

**WATERSIDE LEISURE CLUB - WILMSLOW ROAD, DIDSBURY, MANCHESTER M20 5WZ - 0161 971 7000**  
**GROUP FITNESS TIMETABLE - COMMENCING MONDAY 10TH AUGUST 2020**



**MONDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0745	Spin ***	Cardio	Waterside	All	Elliot
0930-1015	Jazz Dance	Dance	Studio 1	All	Bethan
0945-1030	Aqua	Aqua	Pool	All	Stacey
1030-1100	H.I.I.T	Cardio	Waterside	All	Leon
1030-1130	Vinyassa Yoga	Holistic	Studio 1	All	Hannah
1145-1230	Zumba Gold	Dance	Studio 1	Beg	Don
1230-1330	Kids Lane (with shallow end)	Swim	Pool	All	N/A
1245-1330	Tai Chi	Holistic	Studio 1	All	Don
1400-1530	Water Babies (£)	Swim	Pool	Baby	Water Babies
1400-1530	Kids Lane (no shallow end)	Swim	Pool	All	N/A
1445-1600	Yoga & Relax	Holistic	Studio 1	All	Tricia
1545-1715	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
1745-1830	H.I.I.T & Abs	Condi/Cardio	Studio 1	All	James
1745-1830	Spin ***	Cardio	Waterside	All	Elliot
1845-1930	Zumba	Dance	Studio 1	All	Lisa
1845-1930	Spin ***	Cardio	Waterside	All	Jason
1945-2030	Pump ***	Condi	Studio 1	All	Jason
1945-2030	Pilates	Holistic	Waterside	All	Suzanne
1945-2030	Aqua	Aqua	Pool	All	Stacey

**TUESDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	Metafit	Cardio	Studio 1	All	Elliot
0900-1000	Kids Lane (with shallow end)	Swim	Pool	All	N/A
0930-1015	Dance Floor Fillers	Dance	Studio 1	All	Kirsten
0930-1015	Spin ***	Cardio	Waterside	All	Jason
1015-1100	Aqua	Aqua	Pool	All	Katie
1030-1115	Body Conditioning	Condi	Studio 1	All	Michelle K
1030-1115	Body Maintenance	Physio	Waterside	All	Matt
1145-1230	Tai Chi	Holistic	Studio 1	All	Joseph
1230-1330	Kids Lane (with shallow end)	Swim	Pool	All	N/A
1245-1330	Pilates	Holistic	Studio 1	All	Liz
1345-1430	Barre Pilates	Condi	Studio 1	All	Jenny
1400-1530	Water Babies (£)	Swim	Pool	Baby	Water Babies
1400-1530	Kids Lane (no shallow end)	Swim	Pool	All	N/A
1545-1715	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
1725-1755	H.I.I.T	Cardio	Studio 1	All	James
1815-1900	Body Conditioning	Condi	Studio 1	All	Michelle M
1815-1900	Pilates	Holistic	Waterside	All	Angela
1915-2000	Dance Floor Fillers	Dance	Studio 1	All	Carla
1915-2000	Spin ***	Cardio	Waterside	All	Lee
2015-2100	Spin ***	Cardio	Waterside	All	Lee
2015-2115	Vinyassa Yoga	Condi	Studio 1	All	Ruth

**WEDNESDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0800	Ashtanga Yoga	Holistic	Studio 1	All	Hebe
0930-1015	Spin ***	Cardio	Waterside	All	Cem / Scott
0930-1015	Aqua	Aqua	Pool	All	Niki
1030-1115	Body Conditioning	Condi	Studio 1	All	Niki
1130-1215	Pilates	Holistic	Studio 1	Beg/All	Michelle K
1230-1315	Legs, Bums & Tums	Condi	Studio 1	All	Stacey
1230-1530	Kids Lane (with shallow end)	Swim	Pool	All	N/A
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1545-1745	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
1725-1755	Express Pilates	Condi	Studio 1	All	Katie
1815-1900	Spin ***	Cardio	Waterside	All	Katie
1830-1945	Hatha Yoga	Holistic	Studio 1	All	Don
1900-1945	Aqua	Aqua	Pool	All	Dawn
2000-2030	Metafit	Cardio	Studio 1	All	Elliot
2000-2045	Fitball	Condi	Waterside	All	Dawn

**THURSDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0845-0930	Pilates	Holistic	Studio 1	All	Liz
0900-1000	Kids Lane (with shallow end)	Swim	Pool	All	N/A
0930-1015	Body Conditioning	Condi	Waterside	All	Michelle M
0945-1030	Pilates	Holistic	Studio 1	All	Liz
1015-1100	Aqua	Aqua	Pool	All	Stacey
1045-1130	Zumba	Dance	Studio 1	All	Aiesha
1145-1230	Chi Kung	Holistic	Studio 1	All	Joseph
1230-1530	Kids Lane (with shallow end)	Swim	Pool	All	N/A
1245-1400	Yoga & Relax	Holistic	Studio 1	All	Tricia
1600-1900	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
1725-1755	H.I.I.T	Cardio	Studio 1	All	Niki
1815-1900	Body Conditioning	Condi	Studio 1	All	Niki
1915-2000	Legs, Bums & Tums	Condi	Studio 1	All	Niki
1915-2000	Spin ***	Cardio	Waterside	All	Scott
2015-2115	Yoga & Relax	Holistic	Studio 1	All	Andrew

**FRIDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0700-0730	H.I.I.T	Cardio	Studio 1	All	Darriel
0900-1000	Kids Lane (with shallow end)	Swim	Pool	All	N/A
0930-1015	Body Conditioning	Condi	Studio 1	All	Dawn
0930-1015	Functional Yoga	Holistic	Waterside	Beg/All	Rosanne
1030-1115	Low & Tone	Condi	Studio 1	Beg	Dawn
1030-1115	Spin ***	Cardio	Waterside	All	Elliot
1030-1115	Aqua	Aqua	Pool	All	Suzanne
1130-1215	Pilates	Holistic	Studio 1	All	Suzanne
1145-1415	Water Babies (£)	Swim	Pool	Baby	Water Babies
1145-1415	Kids Lane (no shallow end)	Swim	Pool	All	N/A
1330-1700	Table Tennis Club	Club	Studio 1	All	Members
1600-1930	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
1745-1830	Pump ***	Condi	Studio 1	All	Eugene
1745-1830	Pilates	Holistic	Waterside	All	Alex
1845-1930	Spin ***	Cardio	Waterside	All	Helen

**SATURDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0830-1330	Swimming Lessons (£)	Swim	Pool	3+	Total Swimming
0845-0930	Pilates	Holistic	Studio 1	All	Jenny H
0845-0930	Fitball	Condi	Waterside	All	Dawn
0945-1030	Body Conditioning	Condi	Studio 1	All	Michelle M
1045-1115	Metafit	Cardio	Studio 1	All	Michelle M
1130-1215	Zumba	Dance	Studio 1	All	Marc
1130-1230	Spin ***	Cardio	Waterside	All	Bob
1400-1800	Water Babies (£)	Swim	Pool	Baby	Water Babies
1400-1800	Kids Lane (no shallow end)	Swim	Pool	All	N/A

**SUNDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0900-1800	Kids Lane (with shallow end)	Swim	Pool	All	N/A
0930-1015	Body Conditioning	Condi	Studio 1	All	Claire
1030-1115	Zumba	Dance	Studio 1	All	Claire
1030-1130	Spin ***	Cardio	Waterside	All	Glenn
1600-1700	Hatha Yoga	Holistic	Studio 1	All	Don
1715-1745	H.I.I.T	Cardio	Waterside	All	Leon
1715-1800	Tai Chi	Combat	Studio 1	All	Don
1815-1915	Pilates	Holistic	Studio 1	All	Michelle K

**Key**

- \*\* Fast class, please arrive warmed up & ready to go
- \*\*\* Please arrive at this class 5 minutes prior to its start time for preparation and equipment set-up.
- £: There is an additional charge for these sessions.
- Timetable change.
- Waterside Club.
- Children's Class.

# CLASS DESCRIPTIONS

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## AQUA

Splash your way to fitness with one of the most popular low impact classes. Suitable for all levels!

## ASHTANGA YOGA

A set sequence of movements combined with breath to produce an internal heat designed to purify the body & mind and build strength & tone.

## BARRE PILATES

Barre Pilates is a low impact full body conditioning class, great for strengthening your core and toning your legs and glutes. The exercises are inspired by traditional ballet moves and Pilates principles made simple so it's fun and suitable for everyone.

## BODY CONDITIONING

A full body workout targeting all major muscle groups suitable for those wanting to improve their all over definition forever!

## BODY MAINTENANCE

A physiotherapy based class. Offering members the opportunity to explore efficient and co-ordinated movement, to improve body form and lead to pain free activity.

## CHI KUNG

Chi Kung: ancient Chinese health promotion. Described as movement meditation, it incorporates coordination, breathing and mindfulness. Chi Kung is a gentle exercise practise suitable for all, which promotes mental focus, relaxation, stress relief and physical conditioning.

## DANCE FLOOR FILLERS

Dance Floor Fillers is a fun filled, calorie burning workout. A non-stop class, jammed packed with hits from all decades, that make you want to move. This class is for everyone, no dance experience necessary.

## FITBALL

Fitball includes a variety of toning exercises on an unstable surface which is extremely effective at improving body awareness, posture and balance.

## FUNCTIONAL YOGA

A breath and movement practice based on the most functional aspects of Yoga and incorporating other helpful movements to increase stability, balance and range of movement. Every exercise is specifically designed for correcting the general muscle imbalances and restrictions of modern life, coupled with benefits to the mind from focused breathing and movement.

## HATHA YOGA / YOGA & RELAX

Designed to enhance muscular balance & strength, develop flexibility, increase stamina and improve posture whilst supporting a sense of well being. Suitable for all levels, providing an individual exercise experience.

## H.I.I.T (High Intensity Interval Training)

H.I.I.T workouts will turn you into a more effective fat burner in a shorter amount of time - Go hard then go home!! 30 minutes is all you need.

## JAZZ DANCE

This class explores a range of jazz dance styles inspired by music from the 1940s through to the present day. We will sample the delights of Bertold Brecht, Leonard Bernstein and many more, including influences from the work of choreographers like Jerome Robbins, Bob Fossé and many more.

## KIDS LANE (SWIMMING)

Kids swimming is available during these times but must be booked in advance. Kids Lane (no shallow end) provides two lanes from midway down the pool to the deep end but no shallow end. Kids Lane (with shallow end) provides one full lane. Children under 13 must be accompanied at all times.

## LEGS, BUMS & TUMS

Exercise your way to fantastic legs, bums and tums with this fun class combining aerobics with focused toning exercises.

## LOW & TONE

A low impact option combining a perfect mix of cardio and conditioning in a fun yet effective way – think fitness without all the frantic antics. Perfect for beginners, older adults or anyone returning to exercise.

## METAFIT

Metafit is a high-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.

## PILATES

A slow and controlled exercise method which helps to improve posture, mobility and strength. Perfect for body and mind.

## PUMP

If changing your body's shape whilst benefiting from a fantastic cardio workout is what you're looking for then Pump is the perfect class! Burn lots of calories, reduce fat & tone in all areas. There is no fancy footwork & the easy-to-follow moves make the class both effective & enjoyable.

## SPIN

A fun, athletic, cardiovascular cycling workout that guarantees to leave you on a high: Spin is for those willing to work hard to burn excess fat, you will shed up to 600 calories in 45 minutes & get a great cardio boost!

## TABLE TENNIS

This Waterside Club is ran by members and is open to all wishing to have a go at the game. You will need to bring your own bat and book in advance.

## TAI CHI

Traditional chinese exercise using slow, graceful movements combined with conscious relaxation & deep breathing to improve physical fitness, body condition, suppleness & strength. Requires no previous experience.

## VINYASSA YOGA

A flowing type of Yoga where participants coordinate movement with breath to flow from one pose to the next. An inspiring and dynamic class.

## ZUMBA

Zumba takes the "work" out of workout, by mixing low & high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin & World rhythms take over, you'll see why Zumba classes are often called exercise in disguise. Super effective and super fun!

## ZUMBA GOLD

Perfect for those who are looking for a modified Zumba class that recreates the original moves at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

“To create our class descriptions, we ask ourselves; what would we want to know if we were thinking about taking this class? What would make us excited?” says Lauren Krinis, a certified nutrition therapist and trainer at CoreFitness, a mobile fitness company based in Philadelphia’s Fairmount/Art Museum neighborhood. Once you’ve perfected your description, you’ll need to market the class with a kick-ass call to action.

Description. The Fore language allows custom classes to be described and used in applications. To determine custom classes, they should be inherited from a class. As a parent class, a basic class can be used, as well as an already defined custom class. Generally, a class is inherited from Object. By default, a class has the Private access modifier. A class may contain fields, properties and procedures (or so called methods). The class global attribute is a space-separated list of the case-sensitive classes of the element. Classes allow CSS and Javascript to select and access specific elements via the class selectors or functions like the DOM method `document.getElementsByClassName`. The source for this interactive example is stored in a GitHub repository. If you’d like to contribute to the interactive examples project, please clone <https://github.com/mdn/interactive-examples> and send us a pull request.

```
Public Class DescriptionAttribute Inherits Attribute. Inheritance. Object. _ Public Property MyImage() As Image Get '. Insert code here. Return image1 End Get Set '. Insert code here. End Set End Property.
```

The next example gets the description of MyImage.