

Class Descriptions

20:20:20

A 60 minute workout split into 20 minutes cardio, 20 minutes strength and 20 minutes core/stretching, providing 3 tough workouts in 1 enjoyable class.

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

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.

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.

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.

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/Advanced 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



Timetable

From 6th February 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

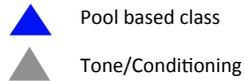
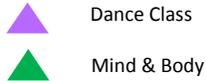
Rutland

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Monday

| | Time | Class |
|-----|-------------|--|
| a.m | 09.00—09.30 | Functional Fitness (Members only) NEW |
| | 09.30—10.00 | HIIT |
| | 09.30—10.30 | Step Aerobics |
| | 10.00—11.00 | Aqua |
| | 10.30—12.00 | Yoga NEW |
| p.m | 18.00—19.00 | Kettlercise |
| | 19.00—19.30 | Functional Fitness (Members only) NEW |
| | 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) NEW |
| | 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—20.30 | Body Pump |
| | 20.00—21.00 | Swim Fit |

Wednesday

| | Time | Class |
|-----|-------------|--|
| a.m | 07.00—07.30 | Functional Fitness (Members only) NEW |
| | 09.00—09.30 | Functional Fitness (Members only) NEW |
| | 09.30—10.30 | 40/20 |
| | 09.30—10.30 | Body Pump |
| p.m | 18.00—18.30 | HIIT |
| | 18.30—19.15 | Keiser Spin |
| | 18.30—19.30 | Body Balance |
| | 19.30—20.30 | Advanced Pilates |
| | 19.30—20.30 | 20:20:20 NEW |

Thursday

| | Time | Class |
|-----|-------------|--|
| a.m | 07.00—07.45 | Keiser Spin |
| | 09.00—09.30 | Functional Fitness (Members only) NEW |
| | 09.30—10.30 | Kettlercise |
| | 10.00—11.00 | Aqua NEW |
| | 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) NEW |
| | 19.00—20.00 | Swim Fit |
| | 19.15—20.15 | Love to Dance |
| | 19.30—20.30 | Legs, Bums & Tums NEW |
| | 19.45—20.45 | 40/20 |

Friday

| | Time | Class |
|-----|-------------|--|
| a.m | 07.00—07.30 | Functional Fitness (Members only) NEW |
| | 09.00—09.30 | Functional Fitness (Members only) NEW |
| | 09.30—10.30 | 40/20 |
| | 11.15—12.45 | Yoga NEW |
| p.m | 18.00—19.00 | Kettlercise |
| | 18.00—19.00 | Pilates |
| | 18.30—19.00 | Functional Fitness (Members only) NEW |
| | 19.00—19.45 | Keiser Spin |

Saturday

| | Time | Class |
|-----|-------------|----------------------|
| a.m | 09.00—10.00 | Pilates |
| | 09.15—10.15 | Combat MX 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) NEW |
| | 14.30—15.00 | Family Fit* (Members only) NEW |

*This session is for members aged 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.