Group Exercise Programme March/April 2010

Introducing the FLEXI-BAR and FIT CHICK WORKOUT!

Reebok SPORTS CLUB

Monday

Time	Class	Instructor	Studio
07.00-07.45	REEBOK REPS	ANN	C
07.30-08.15	INDOOR CYCLE	KATY	A
07.30-08.30	YOGA ENERGY	DAVID	F
NEW CLASS! 12.00-12.30	FIT CHICK WORKOUT	KELLY	C
NEW CLASS! 12.00-12.40	FLEXI-BAR T	JASON	B
12.00-13.00	PILATES	LEON	F
12.10-12.55	INDOOR CYCLE	MARK F	A
NEW CLASS! 12.30-13.00	FIT CHICK WORKOUT	KELLY	C
12.50-13.35	REEBOK REPS	DAIRINA	B
13.00-13.15	GENERAL ABS	Fitness Coach	Gym floor
13.00-14.00	YOGA DYNAMIC	LEON	F
13.05-13.45	AQUA	MAGDA	P
13.10-13.55	INDOOR CYCLE	KELLY	A
13.15-14.00	FIGHT KLUB	MARK F	C
13.15-13.30	ABS OF STEEL	Fitness Coach	Gym floor
17.15-18.00	FLEXIBLE STRENGTH	ANGIE	F
17.20-18.00	JUKARI T	MAGDA	B
17.35-18.20	INDOOR CYCLE	JASON	A
18.00-19.00	INTRO2PILATES	ANGIE	F
18.00-18.15	GENERAL ABS	Fitness Coach	Gym floor
18.00-19.00	FIGHT KLUB	TANYA	C
18.15-18.30	ABS OF STEEL	Fitness Coach	Gym floor
18.15-19.00	INTERVAL CIRCUIT	MAGDA	B
18.25-19.25	INDOOR CYCLE	JASON	A
19.00-20.00	BALLET FIT	HOLLY	F
19.00-19.15	GENERAL ABS	Fitness Coach	Gym floor
19.00-20.15	YOGA POWER	DAVID	B
19.05-19.50	REEBOK REPS	MAGDA	C
19.15-19.30	ABS OF STEEL	Fitness Coach	Gym floor
19.30-20.15	INDOOR CYCLE	ANN	A

Tuesday

Time	Class	Instructor	Studio
06.30-07.15	INDOOR CYCLE	KELLY	A
06.45-07.30	AQUA FREESTYLE	MARIE J	P
07.20-08.05	EXPRESS PILATES	KELLY	F
07.30-08.10	CIRCUIT TRAINING	DEBBIE	C
07.35-07.50	GENERAL ABS	Fitness Coach	Gym floor
12.00-13.00	YOGA VINYASA	SHARON	B
12.00-12.30	HULA-GLIDE	JEANNIE	C
12.05-12.50	INDOOR CYCLE	EMILY	A
12.15-12.55	PREGNANCY FITNESS	KRISTA	F
12.30-12.45	GENERAL ABS	Fitness Coach	Gym floor
12.30-13.00	HULA-CORE	JEANNIE	C
12.45-13.00	ABS OF STEEL	Fitness Coach	Gym floor
13.00-13.40	R.A.W.	MAGDA	C
13.00-14.00	PILATES	SHARON	B
13.05-13.50	INDOOR CYCLE	EMILY	A
17.30-18.15	REEBOK REPS	JOHN/EMILY	B
17.30-18.15	START2STEP	LORNA	C
17.35-18.20	INDOOR CYCLE	GREG	A
18.00-18.15	GENERAL ABS	Fitness Coach	Gym floor
18.15-19.00	SUPER SCULPT	LORNA	C
18.15-18.30	ABS OF STEEL	Fitness Coach	Gym floor
18.20-19.35	YOGA ASHTANGA	EMILY	B
18.25-19.25	INDOOR CYCLE	GREG	A
18.40-19.25	RUNNING CIRCUIT	MARK F	Sports Hall
19.05-19.50	STEP INTERMEDIATE	LEANNE	C
19.05-20.00	PILATES	LORNA	F
19.40-20.25	THE ULTIMATE CORE WORKOUT	GREG	B
20.00-21.00	YOGA HOLISTIC	EMILY	F
20.00-21.00	TRIATHLON SWIM T	BARTEK	P
20.15-20.30	ABS OF STEEL	Fitness Coach	Gym floor

Wednesday

Time	Class	Instructor	Studio
06.30-07.15	FIGHT KLUB	KELLY	C
06.45-07.30	POWER WALKING	Fitness Coach	Gym floor
07.15-08.05	INDOOR CYCLE	KATY	A
07.20-08.05	REEBOK REPS	KELLY	C
12.05-12.50	CIRCUIT TRAINING	MAGDA	B
12.15-12.55	AQUA	JAYNE	P
12.10-12.55	REEBOK REPS	KELLY	C
12.30-13.00	EXPRESS PILATES	LISA S	F
12.30-13.15	INDOOR CYCLE	STEVEN	A
13.00-13.15	GENERAL ABS	Fitness Coach	Gym floor
13.00-13.30	EXPRESS PILATES	LISA S	F
13.00-14.00	FREESTYLE FITNESS YOGA	JAYNE	B
13.05-13.50	STEP & TONE	TINA	C
13.15-13.30	ABS OF STEEL	Fitness Coach	Gym floor
17.20-18.00	JUKARI T	DAIRINA	B
17.30-18.30	PILATES	SHARON	F
17.45-18.30	INDOOR CYCLE	MARIE J	A
18.10-18.55	LATINO AEROBICS	JENNY	B
18.30-19.10	REEBOK REPS	MARK F	C
18.30-19.30	YOGA PURE	SHARON	F
18.30-19.45	INDOOR CYCLE ENDURANCE	DAIRINA	A
18.30-19.30	RUNNING CLUB	Fitness Coach	Gym floor
18.30-18.45	GENERAL ABS	Fitness Coach	Gym floor
18.40-19.25	AQUA	MARIE J	P
18.45-19.00	ABS OF STEEL	Fitness Coach	Gym floor
18.55-19.40	REEBOK CITY JAM DANCE	JURGITA	B
19.15-20.00	FIGHT KLUB	MARK F	C
19.30-20.45	YOGA VINYASA	SHARON	F

Thursday

Time	Class	Instructor	Studio
06.45-07.25	AQUA SUPER CIRCUIT	ANN	P
07.20-08.05	INDOOR CYCLE	EMILY	A
07.30-08.30	YOGA ENERGY	DAVID	F
12.00-12.15	GENERAL ABS	Fitness Coach	Gym floor
12.00-13.00	YOGA HATHA	KRISTA	F
12.05-12.50	INDOOR CYCLE	DAIRINA	A
12.10-12.55	RUNNING CIRCUIT	MARK F	Sports Hall
12.10-12.55	SWEAT TO YOUR CORE T	KELLY	B
12.15-12.30	ABS OF STEEL	Fitness Coach	Gym floor
12.30-13.15	FIGHT KLUB	STEVEN	C
13.00-13.45	INDOOR CYCLE	DAIRINA	A
13.00-14.00	YOGA ANTE NATAL	KRISTA	D
13.00-14.00	PILATES	KELLY	F
13.10-13.55	JUKARI T	MAGDA	B
13.20-14.05	REEBOK REPS	MARK F	C
NEW CLASS! 17.30-18.00	FIT CHICK WORKOUT	MAGDA/ LORNA	B
17.30-18.20	REEBOK REPS	JOHN	C
17.30-18.30	INTRO2PILATES	PAUL	F
18.00-18.45	STABILITY BALL	MAGDA/LORNA	B
18.10-19.10	INDOOR CYCLE	MARIA	A
18.30-19.30	YOGA ASHTANGA	EMILY	F
18.35-19.20	INTERVAL CIRCUIT	JOHN	C
18.45-19.30	JUKARI T	MAGDA	B
19.00-19.15	GENERAL ABS	Fitness Coach	Gym floor
19.15-19.30	ABS OF STEEL	Fitness Coach	Gym floor
19.30-20.30	TRIATHLON SWIM T	BARTEK	P
19.30-20.30	YOGA FLOW	EMILY	F

Friday

Time	Class	Instructor	Studio
07.15-08.00	INDOOR CYCLE	GREG	A
07.25-08.10	FIGHT KLUB	STEVEN	C
12.00-13.00	INTRO2YOGALATES	VERONIQUE	F
12.05-12.50	REEBOK REPS	DAIRINA	C
12.10-12.55	INDOOR CYCLE	MARK F	A
12.10-13.00	POWER WALKING	Fitness Coach	Gym floor
NEW CLASS! 12.30-13.00	FIT CHICK WORKOUT	KELLY	B
13.00-14.00	YOGA	VERONIQUE	F
13.10-13.55	JUKARI T	DAIRINA	B
13.10-13.55	STEP INTERMEDIATE	LEANNE	C
13.30-13.45	GENERAL ABS	Fitness Coach	Gym floor
13.45-14.00	ABS OF STEEL	Fitness Coach	Gym floor
17.30-17.45	ABS OF STEEL	Fitness Coach	Gym floor
17.45-18.30	INDOOR CYCLE	EMILY/JOHN	A
17.45-19.00	YOGA DYNAMIC HATHA	KYM	B
17.45-18.30	ZUMBA	DONI	C
18.35-19.20	CIRCUIT TRAINING	EMILY/JOHN	C
20.00-21.00	TRIATHLON SWIM T	BARTEK	P

Saturday

Time	Class	Instructor	Studio
09.00-09.45	INDOOR CYCLE	MARIE J	A
09.20-10.00	JUKARI T	DAIRINA	B
10.00-11.00	REEBOK REPS	MARIE J	C
10.00-10.15	ABS OF STEEL	Fitness Coach	Gym floor
10.15-11.15	INDOOR CYCLE	DAIRINA	A
10.15-11.15	YOGA POWER	DAVID	F
10.20-11.20	STEP INTERMEDIATE	LEANNE	B
10.30-11.15	AQUA	ANN	P
11.25-12.55	YOGA DYNAMIC HATHA	DAVID	F
11.30-12.15	REEBOK REPS	DAIRINA	C
13.00-14.00	PILATES	PAUL	B

Sunday

Time	Class	Instructor	Studio
10.30-11.15	AQUA	TANYA/MARK F	P
10.30-11.15	HI-LO AEROBICS	ZOE	C
11.20-12.05	FIGHT KLUB	TANYA/MARK F	C
11.30-12.15	SPORTS CIRCUIT	ZOE	Sports Hall
12.30-13.15	INDOOR CYCLE	TANYA/MARK F	A
13.30-14.30	PILATES CONDITIONING	TANYA/MARK F	B
14.30-15.30	YOGA HATHA	VERONIQUE	B

Events

FREESTYLE SPORT KARATE/KICKBOXING
12 week course, every Wednesday from 14th April, 17.30-18.30, Studio C with current British Champion Jamie Woods.
Learn practical martial arts techniques, release stress, get fitter and have fun. Grading and certificate upon completion.
No previous martial arts experience required.
Cost applies. To book, please contact 07958 922731, 07841 775868 or visit www.pyramidmartialarts.com
FREE Taster Sessions: Wednesday 10th and 24th March, 17.30-18.30, Studio C.

STRICTLY REEBOK Taster Sessions
Friday 19th March, 19.00-19.45, Studio B and Sunday 28th March 12.15-13.00, Studio C.
Learn various ballroom dance styles in a fun and un-pressurised environment and get the toned figure you've always wanted.
You have seen it on TV, now take part in this energising and stylish workout.
No booking or experience necessary.
No partner required.

REEBOK FUN RUN
Wednesday 24th March, 18.00, meeting point - Main Reception.
Join in for our annual 5K run, one not to be missed!
All fitness levels welcome.
T-Shirts and medals for all participants, prizes for the winners. To register please visit the Fitness Desk.

ZUMBATHLON
Saturday 17th April 12.30-14.45,
Studio C with Doni Fierro.
Due to popular demand Reebok is bringing you this one of a kind Zumba event.
Three classes back to back, three different routines, three times as much fun.
Take part in all sessions or pop into any of them: 12.30, 13.15, 14.00. No booking necessary.

Don't forget to try our EXERCISE OF THE MONTH (Please contact the Fitness Desk for more details)

Token Class T: To avoid disappointment and secure your place some classes require tokens. These will be available fifteen minutes prior to the start of the class from Main Reception. Members are unable to ask for tokens for two consecutive classes. We reserve the right to amend the classes requiring tokens.

Instructors: Our instructors have been chosen to deliver the best group exercise programme in the country. Please feel free to ask them any questions you may have regarding their classes. They will welcome your constructive feedback and are always willing to try to incorporate your ideas.

Class Feedback: You may not wish to give feedback directly to the class instructor. If this is the case please use the class feedback forms located at the Fitness Desk or Main Reception.
Health & Safety: Pilates and Yoga patrons please ensure that you wear protective shoes to and from the changing rooms/studio.

Time Keeping: It is important that members arrive on time for the pre-class announcements, screening and the warm-up component of the class. Latecomers may be refused entry for their own personal safety and to avoid disturbing fellow members.
Mobile phones: In consideration of other members mobile phones should be put on silent during classes.

Running Club/Power Walking: Meeting point is the Fitness Desk. Running/Walking time is from 40 – 60 minutes. Beginners are welcome. Running/Walking routes are selected from around the Canary Wharf area.

Cycle Shoes: Please note SPD compatible cleats (shimano SM-SH56) are available on all bikes for those members who wish to bring cycle shoes. Members are not permitted to fit their own pedals to the cycles. We would appreciate your care on the wooden studio floor when walking with cleats.

Changes: Whilst every effort has been made to ensure the accuracy of this programme, management reserve the right to cancel or re-schedule classes after publication and at short notice. The programme may be amended during Bank holidays.