

Class Descriptions

20.20.20

A 60 minute class which consists of 20 minutes combat, 20 minutes of strength/conditioning and 20 minutes flexibility. A full body workout that works all functions of fitness.

40:20

40 minutes for Keiser Spin followed by an intense Abs workout helping you increase cardio endurance and core strength.

Abs Blast

Sculpt your abs with personal coaching in a motivating group environment. For novice or athlete, this is the exercise class for ultimate results.

Abs & Core (Members Only)

A complete ab workout in our fitness studio led by one of our fitness instructors. This class focuses on strengthening your abs, back and core muscles

Aqua

A great exercise class working out to music in water. Ideal for non-swimmers, pre/post natal and those with joint problems or injuries.

Beginners Squash

Light-hearted and sociable, Beginners Squash is ideal for casual players and those that are new to squash, whatever your age, gender or fitness level. Enjoyable and challenging sessions, for up to six players on court at a time. Come and get involved with a new way to experience the sport.

Body Balance

An inspired soundtrack plays as you bend and stretch through a series of yoga moves and embrace elements of Tai Chi and Pilates.

Body Pump

The original barbell class. Using light to moderate weights with lots of repetitions, giving you a total body workout.

Boxercise

Combining boxing and exercise is a great fun, stress busting activity to suit everyone. All levels of ability are welcome, our fully qualified instructors will teach you boxing techniques and get you fit in no time.

Circuit Training

This class targets both muscular strength and endurance. Working from station to station with one of our qualified instructors. This class will most definitely get your heart rate up.

Fit Kids (Members only)

A drop in session giving children ages 8+ the opportunity to use the fitness studio with an experienced instructor to help guide them along the way.

Functional Fitness (Members only)

Increase your core strength with this fun 30 minute workout in our fitness studio led by one of our fitness instructors based around our training rig.

HIIT

A 30 minute metabolic workout that keeps on working. Working large muscle groups with simple un-choreographed, high intensity intervals to gain quick results.

Keiser Spin

Feel motivated by the energy of the class as you burn calories and build endurance. Indoor cycling is an exciting, low-impact option when you want a high-level cardio workout. *Beginners Keiser Spin* offers a basic introduction to Indoor cycling.

Kettlecise

One piece of equipment, one goal, fat liberation! Using Kettle Bell weights to burn calories, increase muscle definition and tone, whilst improving core strength and providing a great cardio workout.

Kettlebell-Core

Designed to work the whole of the body using a combination of kettlebell and abdominal/core exercises. This class is ideal for those who want to improve strength and define and tone the whole of the body

Legs, Bums & Tums

Legs, Bums & Tums is great for anyone who wants to tone up, as it is a fantastic calorie burning workout which targets those problem areas. It is also great for those who just generally want to get fit and raise their stamina with some aerobic exercise.

Love to Dance / Silver Swans

A fun and energetic work out! Nicky uses her professional experience in ballet and contemporary dance to present a class utilising a variety of styles including ballet, jazz and street dance. No previous experience required, just enthusiasm.

Silver Swans has a more gentle movement and guidance approach to Love to dance.

Pilates

A refreshing mind-body workout, Pilates focuses on core stability and posture, aiming to lengthen and strengthen muscles. The core fundamentals of the method are based upon a thorough understanding of the human anatomy.

Step & Tone

Using creative routines to build cardiovascular endurance and burn excess fat at a fast rate. A nice variety of moves without complex choreography will keep your body in motion.

Swim Fit

One of our instructors will take you through a session designed to improve your swimming fitness and technique.

Tabatacise

A high intensity class which works in timed intervals to increase heart rate, using body weight exercises and resistance. This class will target the whole of the body.

Yoga

Strengthen, tone and increase your flexibility. Breathing practices to rejuvenate the body system, relaxation techniques to help you let go, and meditation practices to calm the mind.

Zumba

Latin dance-fitness fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness programme that will blow you away.

Class

 UPPINGHAM SCHOOL
SPORTS CENTRE

Timetable

From 8th January 2018

Booking Policy:

We recommend advanced bookings for all classes. Members 7 days (free), Leisure card holders 5 days (reduced rate) and Pay and Play 3 days (with the exception of Spin*) (For Leisure card holders and Pay & Play payment will be taken at the time of booking).

***Did you know?** You can become a casual member for FREE and gain 7 days advanced booking for all Keiser spin classes.

Please Note: We may restrict booking rights for members that book a class and do not attend.

Please see our website for further Terms & Conditions.

Cancellation Policy:

If we need to cancel a class we will notify customers by using the following methods;

7 Days or more - Posters will be displayed around the Centre.

6 Days or less - We will additionally contact those booked into the class.

We will also notify our customers through our website and Twitter account.

Follow us @_USSC

Classes that do not achieve minimum attendance levels will be changed or cancelled.

Available in alternative formats on request

Uppingham School Sports Centre

Leicester Road

Uppingham

Rutland

LE15 9SE

T: 01572 820830

E: ussc@uppingham.co.uk

W: sportscentre.uppingham.co.uk



-  Dance Class
-  Pool based class
-  Cardio
-  Mind & Body
-  Tone/Conditioning

Monday

	Time	Class
a.m	07.00—07.30	Functional Fitness (Members only) NEW
	09.00—09.30	Functional Fitness (Members only)
	09.30—10.00	HIIT
	09.30—10.30	Step & Tone
	10.15—11.45	Yoga NEW TIME
	10.00—11.00	Aqua
p.m	18.00—19.00	Kettlercise
	19.00—19.30	Abs & Core (Members only) NEW
	19.00—19.45	Keiser Spin
	19.00—20.00	Body Balance
	20.00—20.45	Beginners Keiser Spin

Tuesday

a.m	07.00—07.45	Keiser Spin
	09.00—09.30	Functional Fitness (Members only)
	09.30—10.30	Kettlercise
	10.30—11.30	Love to Dance
	10.30—11.30	Boxercise
	11.30—12.30	Legs, Bums & Tums
p.m	12.00—13.00	Silver Swans
	13.15—13.45	Abs & Core (Members only) NEW
	18.00—18.45	Keiser Spin
	18.15—19.15	Zumba
	18.30—19.30	Step & Tone
	19.30—20.15	Kettlebell-Core
	20.00—21.00	Swim Fit

Wednesday

a.m	07.00—07.30	Circuit Training (Members Only) NEW
	09.00—09.30	Functional Fitness (Members only)
	09.30—10.30	40/20
	09.30—10.30	Body Pump
	09.30—10.30	Pilates
p.m	18.00—18.30	Circuit Training NEW
	18.30—19.15	Keiser Spin
	18.30—19.30	Body Balance
	19.30—20.15	Kettlebell-Core

Thursday

	Time	Class
a.m	07.00—07.30	Abs & Core (Members only) NEW
	09.00—09.30	Functional Fitness (Members only)
	09.30—10.30	Kettlercise
	10.00—11.00	Aqua
	10.30—11.30	Pilates
p.m	13.00—13.30	Functional Fitness (Members only) NEW
	18.15—19.15	20.20.20
	18.15—19.15	Body Pump
	19.00—19.30	Abs & Core (Members only) NEW
	19.00—20.00	Swim Fit
	19.15—20.15	Love to Dance
	19.15—20.15	Legs, Bums & Tums
	19.45—20.30	Circuit Training NEW

Friday

a.m	07.00—07.30	Functional Fitness (Members only)
	09.00—09.30	Functional Fitness (Members only)
	09.30—10.30	40/20
	09.30—10.30	Circuit Training NEW
	11.15—12.45	Yoga
p.m	18.00—19.00	Tabatacise NEW
	18.00—19.00	Pilates
	19.00—19.30	Abs & Core (Members only) NEW

Saturday

a.m	09.00—10.00	Pilates
	09.30—10.30	Swim Fit
	09.30—10.30	Body Pump

Sunday

a.m	09.00—10.00	Body Balance
	09.30—10.15	Keiser Spin
	10.15—10.45	Abs Blast
	10.45—12.00	Beginners Squash NEW
p.m	12.00—14.30	Fit Kids (Members only)

Boot Camp will return in the spring!

Look out for new classes coming soon.

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