

## Class Descriptions

### Abs Class

A short, sharp burst of total Ab workout.

### Barbell Club

This class focuses on strength and conditioning using only barbells, if you want a challenging full body workout then this is for you.

### Pound

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

### Body Combat™

An energetic cardio class. Inspired by mixed martial arts, and draws from a wide range of disciplines such as, karate, boxing, taekwondo, tai chi and muay thai. During this warrior workout you will strike, punch, kick and kata your way through the calories to a superior cardio fitness.

### Body Pump™

Great whole body workout using mainly the barbell, to sculpt, tone and strengthen the entire body, fast! Suitable for all ages and fitness levels.

### Circuits

Circuit style, interval training with body weight & functional exercises, using a vast array of exercise kit to challenge the body head to toe.

### Team Up

A fun class designed to be more sociable and requires you to work as part of a team. The class is split into teams with a fun but competitive edge. A full body high intensity class.

### H.I.I.T

The original 30 minute metabolic workout that lasts 24 hours! All over body functional HIIT Workout. Suitable for all ages.

### Kettlebells

This class will give fast results for strength, endurance, and muscle toning, by challenging both the muscular and cardiovascular systems with dynamic total body movements.

### Legs, Bums and Tums

This is a body toning class working the lower body to improve muscle tone and strength. Suitable for all levels.

### Pilates

Latest workout concentrating on strengthening your inner core muscles through breathing, stretching and posture improvements.

### Group PT

A small group session, tailored to the individuals participating, based in the gym or studio, challenging and different every week. A workout designed to achieve results.

### Spin & Pump

This is a mixture between indoor cycling, focusing on endurance, strength and intervals, followed by weighted exercises that will target all muscle groups.

### Spin 30, 45

Burn up to 1,000 calories in one of your many spin classes. Suitable for all abilities, these classes range from 30 to 60 minutes with changing intensities and endurance.

### WOW

Work Out Of The Week... If you can only make the same time of the week this class is for you. Keep your body guessing, your heart racing with a different routine every week.

### Yoga

Yoga is one of the oldest holistic health care systems. The practice of Yoga integrates mind, body and spirit bringing us into balance.

### Zumba

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. Zumba mixes low-intensity and high-intensity moves for an interval style, calorie-burning dance fitness party.

## Class Prices

### Members

Please book 7 days in advance

**All classes are free except:**

**Yoga, Pilates**

£2.50 or 12 sessions for £25

### Non – Members

Please book 6 days in advance

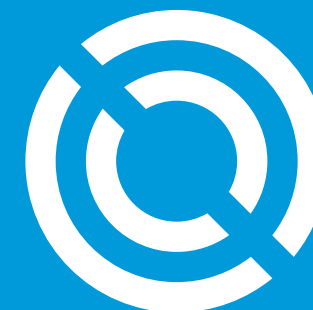
1 hour £6

20 - 30 mins £3

**Yoga & Pilates**

£7.50 or 12 sessions for £75

Note: Please book in advance for all classes



**oakhill**  
leisure

## To book a class:

### Go online:

[oakhill.clubm.mobi](http://oakhill.clubm.mobi)

(Members Only)

### Or call:

01254 824333



**class**  
timetable

Autumn 2019

Oakhill Leisure  
Wiswell Lane, Whalley  
Lancashire, UK, BB7 9AF

Telephone: 01254 824333  
Web: [oakhill-leisure.com](http://oakhill-leisure.com)  
Email: [hello@oakhill-leisure.com](mailto:hello@oakhill-leisure.com)



## Monday

Morning	Time	PT	Studio
Pump Express <small>new</small>	06:30-07:15	Gym Staff	S1
Spin 45	09:00-09:45	Gym Staff	S1
Body Combat	10:00-11:00	Gully	S1
Pilates	11:00-12:00	Sam	S1
Evening	Time	PT	Studio
Group PT <small>new</small>	16:00-17:00	Gym Staff	Gym
Spin & Abs	17:30-18:15	Gym Staff	S1
Body Combat	18:30-19:15	Cat	S1
Body Pump	19:20-20:05	Cat	S1
Late	Time	PT	Studio
Spin 30	20:15-20:45	Gym Staff	S1

## Tuesday

Morning	Time	PT	Studio
Barbell Club	06:30-07:15	Gym Staff	S1
Spin 30	07:30-08:00	Gym Staff	S1
Pound <small>new</small>	09:00-10:00	Heather	S1
Zumba	10:00-11:00	Debs	S1
Pilates	11:00-12:00	Sam	S1
Spin 30	12:15-12:45	Gym Staff	S1
Evening	Time	PT	Studio
Yoga/Vinyasa Flow	17:00-18:00	Kiera	S1
Circuits	18:00-19:00	Gym Staff	S2
Yoga/Vinyasa Flow	18:15-19:15	Kiera	S1
Kettlebells	19:20-20:05	Gym Staff	S1

## Wednesday

Morning	Time	PT	Studio
Spin & Pump	06:30-07:30	Gym Staff	S1
Spin & Abs	09:00-09:45	Gym Staff	S1
Kettlebells	10:00-10:45	Gym Staff	S1
Group PT <small>new</small>	11:00-12:00	Gym Staff	Gym
Evening	Time	PT	Studio
Spin 30	17:30-18:00	Gym Staff	S1
Late	Time	PT	Studio
Group PT <small>new</small>	18:00-19:00	Gym Staff	Gym
Pump Express <small>new</small>	19:15-20:15	Claire	S1

## Thursday

Morning	Time	PT	Studio
Spin 45	06:30-07:15	Gym Staff	S1
Group PT <small>new</small>	07:30-08:30	Gym Staff	Gym
Body Pump	09:00-10:00	Gully	S1
Pilates	10:15-11:15	Luisa	S1
Evening	Time	PT	Studio
Spin 30	17:35-18:05	Gym Staff	S1
LBT	18:15-19:00	Gym Staff	S1
Kettlebells	18:15-19:00	Gym Staff	S2
Pilates	19:00-20:00	Sam	S1
Late	Time	PT	Studio
Spin 30	20:10-20:40	Gym Staff	S1

## Friday

Morning	Time	PT	Studio
WOW	06:30-07:15	Gym Staff	S1
Spin 45	08:50-09:35	Gym Staff	S1
Yoga/Hatha	09:45-10:45	Sam	S1
Pilates	11:15-12:15	Luisa	S1
HIIT	12:15-12:45	Gym Staff	S1
Evening	Time	PT	Studio
Team Up <small>new</small>	17:30-18:30	Gym Staff	S1

## Saturday

Morning	Time	PT	Studio
Circuits	08:15-09:15	Gym Staff	S1
Spin 45 <small>new</small>	09:15-10:00	Gym Staff	S1
Pump	10:15-11:15	Gym Staff	S1

## Sunday

Morning	Time	PT	Studio
Spin & Pump	09:00-10:00	Gym Staff	S1
HIIT <small>new</small>	10:15-10:45	Gym Staff	S1

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