

## CLASS BOOKINGS & ETIQUETTE

- Booking is ESSENTIAL to attend any class!
- Members can book classes one week in advance
- Please arrive 5 minutes before your class- If you arrive late your place may be given to someone else

Please make the Aldershot Garrison team aware if you cannot attend your class (24 hours notice).

**FAILURE TO DO THIS WILL RESULT IN YOU BEING CHARGED FOR THE CLASS.**

**PLEASE KEEP AN EYE ON THE NOTICEBOARD FOR UPDATES**

**PLEASE CHECK WE HAVE YOUR UP TO DATE CONTACT DETAILS IN CASE OF ANY CLASS CANCELLATIONS.**

## MEMBERSHIP

### PLATINUM Membership

Includes all 3 activities - gym + swim + classes  
**£30 per month**

### SELECT + Membership

Chose 2 activities from gym + swim + classes  
**£26 per month**

### SELECT Membership

Chose 1 activity from gym + swim + classes  
**£20 per month**

### ASSOCIATE Membership

**£19 per year then:**

### Pay As You Go

£4.20 per class / gym session / swim session

**BUY A BLOCK OF 10 Classes for only £41.00**  
+ receive one FREE class!

Aldershot Garrison Sports Centre  
Rawlinson Road Hampshire GU11 2LQ  
01252 347724  
agscreception@aspiredefence.co.uk



LIKE US ON FACEBOOK FOR UP TO DATE CLASS INFORMATION

AGSC EXERCISE CLASSES

MMC 18-06-241

## FEBRUARY CLASS CHANGES

- Monday 4th Feb - 10.30 am TRX will be Indoor Cycling
- Tuesday 5th & 26th Feb - 12.45 pm Zumba will be in SQ6
- Sunday 17th Feb - 6 pm HIIT Step will be in SQ6
- Tuesday 19th - 12 pm Pilates will be in the Training Room
- Wednesday 20th - 10 am & 12 pm Pilates will be in the Training Room
- Wednesday 20th - 11.05 am Cycle & Hop will just be Cycle!
- Wednesday 20th Feb - 6.30 pm LBT will be Body Blitz & 7.30 pm Piyo will be Let's Get Bendy!
- Buggy Boot Camp Friday's at 12.15 pm is outside every week so wrap up warm & remember if it is heavy rain we will cancel!

## FEBRUARY CLASS CANCELLATIONS

- Monday 18th - NO 4.15 pm Zumba Kids & LBT - try our daytime taster class instead!
- Tuesday 19th Feb - NO 9.15 am Body Blitz and NO 10.15 am Let's Get Bendy and NO 12.45 pm Zumba
- Wednesday 20th Feb - NO 9.15 am Zumba and NO 4.15 pm Zumba Kids & LBT - try our daytime taster class instead!
- Wednesday 20th Feb - NO 4.15 pm Zumba Kids & LBT - NO 5.45 pm Body Blitz - NO 5.45 pm P90X - NO 6.30 pm Skip & Tone - NO 6.40 pm Lets Get Bendy (Classes that ARE ON - 6.30 pm Body Blitz (replacing LBT) - 7 pm Boot Camp - 7.15 pm Indoor Cycling - 7.30 pm Let's Get Bendy (replacing piyo))
- Thursday 21st Feb - NO 9.30 am Piyo - NO 10.15 am LBT - NO 5.45 pm Circuits

## CLASS UPDATES

- Aqua Natal is still not running for February but we hope to get this class back for March – please feel free to come along to the 5.45 pm Aqua Deep class & alternatives will be given where needed
- Friday 11.15 am Multi class will not run this month
- NEW Thursday morning Pilates class 11.30 – 12.15 pm in the training room with Julia

## ZUMBA KIDS TASTER CLASSES!

- During half term week the normal Zumba Kids & parents LBT classes will not run but we are running 2 daytime taster classes instead which are FREE for the kids!!

## FRIDAY 22nd FEBRUARY

- 10 - 10.40 am - 4 - 6 year olds running alongside 10 am LBT for mums & dads
- 10.45 - 11.25 am - 7 - 11 year olds running alongside 10.45 am Pilates for mum & dads



**Remember the taster sessions are FREE FOR KIDS so book their space now!**

**A BAD DAY  
CAN BE MADE  
BETTER  
BY GOING  
TO**

**ALDERSHOT GARRISON  
SPORTS CENTRE**

# CLASS TIMETABLE

**FEBRUARY 2019**

## SPORT CENTRE OPENING HOURS

Monday to Friday 6am - 10pm  
Saturday 7am - 6pm  
Sunday 7am - 10pm





MONDAY	CLASS	VENUE + INSTRUCTOR
10.30 – 11.15 am	TRX	Sports Hall - Monique
11.30 – 12.15 pm	Zumba	Squash Court 6 - Daphne
12.30 – 1.15 pm	Pilates	Squash Court 6 - Daphne
11.30 – 12.15 pm	Mum & Baby Spin	Cycling Studio - Monique
4.15 – 5 pm	Zumba Kids (7-11)	Squash Court 1 - Michelle
4.15 – 5 pm	LBT	Squash Court 6 - Zoe
5 – 5.45 pm	Pilates	Squash Court 6 - Zoe
5.45 – 6.30 pm	Mini HOP	Squash Court 6 - Zoe
5.45 – 6.30 pm	TRX	Sports Hall - Monique
6.30 – 7 pm	Insanity	Sports Hall - Gail
6.30 – 7.15 pm	Pilates	Training Room - Zoe
6.45 – 7.30 pm	Indoor Cycling	Cycling Studio - Monique
7 – 7.45 pm	Zumba	Sports Hall - Gail
7.15 – 8 pm	Pilates	Training Room - Zoe
8 – 8.45 pm	Power Step	Sports Hall - Gail

TUESDAY	CLASS	VENUE AND INSTRUCTOR
6.30 – 7.15 am	Circuits	Sports Hall - Bobby
9.15 – 10.15 am	Body Blitz	Squash Court 6 - Lucy
10.15 – 11 am	Let's Get Bendy	Squash Court 6 - Lucy
11.10 – 11.55 am	Indoor Cycling	Cycling Studio - Zoe
12 – 12.45 pm	Lunchtime Pilates	Squash Court 6 - Zoe
12.45 – 1.30 pm	Lunchtime Zumba (mum & babies welcome)	Sports Hall - Michelle
5.45 – 6.30 pm	Aqua Deep	Pool - Giselle
6 – 6.45 pm	LBT	Squash Court 6 - Kelly
6 – 6.50 pm	Insanity	Sports Hall - Gail
6.45 – 7.45 pm	HIIT	Squash Court 6 - Kelly
7 – 7.45 pm	Pilates	Training Room - Chris
7 – 7.45 pm	Indoor Cycling	Cycling Studio - Gail
7.45 – 8.30 pm	Pilates	Training Room - Chris
8 – 8.50 pm	Punch Fit	Squash Court 6 - Gail

WEDNESDAY	CLASS	VENUE AND INSTRUCTOR
6.30 – 7.15 am	Indoor Cycling	Cycling Studio - Sheena
9.15 – 10 am	Zumba & Tone	Squash Court 6 - Zoe
10 – 11 am	Pilates	Squash Court 6 - Zoe
11.05 – 12 pm	Cycle & HOP	Cycling Studio + Squash Court 6 - Zoe
12 – 12.45 pm	Lunchtime Pilates	Squash Court 6 - Zoe
1 – 1.45 pm	Mum & Baby Spin	Cycling Studio - Sheena
4.15 – 5 pm	Zumba Kids (4-6)	Squash Court 1 - Michelle
4.15 – 5 pm	LBT	Squash Court 6 - Lucy
5.45 – 6.30 pm	Body Blitz	Squash Court 6 - Lucy

WEDNESDAY	CLASS	VENUE AND INSTRUCTOR
5.45 – 6.30 pm	P90X	Sports Hall - Monique
6.30 – 7 pm	Skip & Tone	Sports Hall - Monique
6.30 - 7.30pm	LBT	Squash Court 6 - Nicky
6.40 – 7.25 pm	Let's Get Bendy!	Training Room - Lucy
7 – 8 pm	Boot Camp	Hockey - Bobby
7.15 – 8 pm	Indoor Cycling	Cycling Studio - Monique
7.30 - 8.30pm	Piyo	Squash Court 6 - Nicky

THURSDAY	CLASS	VENUE AND INSTRUCTOR
9.30 – 10.15 am	Piyo	Squash Court 6 - Nicky
10.15 – 11 am	LBT	Squash Court 6 - Nicky
11.30 – 12.15 pm	Pilates	Training Room - Julia
12.15 – 1 pm	Lunchtime Pilates	Training Room - Julia
5.45 – 6.30 pm	Pilates	Training Room - Linda
5.45 - 6.30pm	Circuits	Sports Hall - Gail
6 – 6.45 pm	Ab Blaster	Squash Court 6 - Nicky
6.30 – 7.30 pm	Pilates	Training Room - Linda
6.30 - 7pm	Insanity	Sports Hall - Gail
7 – 7.45 pm	Indoor Cycle	Cycling Studio - Nicky
7 – 7.50 pm	Strong By Zumba	Sports Hall - Gail
7 – 7.45 pm	HIIT & Tone	Squash Court 6 - Kelly
8 – 9 pm	Gym – Based Boxing	Sports Hall - Sheena

FRIDAY	CLASS	VENUE AND INSTRUCTOR
9 – 10 am	Pilates	Squash Court 6 - Chris
10 – 10.45 am	LBT	Squash Court 6 - Zoe
10.45 – 11.30 am	Pilates	Squash Court 6 - Zoe
11.30 – 12.15 pm	Mini HOP	Squash Court 6 - Zoe
12.15 – 1.15 pm	Buggy Boot Camp	Meet outside door at SQ6- Zoe
7 – 7.45 pm	Indoor Cycling	Cycling Studio - Kelly

SATURDAY	CLASS	VENUE AND INSTRUCTOR
8.10 – 8.55 am	Indoor Cycling	Cycling Studio - Zoe
9 – 9.45 am	LBT	Squash Court 6 - Zoe
9.45 – 10.30 am	Mini HOP	Squash Court 6 - Zoe
10.30 – 11.15 am	Pilates	Squash Court 6 - Zoe

SUNDAY	CLASS	VENUE AND INSTRUCTOR
9 – 9.45 am	Indoor Cycling	Cycling Studio-Nicky
9.50 – 10.35 am	P90X	Squash Court 6 - Nicky
10.40 – 11.25 am	Piyo	Squash Court 6 - Nicky
5 – 5.45 pm	Indoor Cycling	Cycling Studio - Kelly
6 – 6.30 pm	HIIT Step	Sports Hall - Kelly

ALL CLASSES ARE SUBJECT TO CHANGE AND CANCELLATION

## CLASS DESCRIPTIONS

**Ab Blaster.** Bust belly fat & carve out those Abs in this 45 minute class designed to target the abdominal area!! You'll be kicking & punching your way to tighter more defined Abs with a combination of standing & floor exercises. The ultimate Ab workout!!

**Aqua Deep.** This pool class will vary between aqua circuits and aqua deep, encouraging a low impact full body workout, using a variety of muscle strength and endurance equipment!

**Aqua Natal.** A safe and effective workout in the water for ante-natal members

**Body Blitz.** High energy but with varied impacts to suit everyone! Class includes a combination of basic aerobic exercises, dance aspects & a section of MSE (Muscular Strength and Endurance) for building and toning muscle- focussing on legs, bums & tums, or upper body.

**Bootcamp.** An outdoor circuit style class that will give you a total body challenge – not one to missed!

**Buggy Boot Camp.** A fun outdoor session for mums (8 dads) to bring babies along in their buggies! The class will vary and will include CV & toning exercises in a relaxed environment to help you get back in shape & regain fitness – 6 week GP check up required before joining & please bring a mat!

**Circuits.** A class designed to challenge by working around a variety of stations for upper and lower body and CV fitness!

**Cycle & HOP.** 20 minutes indoor cycling for a CV workout targeting the legs, followed by 20 minutes HOP for a CV workout targeting the arms and all finishing with 10 minutes tone & stretch!

**Gym- Based Boxing.** A class that offers a circuit with added variety whilst learning a new skill. It helps to develop hand eye coordination, balance, timing and technique. Suitable for all levels of ability and a great way to destress!

**HIIT.** High Intensity Interval Training - a combination of aerobic/ cardio work with body conditioning & toning and a monthly class challenge!

**HIIT Step.** A 30-minute HIIT class using just your bodyweight and a step. This high-energy workout will push you to new limits with a possible 400-calorie burn in just half an hour!

**HIIT & Tone.** All the elements of HIIT training but focusing on strengthening & toning the body. A perfect class for those wanting to shape & tone their bodies whilst still gaining all the benefits that come from HIIT training.

**Indoor Cycling.** The ultimate cardiovascular workout on a specialised bike that will tone and sculpt your legs, glutes and body. High intensity and hard work, but you can take it at your own level from hill climbs to sprints. The ultimate calorie burn!

**Mini Hour of Power.** The warm- up and cardio/weight elements of the HOP- a fab workout in just 45 minutes!

**Mum & Baby Indoor Cycling.** bring your baby with you while you get your workout – friendly & relaxed environment where you can feed / change baby if needed during the class.

**Insanity.** Insanity is a high intensity workout which forces the body to work for longer periods of time at a higher capacity than traditional workouts. It's a total body conditioning class, with the most explosive and most effective workout programme ever put together and takes total body conditioning to an extreme level.

**Legs, Bums & Tums (LBT).** A top to toe class that will sculpt & tone the whole body in a variety of formats and using lots of different equipment – a great fun all round class!!

**Let's Get Bendy.** Join us for a full body stretch to loosen off those muscles after all your hardwork! This 45 minutes session focuses on developmental stretches and relaxation to increase your flexibility and take care of your body and mind – let's get bendy!

**P90X.** P90X LIVE is a total-body, cardio & strength training class that uses body weight as well as dumbbells, barbells, weight plates & resistance tubing. Each workout can be modified to accommodate a wide range of fitness levels and abilities.

**Pilates.** Slow and controlled movements to challenge the under worked 'core' in all of us to reshape, redefine, rebalance and realign the body to make it longer, leaner and more supple.

**Piyo.** Unleash your power with Pilates + yoga + nonstop movement! You'll sweat, stretch, and strengthen- all in one workout. Define exactly how you want to look- and feel. No weights. No bulk. Just hardcore results. Ready to make your power move?

**Power Step.** The ultimate step class to improve CV fitness and sculpt and tone the whole body!

**Sculpt & Tone.** A low impact class using a variety of different weights designed to sculpt & tone the body focusing on upper body, lower body and core & abdominal areas. Suitable for all levels of fitness.

**Punch Fit.** A class that encompasses the technical aspects of boxing with core strengthening exercises. Increase your aerobic capacity. Learn boxing skills such as correct form in throwing jabs, hooks & uppercuts, while working at an intense pace. Push yourself to the limit and find the champion within you! All fitness levels welcome!

**Skip & Tone.** A class combining skipping which will improve heart rate, promote fat loss, improve flexibility, co-ordination & balance, with toning of the upper and lower body using a variety of equipment!

**STRONG by Zumba™.** Combines high intensity interval training with the science of Synced Music Motivation. In every class, music & moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other!

**TRX.** Suspension training – a functional training system using your own body weight giving an all over body workout. You gain flexibility, strength, stability, coordination, power & cardio blended together in a functional format.

**Zumba.** Are you ready to party yourself into shape? That's what Zumba is all about! A dance sensation, fusing hypnotic Latin rhythms like Salsa, Merengue, Flamenco and Tango in easy to follow routines that will burn calories whilst having fun! Come and join the party and add a bit of spice to your workout and before you know it you will be getting fit, full of energy and enjoying a great workout!

**Zumba Kids.** Zumba Kids classes feature kid- friendly routines based on original Zumba choreography. The steps are broken down, with games, activities & cultural exploration elements added in! The class will help develop a healthy lifestyle & incorporate fitness as a natural part of children's lives by making fitness fun and develop leadership, respect, team work, confidence, self esteem, memory, creativity, coordination and cultural awareness all while mum & dad can get there work out in an LBT class!!

**Zumba & Tone.** A fantastic class starting with 20 or 30 minutes of Zumba followed by 20 or 10 minutes of toning exercises!