

Fitness Class Timetable 28 September—11 December 2015

Monday	12:15–13:00 Total Tone JSH ££	17:30-18:15 Latin Fusion JSH ££	18:15-19:00 Insanity JSH ££	18:30-19:15 Aqua Aerobics Pool ££		
	12:15-13:00 Core Fitness JSH ££	13:30-14:15 Pre-Natal Fitness MA ££	16:45-17:15 Total Balance MA ££	17:00-17:45 Step JSH ££	17:30-18:30 Pilates MA £	18:15-19:00 Circuits JSH ££
Wednesday	14:45-15:30 Mind/Body Strength MA ££	17:30-18:15 Ultimate Conditioning SUSH ££	18:30-19:15 Insanity SUSH ££			
Thursday	12:30-13:30 Yoga MA £	17:15-18:00 Zumba JSH ££	18:15-19:00 Circuits JSH ££	18:15-19:00 AquaFit Pool ££	££ - Additional Cost for non members only	£ - Additional Fees for all
Friday	12:15-13:00 20.20 JSH ££	13:00-13:30 Total Balance JSH ££				
Saturday	11:00-11:45 Circuits* JSH ££	11:00-11.45 Aerobics* JSH ££	11:45-12:30 *Ultimate Conditioning JSH ££			

All classes need to be booked in advance at the Jubilee sports Centre reception or online booking system

***Saturday Circuits will run until Saturday 31 October. From Saturday 7 November we are re-launching the Aerobics and Ultimate Body Conditioning classes with a new instructor**

Prices	Sport & Wellbeing	Non-member Student	Non-member Community Partner	Public
Aquafit / Aqua Aerobics	FREE	£3.40	£4.40	£5.50
Yoga	£5.00	£5.80	£5.80	£6.40
Pilates	£5.00	£5.80	£5.80	£6.40
45 min Fitness Classes	FREE	£4.50	£4.50	£5.00
30 min Fitness Classes	FREE	£3.00	£3.00	£3.40
Pre-Natal Fitness	FREE	£3.30	£3.30	£3.80

Swimming Cards are available for use to book Aquafit/ Aqua Aerobics either by email or telephone

Cards are available to purchase for either 5 or 10 sessions of Swimfit allowing you to book onto classes via email or phone.

Cards are available to purchase for either 5 or 10 sessions of Yoga and/or Pilates allowing you to book onto classes via email or phone.

Please see our website for further details.

The timetable is subject to change—please go to www.southampton.ac.uk/sportandwellbeing for live updates and closure information

See our separate Indoor Cycling leaflet for days and times of classes

A brief description of each class

20.20

2 workouts in one—Aerobics/Step with Conditioning. The ultimate complete workout.

Aerobics

High and low impact movements to raise heart rate, burn fat, and improve stamina. A fun and energetic freestyle class.

Aqua Aerobics

incorporating aerobic combinations in water with muscle strength and conditioning exercises to work the body. Participants must be able to swim 25m and be confident in the water.

Aquafit

An exhilarating all-over body workout using water for resistance. Fun and enjoyable and suitable for all levels of fitness, and both males and females. Participants must be able to swim 25m and be confident in the water.

Circuits

A great class to improve mobility, strength and stamina in this ultimate station-based class.

Core fitness

A class designed to strengthen core muscles and help with posture and back problems.

Insanity

INSANITY® is challenging, group-focused athletic training, cardio conditioning, and total-body strength drills, designed for people of all levels. The moves are easy to follow—but the workout WILL challenge you, change you, and get you in the best shape of your life. So as you're giving it your all, just when you feel like your body is about to max out on certain movements, you're saved by the bell and it's time for the next block of moves. Plus, moves can always be modified so you can work up to your own best level.

Latin Fusion

A Cardio workout where you are free to enjoy Latin dance music with Salsa, Merengue, Bachata, Cha Cha, Reggaton, moves. A great way to work out and have some fun.

Mind/Body Strength

A class which combines body weight training and core strength, using Hand Weights, Rollers and Bands. A challenging class with a mind and body experience.

Pilates

Pilates focuses on controlling the core postural muscles which help keep the body balanced, providing essential support to the spine. Pilates teaches awareness of the breath and the alignment of the spine. These sessions will leave you feeling centred, calm and refocused.

Pre Natal Fitness

A class designed for pregnant mums in their first, second and third trimester. Exercising throughout your pregnancy prepares you for labour and aids recovery after the birth. This class will help strengthen muscles, ease backache, increase blood flow, decrease tiredness and give you a good feeling about yourself during these changing times.

Step

A mix of stepping patterns using high intensity, low impact moves on a platform

Total Tone

A Body Conditioning class that will help improve your muscular strength and endurance, toning your muscles using a variety of equipment. Focusing on different areas of the body each week.

Total Balance

A Workout that blends flexibility with balance and strength working through sequences to challenge the body, creating a feeling of calm and harmony a mind and body holistic approach.

Ultimate Conditioning

A hard core body conditioning class working all areas of the body. A great class for those participants wanting a challenge in their class.

Yoga

Our Vinyasa Flow Yoga is a class designed to make you feel great as you unwind your mental stresses and really focus on your core strength and stamina. The best reward for your hard work is the deep relaxation at the end of the flow yoga class. With this yoga class you can expect to sweat, laugh and chill out!

Zumba

The Class that takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.