

Workout Class Descriptions

Tai Chi

Tai Chi can be best described as a moving form of yoga and meditation combined. Originally derived from martial arts, the slow, graceful movements are designed to focus the mind and breathing through a complex series of executions. The form is practised in slow continual fluidic movements with muscles and joints in motion and regulated breathing. The effect is a sedative upon the central nervous system which helps to stimulate improvements on the body's other systems. It is calming and de-stressing, the movements themselves becoming physical poetry to a meditative process.

Step by Step

Dance like the strictly stars in this new and exciting dance-tastic class. Learn new Latin and Ballroom skills, techniques and dazzle the dance floor with specialist tuition and show stopping moves.

Techno Circuits

A fun filled energising studio workout combining both cardio and strength training for all 11-15 year olds. This class allows you to work to work at your own personal level and will put you through a variety of challenging stations. Work out with a friend or come and meet new people.

Pole Dancing

Pole dancing is fast becoming one of the most popular ways to get fit and stay in shape and is now recognised for its huge advantages in the health and leisure industry.

Benefits Include:

- Improved strength and stamina
- Improved muscle tone
- Can aid weight loss
- Increased confidence
- Improved posture

Groove fx New

Groove fx is a salubrious selection of street, disco, Latin and hip hop routines, set to a riotous party of shimmering sounds and funky rhythms. It captures the essence of dance, combines it with fun and delivers real fitness results.

Blast fx New

Whopping routines set to colossal tracks – meet blast fx! Perform core, balance and interval activities to a buff bevy of beats and experience the latest evolution of body conditioning.

Body Pump

The ultimate resistance workout – this class will change the shape of your body. This class uses a specially designed barbell system and incorporates weights into a pre-choreographed athletic workout set to powerful music and is designed to improve muscle definition and strength. While this is a tough workout, it is well worth it as the results are fantastic. This class is suitable for all levels and is ideal for both men and women.

Legs, Tums & Bums

It does exactly what it says on the tin!

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Fitness Suite Etiquette

- All users are required to complete an induction and a PAR-Q medical questionnaire.
- All personal belongings are to be stored in the lockers provided.
- Appropriate clothing and footwear for the activity must be worn.
- Before commencing your workout, please remember to sign in.
- If you are unsure how to use a piece of equipment, ask an instructor for help.
- Bring a towel with you on each visit and wipe down equipment after use.
- At peak times, use may be limited to 15 minutes per piece of equipment. This is at the discretion of an instructor, but please be considerate to other users.
- Remember to bring water with you and drink regularly before, during and after your workout to avoid dehydration.

Workout Studio Etiquette

- 14 and 15 year olds are permitted to participate in those workout classes, specified by the Centre as being Low Impact under the supervision of a responsible adult.
- There must be a minimum of 2 people for a class to take place.
- Please turn up for your class in plenty of time, once the warm up has commenced, late arrivals will not be permitted.
- All mobile phones must be switched off.
- Appropriate clothing and footwear for the activity must be worn.
- Please use the dry changing area and lockers provided for all personal belongings.
- Please consult a doctor before participating in any activity. If you are pregnant or have any medical conditions, you must make your instructor aware of this.
- Drink plenty of water to avoid dehydration. Isospa water bottles are available to buy from Reception.

Towcester Centre for Leisure

Telephone: 01327 322480/358188

Brackley Leisure Centre

Telephone: 01280 701787

Brackley Swimming Pool

Telephone: 01280 704906

Workout Studio Etiquette

Towcester Centre for Leisure

Opening Times
Monday – Friday
 06.30 – 22.00
Saturday
 08.00 – 18.00
Sunday
 08.00 – 18.00

Brackley Leisure Centre

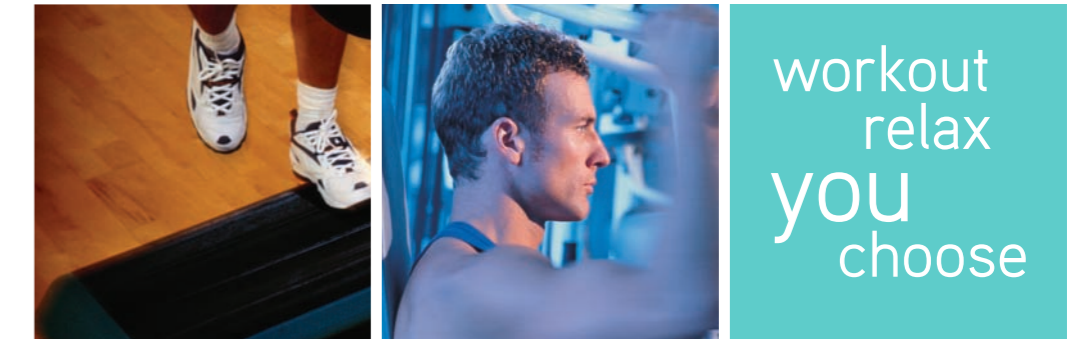
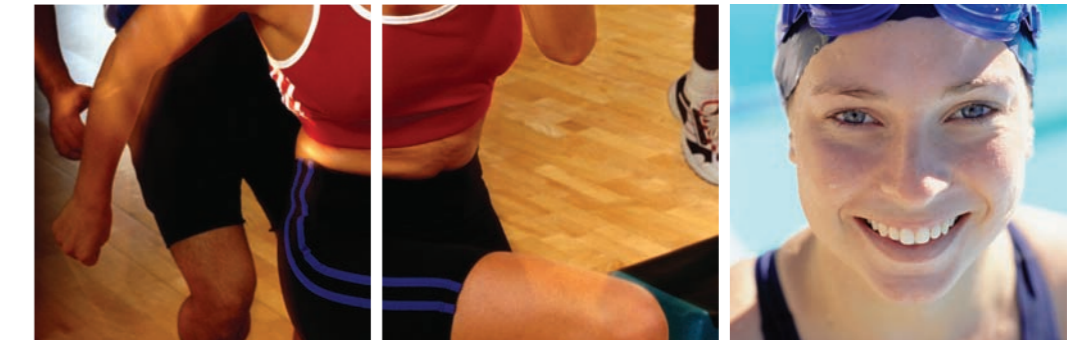
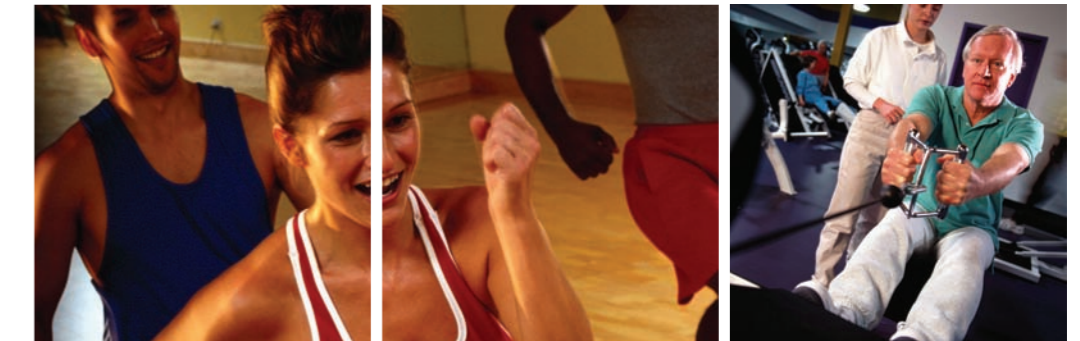
Opening Times
Monday – Friday
 07.00 – 22.00
Saturday
 08.00 – 18.00
Sunday
 08.00 – 18.00

Brackley Swimming Pool

Opening Times
Monday & Wednesday
 09.00 – 21.00
Tuesday & Thursday
 07.00 – 21.00
Friday
 09.00 – 20.30
Weekends
 08.00 – 16.00

Workout Timetable

Winter 2010



workout
 relax
 you
 choose

Towcester Workout Timetable

Time	Activity	Level	Area	Instructor
Mon 9.30 10.30 10.00 18.00 19.00 20.00	Body Combat	All	Studio	Jane
	Healthy Hearts	All	Studio	Jane
	Aqua	All	Pool	Ingrid
	Body Combat	Int	Studio	Sam
	BodyPump	All	Studio	Sam
Tues 9.30 10.30 16.00 18.00 20.00 20.00	Power Yoga	All	Studio	Sam
	Body Design	All	Studio	Keith
	Pilates	All	Studio	Jean
	Techno circuits	11-15yrs	Studio	Team
	Pole Dancing*	All	Studio	Amy
Wed 9.30 10.30 13.00 18.00 19:00	Aqua	All	Pool	Carly
	Pilates	All	Studio	Kate
	Circuit	All	Studio	Gi
	Groove fx	All	Studio	Rachael
	Aqua	All	Pool	Rachael
Thur 9.30 10.30 15.30 18:00 19:00 20.00	BootCamp Circuit	All	Studio	Emily
	Advanced Spinning	All	Studio	Keith
	Spinning	All	Studio	Mark
	Blast fx	All	Studio	Rachael
	Technokids	11-15yrs	Gym	Team
Fri 9.30 10.30 11.00 18.00 16.30 19.30	Spinning	All	Studio	Kate
	Body Pump	All	Studio	Kate
	Legs Bums & Tums	All	Studio	Elaine
	Body Pump	All	Studio	Annabelle
	Body Combat	All	Studio	Jane
Sat 8.30 9.30 13.00	Aqua	All	Pool	Rachael
	Spinning	All	Studio	Mark
	Latin & Ballroom*	Junior	Studio	Step by Step
	Latin & Ballroom	All	Studio	Step by Step
	Early Bird Spinning	All	Studio	Katie
Sun 9.30 10am 11am	Groove fx	All	Studio	Racheal
	Tech Kids	11-15yrs	Gym	Team
	WJO Kick Boxing*	All	Sports Hall	WJO

*These classes are not part of the IsoSpa membership package and will incur extra costs.

Brackley Workout Timetable

Time	Activity	Level	Area	Instructor
Mon 09:30 10.30 18.30 19.30 20.15	Body Combat	All	Studio	Sam
	Body Pump	All	Studio	Sam
	Spinning	All	Studio	Becky
	Groove fx	All	Studio	Becky
	Aqua	All	Pool	Annabelle
Tues 9.30 10.30 16.00 18.30 19.30 20.30	Spinning	All	Studio	Adele
	Pilates	All	Studio	Adele
	Technocircuits	11-15yrs	Studio	Adele
	Step to the Rhythm	All	Studio	Sam
	Body Pump	All	Studio	Sam
Wed 9.15 9.30 10.30 16.00 18.30 19.30 20.00	BodyCombat	All	Studio	Sam
	Aqua	All	Pool	Adele
	Body Combat	All	Studio	Jane
	Legs, Tums & Bums	All	Studio	Becky
	Technokids	11-15yrs	Gym	Team
Thur 9.30 10.30 16.00 18.30 19.30	Spinning	All	Studio	Becky
	Circuits	All	Studio	Lisa
	Aqua	All	Pool	Becky
	Groove fx	All	Studio	Becky
	Young at Heart	All	Studio	Adele
Fri 9.30 10.30 18.15	Technokids	11-15yrs	Gym	Team
	Spinning	All	Studio	Becky
	Body Pump	All	Studio	Nikki
	Legs, Tums & Bums	All	Studio	Sam
	Beginner Spin	Beg	Studio	Adele
Sat 8.30 9.30 10.30 10.30	Yoga	All	Creche	Sam
	Spinning	All	Studio	Sam
	Body Pump	All	Studio	Sam
	Power Yoga	Int / Adv	Creche	Sam
	Technokids	11-15yrs	Gym	Team
Sun 10.30 16.00	Body Combat	All	Studio	Sam
	Technokids	11-15yrs	Gym	Team

Workout Class Descriptions

Studio Cycling/Spinning

Ride the Calorie Killer with the indoor cycling workout where you will ride to the rhythm of the beat. Your cardiovascular system will be challenged through the hills, speed through the flats, climb over the mountain peaks with time trials, and interval training. A truly exhilarating class that will leave your heart pounding, your body glowing and those calories burning.

BodyCombat

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program 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 to superior cardio fitness.

Circuit Training

A combination of cardio and strength training – all levels welcome – this class allows the participant to work to their own personal level. An instructor will put you through a variety of strength, cardio and flexibility stations. Feel free to go at your own pace in this highly motivating dynamic workout.

Aqua

A safe, effective and fun cardiovascular and body workout in the pool with exercises for toning the upper and lower body. Using the water's natural resistance the muscles are toned whilst stamina is developed; the water's buoyancy offers support for a stress free workout. These classes provide a safe supported workout for any level and are particularly suitable for those with joint problems or who are new to exercise.

Young at Heart

These classes are ideal for our more mature members, Activity on referral or for pre/post-natal women looking for a gentler but still challenging class. This class has a soft and gentle approach and no age barriers! You will receive additional care and attention in this class.

Yoga/Power Yoga

Yoga is a system of philosophy that originated in India 5,000 years ago. It offers an holistic approach to body, mind and spirit, which can provide us with the 'tools' to cope with the challenges of daily life. You may be drawn to yoga simply for health and fitness, or be seeking relief for a specific physical condition. Whatever your objectives, there are yoga classes that can meet them.

Benefits of yoga include:

- Increasing flexibility
- Massaging of ALL organs of the body
- Complete detoxification
- Toning of the muscles

Pilates

Pilates is a refreshing mind-body workout, which focuses on core stability and posture, aiming to lengthen and strengthen muscles. The core fundamentals of the Method are based upon a thorough understanding of the anatomy of the human body.

Pilates is beneficial for:

- Injury prevention
- Remedial and rehabilitation work
- Improvement of technique for athletes and dancers
- Creating a balance between strength and flexibility
- Strengthening dynamic stability
- Improving co-ordination
- Releasing stress