

Aerobics is a fun, energetic class using a mixture of high and low impact moves. Excellent for cardiovascular fitness and fat burning.

Sun Fit is a summer specific workout designed to help tone up for the summer.

Core Stability class is designed for toning up your core muscles using a variety of different exercises all abilities welcome.

Circuits has 55 minutes of strengthening and calorie burning in every session. A complete body workout.

Dance Aerobics is a fun class with a mix of high and low impact dance moves. Excellent for cardiovascular fitness and fat burning.

Fitball is excellent for improving core strength. The main focus areas will be your stomach and back. However you will get a full body workout also.

Legs, Bums and Tums is a medium impact class using aerobic and resistance moves to help the general fitness and flexibility. A perfect starting point for anyone starting classes for the first time, but for all levels welcome.

Pilates classes use relaxing moves which will improve functional and core strength to help with mobility and flexibility. All abilities welcome.

Step is great for fat burning and general fitness, with fun routines you will be stepping your way to fitness before you know it.

Weights Workout classes are designed for toning up your muscles using hand held weights. Suitable for all levels.

Run Fit is a running club aimed at beginners. But all levels welcome.

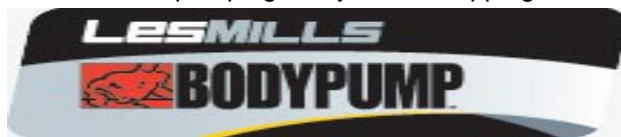
Memberships

01903 741874

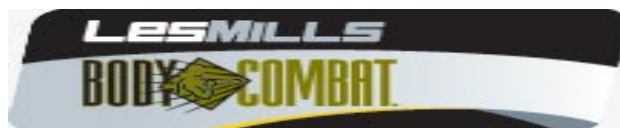
Some activities are subject to change due to school holiday and we reserve the right to change instructors without prior notice



Zumba fitness is the latest latin dance fitness craze. Using Merenge, Cumbia, Salsa, Samba Raggaton music and dance moves. The unique fitness class is set to get your heart pumping and your feet tapping!!



Body Pump is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight all to inspire you to get the results you came for—and fast!



Body Combat is the empowering cardio workout where you are totally unleashed. This fiercely energetic programme is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories and superior cardio fitness



Yoga is unique in that it works on every aspect of the physical body, building up strengths, stamina, tone, flexibility as well as improving the mental body through concentrate, awareness and the ability to simply relax and to be you.

All fitness classes are covered by Elite member ships from £28 per month for unlimited use of both classes and gym

Please note—There is an additional entry charge for Non member
Adults £1.60 Concession £1.50
No booking necessary

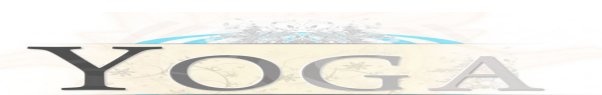
FITNESS CLASSES



Chanctonbury
Sports & Leisure

2011

Valid from
April 2011



For more information call

01903 746070

Day	Instructor	Time	Class	Creche?	Elite Fee	Adult Fee	Concession Fee
Monday	Jane	09.30—10.25	Aerobics	Yes	FREE	£4.60	£3.80
	Elaine	09.30—10.30	Body Combat	Yes	FREE	£4.60	£3.80
	Jane	10.30—11.25	Pilates	Yes	FREE	£5.40	£4.80
	Judy	18.30—19.25	Legs, Bums and Tums	No	FREE	£4.60	£3.80
	Bev	19.00—19.55	Circuits	No	FREE	£4.60	£3.80
	Judy	19.30—20.30	Body Pump	No	FREE	£4.60	£3.80
Tuesday	Helen	09.30—10.25	Step – Beginners / Intermediates	Yes	FREE	£4.60	£3.80
	Bev	09.30—10.30	Run Fit	Yes	FREE	£4.60	£3.80
	Kate	10.30—11.25	Dance Aerobics	Yes	FREE	£4.60	£3.80
	Caz	18.30—19.25	Zumba	No	FREE	£4.60	£3.80
Wednesday	Caz/Judy	09.30—10.25	Zumba	Yes	FREE	£4.60	£3.80
	Judy	10.30—11.25	Fitball	Yes	FREE	£4.60	£3.80
	Elaine	19.00—20.00	Body Combat	No	FREE	£4.60	£3.80
Thursday	Judy	09.30—10.25	Step - Intermediate / Advanced	Yes	FREE	£4.60	£3.80
	Jane	09.30—10.25	Weights Workout	Yes	FREE	£4.60	£3.80
	Jane	10.30—11.25	Pilates	Yes	FREE	£5.40	£4.80
	Alex	18.00—18.30	Core Stability	No	FREE	£3.30	£2.50
	Diane	18.30—19.30	Body Pump	No	FREE	£4.60	£3.80
	Alex	19.15—20.10	Circuits	No	FREE	£4.60	£3.80
	Tracy	19.30—20.30	**NEW** Yoga	No	FREE	£5.40	£4.80
Friday	Louise	09.30—10.25	Dance Aerobics	Yes	FREE	£4.60	£3.80
	Terry	09.30—10.30	Run Fit	Yes	FREE	£4.60	£3.80
	Louise	10.30—11.30	Body Pump	Yes	FREE	£4.60	£3.80
	Louise	18.00—19.00	**NEW** Zumba	No	FREE	£4.60	£3.80
Saturday	Sarah	09.15—10.15	Body Combat	Yes	FREE	£4.60	£3.80
Sunday	Judy	09.15—09.30	Body Pump Technique	No	FREE	FREE	FREE
	Judy	09.30—10.30	Body Pump	No	FREE	£4.60	£3.80
	Gym Staff	10.30—11.30	Sun Fit	No	FREE	£4.60	£3.80