

Aqua Vale Swimming & Fitness Centre

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Workout Studio Etiquette

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- There must be a minimum of 5 people for the class to take place.
- The minimum age for class participation is 16.
- Please notify reception when you arrive for your class in order for your attendance to be recorded.
- Please arrive for your class in plenty of time as late arrivals will not be permitted once the warm up has commenced.
- All mobile phones must be switched off.
- Please ensure that clean appropriate clothing and footwear are 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.
- Drink plenty of water before, during and after your workout to avoid dehydration.
- Please refrain from eating or chewing gum in the studio.

- Glass bottles and breakable containers must not be taken in to the studio at any time.
- All classes run for 55 minutes except Spin and 50+ to allow for changeover.
- Spin classes run for 45 minutes with 15 minutes set up.
- Serco reserves the right to change a class at any given time.

Bookings

- All classes should be booked in advance.
- Bookings can be made by phone or in person at reception up to 7 days in advance for members and 4 days in advance for non-members.
- Members can use the online booking facility at www.aquavale.com.
- People on the waiting list will be allocated a place 5 minutes before the start of the class if one is available.
- Cancellation of a booked class must be received 24 hours in advance. Failure to do so will result in the full class price being charged.

Clothing and Equipment

Shop online at www.aquavale.com to receive **10% off** all **Reebok** clothing, equipment and accessories with discount code **ACTIVE 3432**. All orders delivered free to UK addresses.

Membership feels great...

- No Contract
- 10 Day Money-back Guarantee
- Ability to Freeze
- Fixed Price for Life*

Plus

- Personal Programme

*dependant on Membership type



Centre Opening Times
Monday-Friday
 6.30am – 10.00pm
Saturday & Sunday
 8.00am – 8.00pm
 NB Pool opening times may differ to the above



Aqua Vale Swimming & Fitness Centre
 Park Street, Aylesbury, Buckinghamshire HP20 1DX

Telephone: 01296 488 555

Web: www.aquavale.com

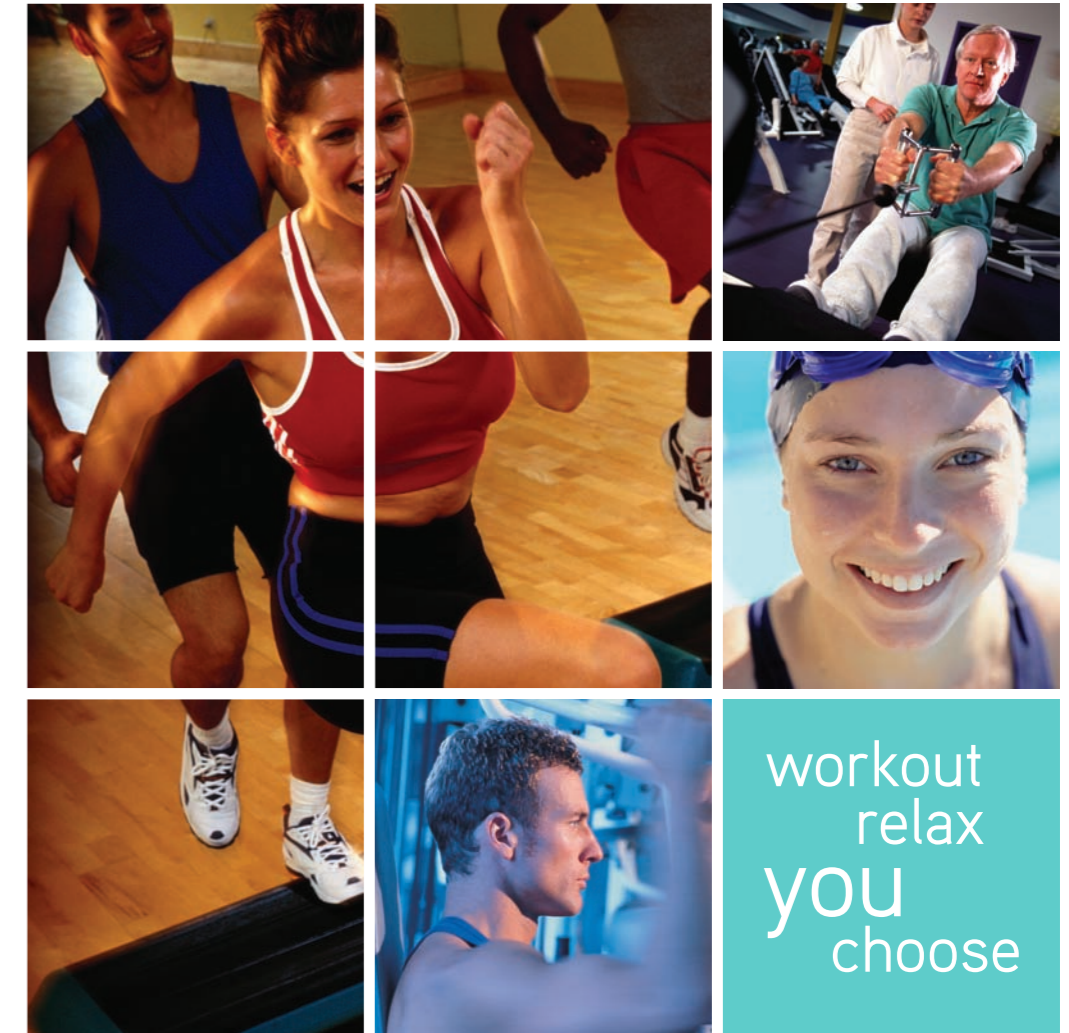
Please note this leaflet is available in Large Print, on Tape, in Braille and various community languages upon request.



in partnership with



Workout Timetable 2010



workout
 relax
 you
 choose



Time	Activity	Level	Area	Price
Monday				
09.30-10.25	Body Pump	MA	Studio	£5.20
10.30-12.00	50+	MA	Studio	£4.50
18.00-18.55	Legs, Bums & Tums	MA	Studio	£5.20
19.00-19.55	Circuits	MA	Studio	£5.20
19.30-20.15	Aqua Fit	MA	Comp Pool	£4.50
20.00-20.45	Spin	MA	Studio	£5.20
Tuesday				
09.30-10.25	Body Step	MA	Studio	£5.20
10.30-11.25	Childrens Activities	under 5's	Studio	£2.40
12.00-12.45	Spin	MA	Studio	£5.20
13.00-13.45	Mat Pilates	MA	Studio	£5.20
16.00-17.00	Junior Fit Club	aged 11-16	Studio	£1.00
18.00-18.45	Spin	MA	Studio	£5.20
19.00-19.45	Mat Pilates	MA	Studio	£5.20
20.00-20.55	Body Pump	MA	Studio	£5.20
Wednesday				
07.00-07.45	Spin	MA	Studio	£5.20
09.30-10.25	Legs, Bums & Tums	MA	Studio	£5.20
10.30-11.15	Stability Ball	MA	Studio	£5.20
12.00-12.45	Aqua Fit	MA	Comp Pool	£4.50
13.00-13.45	Mat Pilates	MA	Studio	£5.20
16.00-17.00	ZKS Martial Arts	MA	Studio	£5.20
18.00-18.55	BoxFit Circuits	MA	Studio	£5.20
19.00-19.55	Body Pump	MA	Studio	£5.20
20.00-21.00	Body Step	MA	Studio	£5.20
20.00-21.00	ZKS Martial Arts	MA	Training Room	£5.20

Time	Activity	Level	Area	Price
Thursday				
09.30-10.25	50+	MA	Studio	£4.50
10.30-11.25	Body Pump	MA	Studio	£5.20
13.00-14.00	Yoga	MA	Studio	£5.20
18.00-18.55	Body Combat	MA	Studio	£5.20
19.00-19.45	Aqua Fit	MA	Comp Pool	£4.50
19.00-19.55	Body Conditioning	MA	Studio	£5.20
20.00-20.45	Spin	MA	Studio	£5.20
Friday				
07.00-07.45	Spin	MA	Studio	£5.20
09.30-10.25	Body Combat	MA	Studio	£5.20
10.30-12.00	50+	MA	Studio	£4.50
18.00-18.55	Body Step	MA	Studio	£5.20
19.00-19.45	Spin	MA	Studio	£5.20
20.00-21.00	ZKS Martial Arts	Adults	Studio	£5.20
Saturday				
09.00-09.45	Spin	MA	Studio	£5.20
10.00-10.45	Mat Pilates	MA	Studio	£5.20
11.00-12.00	ZKS Martial Arts	Juniors	Studio	£5.20
12.00-13.00	ZKS Martial Arts	Juniors	Studio	£5.20
Sunday				
09.00-09.45	Spin	MA	Studio	£5.20
10.00-10.55	BoxFit Circuits	MA	Studio	£5.20

Workout Class Descriptions

Aqua Fit

A water aerobics class with easy to follow moves. A calorie burning, muscle toning workout highly effective, as well as supporting some of the body weight thus making it low impact, reducing any stress on the joints.

Body Conditioning

A variable whole body workout designed to strengthen and tone the major muscles using a variety of studio equipment.

BoxFit Circuits

BoxFit Circuits is an intense sports specific workout that utilizes bags and gloves, focus pads and shadow boxing as well as some cardiovascular exercises and resistance training methods relevant to boxing. It is a great class to unleash your aggression!

Children's Activities

Working with props, music, movement and story telling pre-school children can learn routines, promoting use of rhythm and basis movement patterns to build confidence, creativity, motor skills and co-ordination whilst having fun!

Circuits

An easy to follow effective workout consisting of a series of short bursts of a variety of cardiovascular/calorie burning movements and muscle toning/strengthening exercises.

Junior Fit Club

Sessions will inspire children in a fun and motivating way, through fitness based activities suitable for all levels of ability. Children will be educated about the benefits of being active and can through regular participation achieve personal success, physical fitness, health and social development.

Legs, Bums & Tums

A short aerobic warm up followed by combination of moves concentrating on the mid to lower body muscles to tone and tighten those all important areas. Studio equipment may be used to increase the intensity of the class.

BTS - Body Training Systems.

The classes are run worldwide. Every three months Les Mills releases a new programme to each class with fresh choreography and music. We run the following BTS classes:

Body Combat

Combines moves and stances from a range of self-defence disciplines like karate, boxing and taekwondo into an hour long energetic routine. Music and choreography create a fierce, energetic experience which raises fitness levels throughout the whole body, while reducing fat and cholesterol.

Mat Pilates

A mat-based class using multi-muscle exercise techniques to help correct posture alignment and strengthen core stomach and back muscles. Performed using controlled breathing to promote well-being, flexibility, stress relief and relaxation.

Spin

The highest calorie burner on the timetable! A really effective motivating cardiovascular workout on our indoor cycles that involves no routines or coordination. This class is suitable for all levels from the beginner to the most advanced of riders.

Stability Ball

A workout focussing on body alignment, muscular strength and balance using the stability ball in a standing, seated and lying position. The class requires the use of your core stability muscles to aid balance, co-ordination and posture. A fun and effective workout using a ball, suitable for everyone.

Yoga

You will be led through a series of postures in a dynamic flowing style giving increase in strength, flexibility and stamina, as well as cleansing & calming the mind. Synchronicity of breath and movement is a primary focus alongside correct anatomical alignment of body in motion.

50+

Add years to your life and life to your years, participate in our studio workouts & go for a swim afterwards on a Monday and Friday with people of a similar age, improve your health and meet new friends.

Body Pump

The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!

Body Step

A fun and effective structured cardiovascular step class that shapes and tones the lower body.