

FASTCARD



FASTCARD Freedom

- Free Gym Sessions
- Free Swimming and Sauna
- Free Group Fitness Classes
- Free Racquet Sports
- Free Group Swimming Lessons

FASTCARD Select

- Free Swimming and Sauna
- Free Aquafit
- Free Racquet Sports

FASTCARD Excite

- Free Swimming
- Free Coaching
- Free MAX Gym Sessions
- 50% off Hyper Holidays
- 20% off 1:1 Tuition



Ask at reception for further details or visit
hambletonleisure.co.uk

General Information

- Classes are open to both members and pay per class customers.
- All fitness classes are included in the Fastcard Freedom Membership.
- All fitness classes are open to women and men 16yrs and over.
- Class tickets are available on a first come first serve basis.
- Valid tickets will be collected on entry to the class.
- Every effort will be made to minimise alterations to the class timetable.
- Changes to the class timetable will be displayed in and around the centre.
- You must ensure that you cancel your booking should you not be able to attend – otherwise a charge may be incurred.
- We review our programme every three months (the 1st of January/April/July/October). Pick up a leaflet from these dates.

The text of this leaflet is available in large print



Bedale Leisure Centre

T: (01677) 427272



Hambleton Leisure Centre

T: (01609) 777070



Stokesley Leisure Centre

T: (01642) 711140



Thirsk & Sowerby Leisure Centre

T: (01845) 522447



hambletonleisure.co.uk

The centres are accessible to people with a wide range of disabilities.

Bedale Leisure Centre

zest Group Fitness



Your guide to
Bedale Leisure Centre's
Group Fitness Activities



HAMBLETON
DISTRICT COUNCIL

Select your class...

High Energy	Excellent classes for cardio and fat burning training – be prepared to push your fitness to the max. Not suitable for the inactive.
Mid-Low Energy	Great for body conditioning and weight loss. Ideal for beginners or those that like to workout at their own pace.
Body, Mind and Soul	Focussed on core muscle strengthening and conditioning, these classes are relaxing and are suitable for most users.
50+	Designed to improve general fitness and mobility – these classes are delivered in a relaxed, sociable environment.
Pool Based	Using the resistance of the water, these classes offer a great 'all body' workout that is easy on the joints!

Abs Blast – a mat based exercise class guaranteed to strengthen and condition your abdominal muscles.

Aquafit – work out in the water to music without the high impact stresses.

Boot Camp – a motivating and high intensity military style training course.

Boxercise – an effective form of cross training, this class combines aerobic and strength exercise. Fun, energetic and addictive!

Cheer Aerobics – basic pom dance moves, flexibility and toning fun!

Circuits – challenging exercises to improve fitness level and muscle strength using a variety of equipment.

Combat Fitness – a high energy class with a punch. An aerobic workout with combat moves.

Dance Mats – increase fitness, stability and co-ordination whilst having great fun on our dance mats.

Legs, Bums & Tums – target those problem areas with an effective aerobic and muscle tone workout.

Physical Yoga – a combination of Yoga and pilates, with emphasis on posture, relaxation and core strength.

Pilates – controlled movements, help strengthen and tone your core muscles.

Swiss Ball – improve your core strength, stability and conditioning using our swiss balls.

Tap Dance – a fun vibrant dance class for beginners to advanced.

Total Body Workout – an all over body conditioning class, great for overall fitness at an intensity that suits you.

Youth Cheerleading – learn to move to the music in this fun energetic workout.

Zumba – Latin-inspired, easy to follow, calorie-burning dance fitness party. Feel the music and let loose.

50+ Fitness Mix – enjoy a variety of low-impact group exercise, gentle but effective workout in a friendly sociable environment.

GROUP FITNESS TIMETABLE: January - March 2012

Bedale Leisure Centre

	Morning		Afternoon		Evening				
Mon	Boot Camp (VC) 7.15 - 8am Studio				Legs, Bums & Tums 6 - 7pm Studio	Swiss Ball 7 - 8pm Studio	Total Body Workout 8 - 9pm Studio		
Tue		50+ Dance Mats 9.15 - 9.45am Studio		Aquafit 11.30 - 12.30pm Pool		Aquafit 6.30 - 7.30pm Pool	Pilates 6 - 7pm Studio	Pilates 7 - 8pm Studio	Circuits 8 - 9pm Sports Hall
Wed	Pilates 8.15 - 9.15am Studio	50+ Fitness Mix 9.30 - 10.30am Studio	Tap Dancing 10.45 - 11.45am Studio			Circuits 6.15 - 7pm Sports Hall	Swiss Ball 7.15 - 8pm Studio	Abs Blast 8 - 9pm Studio	
Thurs		Combat (VC) 9.15 - 9.45am Studio		Aquafit 11.30 - 12.30pm Pool	Pilates 2 - 3pm Studio	Zumba 6 - 7pm Sports Hall	Pilates 7 - 8pm Studio	Boxercise 8 - 9pm Studio	
Fri		Physical Yoga 9.30 - 10.30am Studio				Youth Cheerleading 7 - 8pm Sports Hall	Cheer Aerobics 8 - 9pm Sports Hall		
Sat		Total Body Workout 9 - 10am Studio	Family Dance Mats 10.15 - 11am Studio						
Sun									

(VC) Virtual Coach



ALL CLASSES ARE FREE
when you are a member of **FASTCARD Freedom**

Join TODAY and get unlimited use of the gym,
swimming pool and fitness classes all
FROM £31.25 PER MONTH