

Class Descriptions

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.

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.

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.

Boot Camp / Express Boot Camp & Family Boot Camp

An outdoor class to burn calories fast, have great fun and give your whole body a fantastic 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.

Combat MX

Split into '8 Zones' ranging from the traditional Kettlebell, upper and lower body attack, combat core, to dynamic high velocity combat rounds using kicks, punches, elbows and combinations performed without a kettlebell.

Family Fit

An instructor led session around our new training rig combining core strength and cardio exercises. Exercising made fun for the family.

Fit Kids

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 new 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.

Kettlercise

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

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

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 Aerobics / Advanced 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.

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 5th June 2017

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



Mind & Body



Pool based class



Tone/Conditioning



Cardio

Monday

	Time	Class
a.m	09.00—09.30	Functional Fitness (Members only)
	09.30—10.00	HIIT
	09.30—10.30	Step Aerobics
	10.00—11.00	Aqua
	10.30—12.00	Yoga
p.m	18.00—19.00	Kettlercise
	19.00—19.30	Functional Fitness (Members only)
	19.00—19.45	Keiser Spin
	19.00—20.00	Body Balance
	20.00—20.45	Beginners Keiser Spin

Tuesday

	Time	Class
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	18.00—18.45	Keiser Spin
	18:15—19:15	Zumba
	18.30—19.30	Step Aerobics
	18.45—19.15	Express Boot Camp
	19:30—20:15	Combat MX NEW
	19.30—20.30	Body Pump
	20.00—21.00	Swim Fit

Wednesday

	Time	Class
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	Body Pump
	09:30—10:30	Pilates NEW
p.m	18.00—18.30	HIIT
	18.30—19.15	Keiser Spin
	18.30—19.30	Body Balance
	19.30—20.15	Kettlebell-core NEW

Thursday

	Time	Class
a.m	07.00—07.45	Keiser Spin
	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	18.30—19.30	Adv. Step and tone
	18.30—19.30	Boot Camp
	18.30—19.30	Zumba
	19.00—19.30	Functional Fitness (Members only)
	19.00—20.00	Swim Fit
	19.15—20.15	Love to Dance
	19.30—20.30	Legs, Bums & Tums
	19.45—20.45	40/20

Friday

	Time	Class
a.m	07.00—07.30	Functional Fitness (Members only)
	09.00—09.30	Functional Fitness (Members only)
	09.30—10.30	40/20
	11.15—12.45	Yoga
p.m	18.00—19.00	Kettlercise
	18.00—19.00	Pilates
	18.30—19.00	Functional Fitness (Members only)

Saturday

	Time	Class
a.m	09.00—09.30	HIIT NEW
	09.00—10.00	Pilates
	09:30—10:15	Family Boot Camp NEW*
	09.30—10.30	Swim Fit
	09.30—10.30	Body Pump

Sunday

	Time	Class
a.m	09.00—10.00	Body Balance
	09.30—10.15	Keiser Spin
	10.15—10.45	Abs Blast
p.m	12.00—14.30	Fit Kids** (Members only)
	14.30—15.00	Family Fit** (Members only)

*This session is for ages 5 and above.

**This session is for ages 8 and above.

Please Note: We may restrict booking rights to members that book on to a class and do not attend. See our website for further Terms & Conditions.