members (£10 Day Pass).
- Members aged 14+ can attend classes
- *Kick Start Fitness – supervised gym sessions for 11 – 15 years old*

THE MIND
& BODY EXPERIENCE

20:20:20

This class is broken into 3 sections, each lasting 20 minutes. Each section could range from keiser cycling to Fitball and from core work to circuit training. Variety is key when working out, so come along and be surprised!

Active Movers

For those that are young at heart, come along and improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow, low impact workout that meets the needs of virtually anyone.

Adult Ballet

Come and dispel the myth that ballet is for wimps! This adult course is available to a wide range of abilities from those who have taken ballet lessons in the past, to complete beginners. The class follows a set syllabus combined with free exercises to a wide range of music. An excellent core conditioning class, which strengthens and stretches providing muscle tone and flexibility. Costs £6.90 a session, every Monday evening.

Aqua Aerobics

Aqua Aerobics is an excellent method of exercise which improves the fitness of your heart and lungs, tones the body and reduces fat. Many people prefer to exercise in water as it keeps you cool, is kinder to joints such as knees and ankles and the water supports some of your body weight. The shallow water enables non-swimmers to exercise too.

Beginners Keiser Cycle

This class will focus on technique and will provide a base level of fitness for those looking to progress gently into our Keiser Cycle sessions.

BOX-FIT

One of the most effective forms of cross-training available. Box your way fit with a variety of techniques from pad-work to skipping. This class always guarantees fun as well as fitness, with the added benefit of being one of the best stress busters around!

Casual Climbing

A supervised session on the climbing wall for competent climbers who have completed the Centre's 4 week child or adult beginner's course. Cost £6.00. All equipment is provided and at least one instructor will be present at all times.

Core Conditioning

Core conditioning exercises are designed to tighten and strengthen the central muscles, which result in a flat tummy, as well as developing strength, stamina and improved posture. Your core central muscles create powerful movements for the entire body with a significantly reduced risk of injury.

Circuits - NEW

Circuit training combines both cardiovascular and resistance exercises to improve conditioning, tone and fat loss. The variety of different exercise stations is great for overall fitness.

FIT-BALL

A fun way to work on your stability and muscle definition (especially in the abdominals). Each participant will have their own Fit-ball on which to work on. The instructor will take the class through traditional exercises on the ball and also some you have never seen before!

Keiser Cycle

An aerobic exercise, that takes place on a specifically designed, stationary bike. As you pedal, motivating music plays and the instructor takes you on your journey. During the class you can vary your pace – sometimes pedalling as fast as you can, other times cranking up the tension and pedalling slowly from a standing position. This is great calorie burner and a great way to improve your fitness.

Kick Start Fitness

Kick-start your fitness with allocated gym sessions for 11-15 year olds. All sessions will be supervised by a qualified instructor, who is at hand to offer guidance and individual programmes. All members must be inducted, either during the allocated sessions or during members times. Please book at reception. Free for members, £3.50 for non-members

Legs, Bums & Tums

Exercise to music helping to target the lower body. Strengthening and toning the legs, bum and tummy area! Working on re-shaping the body, helping to improve co-ordination, flexibility, strength and stamina.

Line Dancing

Try line dancing every Thursday evening (6.45 – 7.45), for all abilities. Cost £6.40 per session. Just turn up on the night or book in at reception.

Pilates

A class to rebalance the body and bring it into correct postural alignment, through slow controlled movements and exercises. Pilates will improve posture, achieving balance between strength and flexibility and is a great way to relieve stress.

PUMP

PUMP is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and your choice of weight, inspires you to get the results you came for – and fast.

Saturday Cycle

Kick start your Saturday with a fun and worthwhile cycle on our Keiser bikes.

Swim & Trim

This class is designed for those wanting to improve their swimming for fitness and to tone-up.

Yoga

Focused balancing exercises, breathing and relaxation techniques to stimulate the body and mind.

ZUMBA

Dancers & Non-Dancers alike, can come along to this party-like atmosphere. Before you know it you will be dancing away and burning calories. This easy to follow cardio-based dance workout will help sculpt and tone your entire body.