

Fitness Class Timetable 26 January—20 March 2015

Monday	12:15–13:00 Step & Tone JSH ££	17:30-18:15 Salsa Aerobics JSH ££	18:15-19:00 Insanity JSH ££	18:30-19:15 Aqua Aerobics Pool ££		
	Tuesday	12:15-13:00 Core Fitness JSH ££	13:15-14:15 Yoga MA £	16:45-17:15 Stretch & Flex MA ££	17:00-17:45 Step JSH ££	17:30-18:30 Pilates MA £
Wednesday		13:05-13:50 Insanity JSH ££	13:30-14:30 Yoga MA £	14:45-15:30 Tone & Stretch MA ££	18:40-19:25 Aerobics SUSH ££	19:00-20:00 Swimfit Pool £
	Thursday	17:15-18:00 Zumba JSH ££	18:15-19:00 Circuits JSH ££	18:15-19:00 AquaFit Pool ££	19:00-20:00 Swimfit Pool £	££ - Additional Cost for non members only £ - Additional Fees for all
Friday		12:15-13:00 AeroHiit JSH ££	13:00-13:30 Stretch & Flex JSH ££	13:15-13:45 AquaBlast Pool ££	19:00-20:00 Swimfit Pool £	
	Saturday	10:15-11:00 Aerobics JSH ££	11:00-11:45 Body Conditioning JSH ££	All classes need to be booked in advance at the Jubilee sports Centre reception or online booking system		
Sunday		09:15-10:00 Circuits JSH ££				

Special offer:
No charge for these classes during International Women's Week 7-15 March (excluding SwimFit). Book direct with Jubilee Reception.

Prices	Sport & Wellbeing	Non-member Student	Non-member Community Partner	Public
Aquafit / Aqua Aerobics	FREE	£3.30	£4.30	£5.30
AquaBlast	FREE	£2.50	£3.00	£3.50
Yoga	£5.10	£6.40	£6.40	£7.00
Pilates	£5.10	£6.40	£6.40	£7.00
Swimfit	£5.30	£6.40	£6.40	£7.50
Fitness Classes	FREE	£5.10	£5.10	£6.40
Pre-Natal	FREE	£3.10	£3.10	£3.60

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
Please see overleaf for class descriptions

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

Beginners Fundamentals Yoga Workshop

A two hour yoga workshop
Saturday 28 February 2015

14:00—16:00

Martial Arts Room

A workshop for beginners, covering key groups of yoga poses which stretch and strengthen the body. Learn slowly and in detail the Yoga Sun Solutions

Pre-book at the Jubilee Sports Centre Reception.

Sport & Wellbeing	Non-member Student	Non-member Comm Partner	Public
£9.80	£12.40	£12.40	£13.40

Pre Natal Fitness Class (££)

Tuesdays 13:30—14:15

Venue : JSC Consultation Room

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.

A brief description of each class

Aerobics

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

AeroHiit

A combination of high/low aerobics with high intensity interval training exercises.

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.

AquaBlast

A high intensity interval training class based in the shallow end of the pool. 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.

Body Conditioning

Effective toning for the whole body using resistance bands and body weight.

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.

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.

Salsa Aerobics

A Cardio workout where you are free to enjoy salsa sensation of dance and music. A great way to workout and have fun

Step

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

Step & Tone

A blend of step combinations and toning exercises for the whole body.

Stretch and Flex

This workout builds flexibility and strength it will leave you feeling calm and relaxed.

Swimfit— Instructor-led Lane Swimming

Improve your personal fitness with instructor led lane swimming sessions. Participants must be able to swim 200m frontcrawl, backcrawl and breaststroke.

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!

Yoga Workshop

If you are new to yoga, or simply curious, this introductory Yoga Fundamentals workshop is the perfect place to start. Suitable for complete beginners and for anyone looking to brush up on their yoga basics. This workshop will introduce you to the basic philosophy behind yoga and will teach you the basic techniques of breathing and bodily alignment, as well as introducing you to some of the yoga postures and sequences of postures which you are most likely to encounter at any of the Universities regular drop in yoga classes. At this workshop you will experience how yoga can help you to develop greater strength and stamina whilst improving your flexibility and posture. Yoga is a great practise for both calm the mind and exercise the body. At Southampton University all of our yoga classes are based on a style of yoga called Vinyasa Flow.

Zumba

This fitness class is an exciting fusion of interval training incorporation dance influenced steps such as Salsa, Merengue, Samba and Reggaton.