



THE
PARK
CLUB

Activity Timetable: 11th April 2011 to 26 July 2011



THE PARK CLUB ADULT ACTIVITY TIMETABLE: 3RD MAY 2011 TO 24TH JULY 2011

MONDAY

Time	Activity	Instructor	Area	Level	Cost
07.00 - 08.00	The Card Game	Pat	1	General	Free
07.00 - 08.30	Dynamic Hatha Yoga	Katie	3	General	Free
09.00 - 10.00	Capoeira	Roge'rio	3	General	Free
09.15 - 10.00	Step & Tone	Peter	1	General	Free
09.45 - 10.30	Aqua Zumba	Sonia	Aqua	General	Free
N 10.00 - 11.00	Kettlebells <small>6 week courses - 11 Apr - 16 May & 30 May - 11 Jul</small>	Tony & Jo	Meet in the Gym	General	Free
10.00 - 11.00	BODYPUMP®	Linda S	1	General	Free
10.00 - 11.30	Iyengar Yoga	Jackie	3	General	Free
C 10.00 - 12.00	Tennis Drills & Skills	James	A4/5	2 & 3	£5
C 10.00 - 12.00	Tennis Drills & Skills	Shane	A1/2	4 & 5	£5
11.00 - 11.45	Total Body Workout	Linda S	1	Beginner	Free
N 13.00 - 14.00	Pre Natal Workout	Liana	3	General	Free
13.00 - 14.00	Belly Dancing	Arina	1	General	Free
N 14.00 - 15.00	Post Natal Pilates	Liana	3	General	Free
18.45 - 19.30	Body Conditioning	Erez	1	General	Free
19.00 - 20.00	Stretchworks	Alison	3	General	Free
19.00 - 21.00	Evening Tennis Drills	James	A1/A2	2, 3 & 4	£5
19.15 - 20.00	H2O	Gillian	Pool	General	Free
19.30 - 20.30	Step	Erez	1	General	Free
20.00 - 21.00	Pilates Basics	Michelle	2	Beginner	Free
20.30 - 21.30	Spinning®	George	1	General	Free

TUESDAY

Time	Activity	Instructor	Area	Level	Cost
06.30 - 07.30	Running Club	Lee	Meet in the Gym	General	Free
07.00 - 07.45	Spinning®	Karen M	1	General	Free
08.00 - 09.00	BODYPUMP®	Karen M	1	General	Free
09.15 - 10.00	Spinning®	Charles	1	Advanced	Free
09.45 - 10.30	H2O	Ana	Pool	General	Free
10.00 - 11.00	Tae Bo	Noel	1	General	Free
10.00 - 11.00	Stretchworks	Alison	3	General	Free
10.00 - 12.00	Mixed Tennis Dynamic Drills	Shane	A1/A2	3 & 4	£5
11.00 - 11.30	Only Abs	Karen M	1	General	Free
11.00 - 12.00	Advanced Stretchworks	Alison	3	General	Free
11.30 - 12.30	Step & Tone	Peter	1	General	Free
12.00 - 13.00	Pilates	Helena	3	General	Free
12.30 - 13.30	Tennis Doubles Drills	Shane	A1/A2	2 & 3	£2.50
13.00 - 13.45	Aquanatal	Helena	Pool	General	Free
13.00 - 14.30	Scaravelli Yoga	Laura S	3	General	Free
N 18.00 - 21.00	Social Tennis Club**	ALTC	A1/A2/A3	3,4 & 5	Free
18.30 - 19.30	Strictly Dance	Carol	1	General	Free
18.45 - 20.15	Ashtanga Yoga	Linda H	3	General	Free
N 19.00 - 20.00	Kettlebells <small>6 week courses - 12 Apr - 17 May & 31 May - 12 Jul</small>	Tony & Jo	Meet in the Gym	General	General
C 19.00 - 21.00	Social Tennis Club*	ALTC	A1/A2/A3	3,4 & 5	Free
19.00 - 21.00	Mens Tennis Drills	Shane	A4/A5	4 & 5	£5
19.30 - 20.30	Boxing Training	Sandip	1	General	Free

If you have any comments or suggestions regarding the studios, please email Karen Mason on karenm@theparkclub.co.uk or contact a member of the management team.

WEDNESDAY

	Time	Activity	Instructor	Area	Level	Cost
C	07.00 - 07.45	Spinning	Gareth	1	General	Free
	09.30 - 10.30	Capoeira	Roge'rio	1	General	Free
	09.30 - 10.30	Pregnancy Yoga	Karen S	3	Beginner	Free
	10.00 - 12.00	Tennis Drills	James	A1/A2	2 & 3	£5
	10.30 - 11.30	50 / 50	Linda S	1	General	Free
	10.30 - 11.30	Pilates	Helena	3	General	Free
	11.30 - 12.30	BODYPUMP®	Linda S	1	General	Free
	11.30 - 13.00	Dynamic Hatha Yoga	Helen	3	General	Free
	12.30 - 13.30	Zumba	Lucy	1	General	Free
	13.00 - 14.00	Stretchworks	Alison	3	General	Free
	19.00 - 19.45	Spinning®	Karen M	1	General	Free
	19.00 - 20.30	Dynamic Yoga	Katie	3	General	Free
C	19.05 - 19.50	H2O	Cathy	Pool	General	Free
	19.30 - 20.30	Pilates	Charlotte	2	General	Free
	19.45 - 20.45	BODYPUMP®	Karen M	1	General	Free

THURSDAY

	Time	Activity	Instructor	Area	Level	Cost
	06.30 - 07.30	Running Club	Lee	Meet in the Gym	General	Free
C	07.00 - 07.45	Spinning®	Giorgio	1	General	Free
	07.00 - 08.30	Vinyassa Flow	Sandra O	3	General	Free
	09.15 - 10.00	Hi Lo	Linda S	1	General	Free
	09.20 - 10.15	Stretchworks	Alison	3	General	Free
	09.45 - 10.30	H2O	Ana	Pool	General	Free
	10.00 - 11.00	Spinning®	Karen M	1	Advanced	Free
	10.00 - 12.00	Social Tennis Club	Shane	A1/A2/A3/A4	2, 3 & 4	Free
C	10.00 - 11.30	Beginner Tennis Drills	James	A5/A6	1	£3.75
	10.15 - 11.00	Core Stability	Debbie	3	Beginner	Free
	11.00 - 12.00	Advanced Stretchworks	Alison	3	Advanced	Free
	11.00 - 12.00	Abs, Back & Arms	Karen M	1	General	Free
	12.00 - 13.00	Danceworks	Alison	3	General	Free
C	13.00 - 14.00	Tennis Doubles Drills	Shane	A1/A2	4 & 5	£2.50
	13.00 - 14.00	Latinworkout	Alexandra	1	General	Free
	13.00 - 14.00	Pilates on the ball	Ris	3	General	Free
	14.00 - 15.00	Tai Chi	Ross	1	General	Free
N	18.00 - 21.00	ALTC Social **	ALTC	A1/A2/A3	3, 4 & 5	Free
	18.30 - 20.00	Hatha Yoga	Rachel	3	General	Free
	18.45 - 19.30	Circuit Training	Wendy	1	General	Free
N	19.00 - 21.00	Acton & TPC Training Team ***	Shane	A1/A2/A3	3, 4 & 5	Free
	19.00 - 20.00	Pilates	Liana	2	General	Free
	19.00 - 20.00	TriSwim	Julian	Pool	Advanced	Free
	20.00 - 20.45	Spinning®	Liana	1	General	Free
	20.00 - 22.00	Karate	Alex	2	General	Free

***** TENNIS RATING SYSTEM *****

The tennis rating system is scaled between 1 and 5 as follows:

1= Beginner 2 = Development 3 = Training 4 = Competition 5 = Performance

Individual player ratings are based upon their Box League standing, Club Championship and Grand Slam results and, of course, our coaches knowledge of the players. The coaches decision will be final and ratings will be updated up to 4 times per year.

FRIDAY

	Time	Activity	Instructor	Area	Level	Cost
N	07.00 - 08.00	BODYPUMP®	Karen M	1	General	Free
	07.15 - 08.30	Hatha Yoga	Sandra O	3	General	Free
	08.00 - 08.30	Only Abs	Karen M	1	General	Free
	08.30 - 09.30	Stretchworks	Alison	3	General	Free
	09.00 - 09.30	BODYPUMP® Tec	Karen M	1	Beginner	Free
	09.30 - 10.30	BODYPUMP®	Karen M	1	General	Free
	09.30 - 10.30	Military Fitness	Alex	Meet in the Gym	General	Free
	09.30 - 10.30	Adult swim****	Ash	Pool	General	Free
	09.30 - 11.00	Iyengar Yoga	Jackie	3	Beginner	Free
	10.00 - 12.00	Social Tennis Club	Shane	A1/A2/A3/A4	2,3,4 & 5	Free
	10.30 - 11.30	Step & Tone	Peter	1	Beginner	Free
	11.00 - 12.00	Mother & Baby Yoga	Karen S	3	General	Free
	11.30 - 12.30	Spin & Abs	Karen M	1	Beginner	Free
	11.45 - 12.30	H2O	Peter	Pool	General	Free
N	12.30 - 13.30	Zumba®	Lucy	1	General	Free
	13.00 - 14.00	Pilates	Louise	3	General	Free
N	14.00 - 15.00	Pilates Basics	Louise	3	Beginner	Free
C	18.00 - 19.00	Latin Fitness	Isa	1	General	Free
	19.00 - 20.00	Zumba®	Sonia	1	General	Free
	19.00 - 21.00	Beginners Tennis Drills	Bob	A1 & A2	1 & 2	£5

SATURDAY

	Time	Activity	Instructor	Area	Level	Cost
	09.00 - 10.00	Spinning®	Charles	1	General	Free
	09.30 - 10.30	Pilates	Liana	3	General	Free
	10.00 - 10.45	Zumba	Jasmine	1	General	Free
	10.30 - 11.30	Pilates	Liana	3	General	Free
C	10.45 - 11.30	Step	Wendy	1	General	Free
	11.00 - 13.00	Social Tennis Club*	ALTC	A1/A2/A3	3, 4 & 5	Free
	11.30 - 12.30	Tae Bo	Noel	1	General	Free
	12.30 - 13.30	Belly Dancing	Arina	1	General	Free
N	15.00 - 18.00	Social Tennis Club**	ALTC	A1/A2/A3	3, 4 & 5	Free
	17.00 - 18.30	Ashtanga Yoga	Helen	1	General	Free

SUNDAY

	Time	Activity	Instructor	Area	Level	Cost
	09.15 - 10.15	Spinning®	George	1	General	Free
	10.00 - 11.30	Hatha Yoga	Tracey A	3	General	Free
	10.15 - 11.15	BODYPUMP®	George	1	General	Free
	11.00 - 13.00	Social Tennis Club*	ALTC	A1/A2/A3	3, 4 & 5	Free
N	13.00 - 15.00	Tennis Doubles Drills	Bob	A1/A2	3, 4 & 5	£5
N	15.00 - 18.00	Social Tennis Club **	ALTC	A1/A2/A3	3, 4 & 5	free

Type of Activity (colour coded)

General Holistic Tennis Swimming / Aqua Jogging / Power Walkers Club

Meeting Areas: Studio 1: downstairs Studio 2: Small upstairs Studio 3: upstairs Pool: large indoor pool

N = Shows a NEW activity to previous month or the beginning of a new course

C = Shows a CHANGE in time, instructor, level or meeting area

* Finishes 30th April

** Commences 1st May

*** Team training is for Acton & TPCteam members only, training will alternate each week between mens & ladies teams starting with the ladies on the 14th April

e.&O.e.

50 / 50

A mix of aerobics and body conditioning exercises to give you a balanced workout.

Abs, Back and Arms

Back to basics with this class working on your abdominal muscles for the first half hour of the class then moving on to your back & arms. You will be up for some punishment with the end result of all your muscles are firm and toned.

Adult Swim

Perfect your swim stroke technique with this class and improve your fitness.

Aqua Zumba

As a Zumba class but in water, same Latino Music, same body moving workout with the added resistance the water will give you.

Aqua Natal

The water is an ideal exercise environment for pre & postnatal women. The programme is designed specifically for expectant mums from 16 weeks to birth through to new mums from 6 weeks onwards.

Ashtanga Yoga

Ashtanga Yoga gradually leads the participant to rediscover his or her fullest potential on all levels of human consciousness - physical, psychological and spiritual. Maintaining this discipline with regularity and devotion, one acquires steadiness of body and mind.

Beginner/ Improver classes

Learn to swim or improve your technique, small class sizes allow for more personal tuition

Belly Dancing

Belly dancing is a dance of ultimate femininity, designed for a woman's body at any age, size or shape. It is aerobic, reduces stress, helps improve posture and coordination and tones muscles you never knew you had.

Body Conditioning

Dynamic aerobic warm-up followed by strength and endurance exercises that challenge the entire body using hand held weights & body bars.

BODYPUMP®

BODYPUMP® is a class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat burning. Inspiring music and a highly motivated instructor are key components of this great class.

BODYPUMP® Tec

Learn all the moves you need to know to attend BODYPUMP® safely and effectively with this technique class.

Boxing Training

Learn all the techniques of boxing from wrapping your hands, to throwing an uppercut, to mastering the punch bag. Boxing workouts heighten self confidence and self-assurance while relieving stress.

Capoeira

Capoeira is a martial art developed in Brazil by African slaves more than 400 years ago. In class you will learn the art of self defence in an acrobatic, playful style with Brazilian beats to keep you going.

Circuit Training

Circuit classes utilise a variety of floor exercises and weight training exercises to increase stamina, strength and cardiovascular fitness. Let the instructor take you on a different exercise journey each week! Participants can vary the intensity to suit their fitness level and needs.

Core Stability

Core stability training is to effectively recruit the trunk musculature and then learn to control the position of the lumbar group during dynamic movements.

Danceworks

Danceworks incorporates elements of both jazz and Ballet. Your instructor Alison has fused them together with fantastic results. Alison encourages all who have the inner desire to dance, to take part in this class. No one will be made to feel inadequate (regardless of ability) as she truly admires those who at least try.

Dynamic Hatha Yoga

Hatha meets Ashtanga in this class. You will be working within Hatha 'rules' but using more dynamic moves to get to each pose. It is recommended that you attend regular Hatha classes before attending this one.

Hatha Yoga

A traditional 'Hatha' yoga class designed to increase mental and physical awareness. Through a variety of poses and gentle stretching exercises, with an emphasis on controlled breathing, Yoga will assist in balancing and conditioning the body. Yoga has proven a very effective way to blend exercise with relaxation techniques.

H2O

Water aerobics combines the buoyancy and resistance of the water to build muscle, improve flexibility and stamina without the stress on your joints.

Hi/Lo

A cardiovascular training programme that combines hi and lo intensity aerobics moves.

Iyengar Yoga

This style is characterised by precision performance and the aid of various props, such as cushions, benches, wood blocks, straps, and even sand bags; hence Iyengar Yoga is sometimes called "furniture Yoga".

Karate

Learn self defence in the traditional Martial Art.

Kettlebell Course (new)

This course will teach you how to train with kettlebells safely and effectively. Kettlebells emphasise muscle integration as opposed to muscle isolation, working the body as a complete unit. They will aid improved strength, endurance, flexibility, coordination, fat loss, lean & functional muscle mass (with or without adding size). Please have an induction before joining the course.

Latin Fitness

Dance your way though this great class, and don't forget to bring the moves you've learnt the you Saturday night out!!

Latinworkout / Strictly Dance

The latest craze from Brazil – an original class combining both Brazilian dance (samba, lambada, capoeira also merengue and salsa) with aerobic moves. This fun and easy choreographed class will get your heart pumping.

Military Fitness

Think outdoors Boot Camp, think indoors circuit, think Boxing - put it all together and there you have it - Military Fitness! Sometimes you'll be in the boxing area of the gym, sometimes outside so come along dressed and prepared.

Mother & Baby Yoga

Mum & baby yoga classes provide an opportunity for you to regain strength and flexibility, to bond with your baby in an enjoyable activity and to connect and network with other mums.

Only Abs

Abs, abs and more abs! If you're looking to find your 6 pack, this is the one for you.

Power Walking

If you like the idea of being outside for your fitness but don't want to run Power Walking is for you. Meet in the gym and one of the Gym Team will be taking you out for an aerobic Power Walk around our grounds.

Pilates & Pilates Basics

Pilates represents a unique approach to exercise that develops body awareness, improving and changing the body's postural and alignment habits and increasing flexibility and ease of movement.

Pilates on the ball

Pilates works your core muscles and working them on the ball adds to the stability work. If you want good results and are a bit impatient in getting them, this is the class for you.

Pregnancy Yoga

Hatha yoga modified to suit your pregnancy. This class is suitable for mothers to be who have regularly attended yoga before their pregnancy or if the pregnancy has passed 13 weeks.

Pre/Post Natal

Physical activity plays a very important part of a woman's overall health and wellbeing, even more so when she is pregnant or if she has just given birth. These classes are designed especially for pre & postnatal women and are highly beneficial for mother and baby.

Running Club

Meet in the Gym then you'll be off as a group out of the Club and running in the local streets

Scaravelli Yoga

A progressive physical practice of yoga with the intention of leading one to the vital core. It is here that strength grows into lightness. Refining the awareness opens the vision to wholeness and harmony, guided by this intention and concept. This becomes a way of being, a form of meditation, which allows for new sensation and a different approach to Asana.

SPINNING®

For the cycling enthusiast and for those looking to improve cardiovascular fitness. The class consists of basic athletic and rhythmic drills with great music to motivate and encourage you. You will use speed and resistance to simulate cycle racing in a challenging workout. The ultimate calorie burner!

Spin & Abs

30 minutes of cycling followed by 30 minutes of abdominal work. The perfect combination!

Step & Tone

Using simple to follow moves and motivating music this programme provides muscular tone to lower and upper body using a mixture of the step and hand weight exercises.

Step

More choreography included that the Step & Tone class giving not only your body a great workout but keeps you mind busy too!

Stretchworks

Specialised fitness programme using stretching and strengthening exercises that are adapted to individual needs and ability.

Stretchworks (Advanced)

This class is designed for the advanced stretchworks student. If you would like to attend please check with your instructor Alison to find out if this level is suitable for you.

Stroke Development

Using video analysis combined with basic drills and the bonus of having 2 coaches this class is sure to improve you swimming!

Tae Bo

Tae Bo is an aerobics class with a non-contact martial arts twist. With the music pumping you'll be learning to punch, roundhouse kick, duck & dive with one of Europe's best Tae Bo instructors. This one will definitely get your heart pumping.

Tai Chi

Tai Chi teaches you the awareness of one's own balance and what affects it, awareness of the same in others, and appreciation of the practical value in one's ability to moderate extremes of behaviour and attitude at both mental and physical levels.

The Card Game

Do not be fooled by the name of this gruelling circuit training class with a twist! Here a pack of cards are used to decide what you do. Mixing up floor, weights, upper, lower and cardio exercises you are sure to find an exercise for you. This is a card game like no other, a tough, all over workout is guaranteed.

Total Body Workout

It's all in the name. Not one bit of you will get missed out here!!

Tri Swim

Perfect your swim stroke technique, speed and turns in this class with the emphasis on speed training.

Vinyassa Flow

As with all yoga Vinyassa flow is a Hatha variation, this style emphasizes the smooth path from one pose to another.

Zumba

Zumba is dance based aerobic fitness class which fuses latin rhythms and easy to follow moves to create a dynamic fitness program you'll just love. Latin and international music are fused to create an explosive, booty shaking party of a workout.

