

Fitness & Group Exercises Classes

Adult Ballet Course for Beginners and Improvers

Dance yourself fit with ballet conditioning techniques designed for dancers and non dancers alike. Easy to follow, non impact standing barre work and centre practice. (Term-time only)

Back to Basics

Suitable for anyone new or returning to exercise.

Barre Concept® / Barre Workout NEW!

Meet us at the Barre for the hottest new workout spreading the globe! Want to feel 10 years younger? Lift your butt, tone your thighs, shape your arms, trim your waist and flatten your abs - without being a dancer! This hot, new workout combines the precision of Pilates, the technique of ballet, the alignment of yoga and the strength from sports conditioning - so there is something in this method for everybody. Limited spaces so book to avoid disappointment.

Belly Dancing - Course only

The basic course is perfect for those new to dance of any form. Improvers course is for those already familiar with the movements.

Body Combat™

Release your inner warrior! Fun, fast 'n' furious! Punch and kick your way to fitness from the world of martial arts! Non-contact and suitable for both men and women, all levels. Not suitable for pregnant ladies. New Wednesday morning class.

Body Balance™

An oasis of calm and karma. Enjoy this fitness-inspired workout from the world of Yoga. All set to beautiful, feel-good music, experience the holistic benefits as you journey through a world of Tai Chi, Yoga and Pilates.

Body Pump™

This inspiring resistance training programme is the fastest way to get in shape! Guaranteed to help shift excess body fat with measurable results! Suitable for both men and women, all levels.

Body Step™

You'll simply love this step class that is both up-lifting and butt-lifting! Using simple to follow moves and inspirational music, Body Step allows you to train at the intensity that you want. Have fun and don't worry about letting your hair down while you step into shape. Not Suitable for Pregnancies.

Boot Camp (Outdoors)

Outdoor, high intensity circuit class. A great challenge and a good way to improve your fitness, lose weight and tone up. Suitable for all levels, men and women.

Circuits

An all round conditioning class to help improve cardio fitness as well as improve strength and toning. Multi-tickets - 5 sessions. £26.50

Functional Circuits

A dynamic and all over body circuit class to help condition, tone and strengthen. A combination of using a variety of innovative gym equipment and exercise tools makes the circuit fun and enjoyable.

Kettlebell Class

A unique class which will provide a full body workout using every muscle group in your body with core movements. A great way to develop strength, improve endurance and cardiovascular capacity whilst burning fat.

LBT (legs, bums & tums)

An all over body conditioning class with easy to follow exercises using equipment. All abilities.

Metafit™ NEW CLASS!

Mondays and Wednesdays
Metafit™ will seriously change your body. Combines traditional body-weight exercises with the latest interval and TABATA techniques to get you ripped faster than any other class. It's tough - that's why it works!!! Do you think you're meta-fit™ ???
Not suitable for pregnancies.

Pilates

Originally a favourite of Ballet and Professional dancers, Pilates has now begun to break into the mainstream for everyone's benefit. Particularly recommended for back-sufferers. Check out our Intermediate course (on Mondays evenings) for more challenges, enhanced tuition and greater results.

Power Plate

Stretch, strengthen, massage & relax your body using vibration technology. Improve muscle & skin tone, improves strength and flexibility. (4 week courses available. Please enquire)

Spinning

The ultimate cardiovascular workout on a bicycle to motivational music, that also tones and shapes the whole body. Lunchtime spinning classes £3.40 for Primetime members.

Street Dance

Our very own bite-sized chunk of the London Dance Scene! An open dance class led by our professional dancer, Mark Lee Davies. Fresh, exciting with all the latest moves and techniques to keep you in shape while packed full of fun! Suitable for all who love to Dance!

Yoga

If Yoga is good enough for Olympians, then it's good enough for us! Our Yoga teachers are highly-trained in their practice and will encourage, inspire and help you to develop flexibility, gain strength and discover inner peace. Not suitable for pregnant ladies. (Tuesday pm is term time only)

Yoga - Mummy & Me NEW COURSE!

6 Week courses on a Tuesday afternoon for post-natal recovery and bonding with your baby, while meeting other mums. A gentle vinyasa flow practice to get you back into shape, whilst healing your body after birth. Mums must have proof of their 6 weeks post-natal check.

Zumba!®

One of the world's fastest growing fitness programmes. Join the phenomenon! Add some spice to your week and Zumba away your waistline with this hypnotic fusion of salsa, calypso, tango and flamenco ... Everyone is welcome to our dance-party. Minimum age 14

Water Based Exercise Classes

Aqua Attack

This hour long class combines a cardio-workout, core stability and conditioning to 3 x 20 minute sessions aimed at attacking those problem areas.

Aqua Zumba®

Jump into the latin-inspired, easy to follow, calorie-burning, dance fitness-party that makes working out a splash. Session not included in ED+ membership and Fitness Direct membership.

Dunk Your Bump

Wednesdays 7pm-7.45pm (LP) Tuesdays 10am- 10.45am (25M)
A gentle class for expectant and new mothers taken by a trained instructor in ante and post natal exercise.

Gentle Water Aerobics/Workout

Mondays & Fridays 8am-9am (LP) Tuesdays* 2.30pm-3.30pm (25M)
A session suitable for all, which improves fitness without putting a strain on the joints. *Tuesday term time only session.

Hydrokick

A high impact water aerobics session offering a challenging workout.

Splashfit

A popular evening session in the Leisure Pool which includes circuits, aerobics and toning exercises.

Book your classes online at:
www.guildfordspectrum.co.uk

• aqua classes • spinning • group exercise

Booking 14 days in advance



Your Active Card

Active Cardholders can book group exercise classes 7 days in advance. The active card is a leisure reward card. You can earn metres (points) every time you present your card to pay for an activity. You get 5 points for every £1 you spend. Once you have enough metres you can redeem them against certain activities. You can also get great offers, discounts and savings from the high street too.

Redeeming your points

The active card website contains a list of activities that you can pay for using your metre points. Redemptions start from as little as 50 metres and include activities such as ice skating, swimming, fitness and group exercise, a hospitality box to watch the ice hockey, plus much more.

Checking your metre point balance

On the bottom of your receipt there is an active card statement advising you of your current balance. You can also email info@guildfordspectrum.co.uk quoting your active card number to receive an active statement or visit www.active-card.co.uk. Start collecting now and see the rewards!

www.active-card.co.uk

Visit the website for further information on the offers and redemptions for active cardholders.

General Information

- All classes are taught by professional instructors with recognised qualifications who can offer help and advise on your fitness requirements.
- Please consult a doctor before participating in any activity if you are unsure of the suitability of classes, or if you are suffering from any medical complaints.
- Please notify the instructor prior to the class if you suffer from any condition that may affect your ability to exercise.
- Please arrive on time for the class and stay to cool down at the end of the class, to avoid injury and prevent disruption.
- All new participants to Body Pump and Body Balance must speak with the instructor at the start of the class for advice on weights, options and technique.
- The Minimum age for classes is 16 unless otherwise specified.
- Footwear and clothing must be appropriate for the activity.
- Please note that on occasion it may be necessary to cancel certain classes due to major events. Every effort will be made to inform customers of these changes beforehand. If you are in any doubt please **contact Spectrum on 01483 443322**.
- Please note a traffic light system is in place for monitoring of our class popularity.

Information

- For Health & Safety reasons, tickets will not be sold to customers arriving 5 minutes after the class start time. Tickets must be handed to the Instructor, no entry without a valid ticket.
- Term-time only classes will not run during the school holiday periods.
- Classes may be subject to change. Please visit our website or call 01483 443322 for information.
- Minimum age for classes 16 unless specified.

Booking

Active Cardholders can book fitness and group exercise classes 14 days in advance.

Energy Direct+ and Fitness Direct members can book classes 14 days in advance.

Non Members/Active Cardholders can book classes on the day. Booking is recommended to avoid disappointment.

Book your classes online at:
www.guildfordspectrum.co.uk

• aqua classes • spinning • group exercise

Booking 14 days in advance



Cancellation Policy

No refund of fee can be offered if a cancellation is made on the same day as booking. Cancellations must be made 24 hours in advance to receive a refund/credit transfer.



Fitness & Group Exercise

CLASS TIMETABLE

January - March 2014

Freedom Leisure working in partnership
with Guildford Borough Council



www.guildfordspectrum.co.uk • (01483) 443322



Fitness & Group Exercise

Week commencing 6th January

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Morning	<p>8am-9am Gentle Water Aerobics £5.20 LP ☺</p> <p>9.30am-10.25am Body Pump™ £6.10 AS ☺</p> <p>10.00am-10.45am Spinning*** £5.20 SS</p> <p>10.45am-11.45am Body Balance™ £6.10 S ☺</p>	<p>6.35am-7.30am Spinning*** £5.20 SS</p> <p>9.45am-10.40am Legs, Bums & Tums £5.60 AS</p> <p>10am-10.45am Dunk Your Bump £5.20 CP</p> <p>10.45am-11.40am ZUMBA!® £5.60 AS ☺</p> <p>11am-12noon Yoga £7.30 S ☺</p> <p>12.15pm-1.15pm Yoga £7.30 S ☺ term time only</p> <p>1.30pm-2.30pm NEW</p> <p>2.45pm - 3.45pm Mummy & Me Yoga S</p>	<p>8am-8.30am Power Plates £5.60 EL</p> <p>8.30am-9.30am Functional Circuits* £5.60 EL ☺</p> <p>9.35am-10.30am Body Combat £6.10 AS</p> <p>9.45am-10.45am Body Balance™ £6.10 S ☺</p> <p>10.45am-11.40am Back to Basics £4.40 AS ☺</p> <p>11am-12noon Pilates General £8.20 S ☺ Term time only</p> <p>12.15pm-1.15pm Barre Concept® £7.30 S ☺ Term time only</p>	<p>6.35am-7.30am Spinning*** £5.20 SS</p> <p>9.30am-10.30am NEW TIME Pilates General £8.20 S ☺</p> <p>9.30am-10am Power Plates £5.60 EL</p> <p>9.30am-10.25am Body Step™ £5.90 AS</p> <p>10.00am-10.45am Spinning*** £5.20 SS</p> <p>10.30am-11.30am NEW TIME Yoga £7.30 S</p> <p>10.30am-11.25am ZUMBA!® £5.60 AS ☺</p>	<p>8am-9am Gentle Water Aerobics £5.20 LP ☺</p> <p>9.45am-10.40am Legs, Bums & Tums £5.60 AS</p> <p>10.45am-11.45am Body Balance™ £6.10 S ☺</p>	<p>8.30am-9.30am Spinning*** £5.80 SS</p> <p>9.30am-10.25am ZUMBA!® £5.60 AS</p> <p>9.30am-10.30am Spinning*** £5.80 SS</p> <p>10am-11am Boot Camp Fitness (outdoors) £5.60 EL</p> <p>10.30am-11.25am Body Pump™ £6.10 AS</p> <p>11.30am-12.30pm Body Combat™ £6.10 AS</p>	<p>9.30am-10.25am Legs, Bums & Tums £5.90 AS</p> <p>10.30am-11.30am Yoga £8.00 S</p> <p>10am-11am Spinning*** £5.80 SS</p> <p>11am-11.45am Power Plate Course † EL</p> <p>11.45am-12.45pm NEW CLASS Barre Concept® £7.30 S</p>
Afternoon	<p>12.00pm-12.30pm Power Plates £5.60 EL</p> <p>12.30pm-1.15pm Spinning*** £5.20 SS ☺</p>	<p>12.30pm-1.15pm Spinning*** £5.20 SS ☺</p> <p>2.30pm-3.30pm Gentle Water Workout £5.20 CP ☺</p> <p>4.30pm-5.15pm Junior Spinning*** (12-15yrs) £3.60 SS</p>	<p>12.30pm-1.15pm Spinning*** £5.20 SS ☺</p>	<p>12noon-12.30pm Power Plates £5.60 EL</p> <p>12.30pm-1.15pm Spinning*** £5.20 SS ☺</p> <p>1pm-1.30pm Kettlebell Fastclass £3.60 EL</p>	<p>12.30pm-1.15pm Spinning*** £5.20 SS ☺</p>		
Evening	<p>5.45pm-6.40pm Spinning*** £5.80 SS</p> <p>6pm-6.55pm Body Step™ £6.10 AS</p> <p>6pm-6.55pm ZUMBA!® £5.90 A</p> <p>6pm-7pm Kettlebell Class £5.60 CR</p> <p>6.45pm-7.40pm Spinning*** £5.80 SS</p> <p>7pm-7.55pm Body Pump™ £6.10 AS</p> <p>7pm-7.45pm NEW Metafit™ £4.70 A</p> <p>7pm-8pm Pilates Intermediate Course only S</p> <p>7pm-8pm Splashfit £5.70 LP</p> <p>7pm-7.45pm Power Plate Course † EL</p> <p>7.45pm-8.40pm Spinning*** £5.80 SS</p>	<p>5.45pm-6.40pm Spinning*** £5.80 SS</p> <p>6pm-6.55pm Legs, Bums & Tums £5.90 AS</p> <p>6pm-7pm Body Balance™ £6.10 S</p> <p>6.45pm-7.45pm Hydro Kick £5.70 LP</p> <p>6.45pm-7.40pm Spinning*** £5.80 SS</p> <p>7pm-7.55pm Body Combat™ £6.10 AS</p> <p>7pm-8pm Circuits £5.70 A</p> <p>7.30pm-8pm Power Plates £5.60 EL</p> <p>7.45pm-8.30pm Aqua Zumba®† £5.50 LP</p> <p>7.45pm-8.40pm Spinning*** £5.80 SS</p> <p>8pm-9pm ZUMBA!® £5.90 AS</p>	<p>5.45pm-6.40pm SS Spinning*** £5.80</p> <p>6pm-7pm & 7pm-8pm Belly Dance Course only S</p> <p>6pm-6.45pm NEW Metafit™ £4.70 AS</p> <p>6pm-7pm Kettlebell Class £5.60 CR</p> <p>6.45pm-7.40pm Spinning*** £5.80 SS</p> <p>6.45pm-7.40pm Body Pump™ £6.10 AS</p> <p>7pm-7.45pm Dunk Your Bump £5.20 LP</p> <p>7.30pm-8pm Power Plates £5.60 EL</p> <p>7pm-8pm Functional Circuits £5.60 EL</p> <p>7.45pm-8.40pm Spinning*** £5.80 SS</p> <p>7.45pm-8.45pm Body Combat™ £6.10 AS</p> <p>8pm-9pm Street Dance £6.20 S</p>	<p>5.45pm-6.40pm Spinning*** £5.80 SS</p> <p>6pm-7pm Kettlebell Course † CR Course only S</p> <p>6pm-6.45pm Bodystep™ £5.70 AS</p> <p>6pm-6.55pm Starts 16/1/14 Barre Concept £7.30 S NEW</p> <p>6.45pm-7.45pm Aqua Attack £5.70 LP</p> <p>6.45pm-7.40pm Spinning*** £5.80 SS</p> <p>6.45pm-7.40pm Body Combat™ £6.10 AS</p> <p>7pm-8pm & 8pm-9pm Adult Ballet Imp & Beg Courses</p> <p>7.30pm-8pm Power Plates £5.60 EL</p> <p>7.45pm-8.40pm Body Pump™ £6.10 AS</p> <p>7.45pm-8.30pm Aqua Zumba® £5.50 LP</p> <p>7.45pm-8.40pm Spinning*** £5.80 SS</p>	<p>5.30pm-6.25pm Spinning*** £5.80 SS</p> <p>6pm-6.50pm Body Pump™ £5.80 AS</p> <p>6pm-7pm Body Balance™ £6.10 S</p> <p>6.30pm-7.30pm Spinning*** £5.80 SS</p>	<p>6pm-7pm Spinning*** £5.80 SS</p>	

Power Plate classes take place in Energy Level Gym

Key

- * Gym members only
- ** Course with drop in option
- *** Not available on Fitness Direct
- † Not available on Fitness Direct, Connected or Energy Direct+ memberships
- ☺ Special rate for Primetime members available, please enquire at reception

AS = Action Suite	☺ = Aqua Classes
A = Arena	☺ = Mind & Body Classes
AT = Athletics Track	☺ = Course only
CP = Competition Pool	☺ = Spinning
CR = Clubroom	☺ = Cardio Classes
EL = Energy Level Gym	☺ = Gym Circuits
DP = Diving Pool	☺ = Dance Classes
LP = Leisure Pool	☺ = Toning Classes
SS = Spinning Studio	
S = Studio	

Visit our website www.guildfordspectrum.co.uk or call 01483 443322 for information. Timetable is correct at time of printing. Classes may be subject to change.