

Inspire Fitness offers a variety of group exercise classes focusing on 5 key characteristics: **Tone & Strength, Re-energise & Relax, Cardio Workouts, Lets Dance and Full Body Workout.** Classes are suitable for all levels and abilities, unless specified. If you are unsure or new to a class and would like advice on class intensities please speak to the instructors.

Class Descriptions

Tone & Strength

Ashtanga Yoga: A perfect introduction to a more advanced form of yoga.

Body Pump: A great workout using weights for all major muscle groups.

Fitball: An all over body workout using a large gym ball, focusing on toning, core strength and stability.

Fitness Pilates: Help further develop your core strength, mobility and flexibility with the use of small equipment.

Legs, Bums and Tums: A complete lower body workout for all those problem areas.

Power Pump: Similar to body pump, weights class for a full body workout.

Spiritual Warrior Yoga: A spiritually uplifting class suitable for beginners.

Full Body Workout

20/20/20 Total Fitness: A combination of 3 different disciplines to help torch body fat and improve fitness levels. A mixture of Indoor Cycling, Kettlebells, Insanity, Body Pump or A deck of cards.

Body Blast: A total body workout with the end goal to leave you feeling wiped out.

Boxercise/Boxfit/Boxing Club: Uses boxing moves in a circuit, with pads and gloves, effectively toning your upper and lower body.

Circuits: Exercise circuits to get the heart rate up using the whole body.

Xtreme Circuits: Similar to circuit training but focuses moves towards toning with the ability to slow down exercise moves & allow the exerciser to "Feel the Burn".

Kettlebells: A dynamic class using lifts and swings that is designed to develop the core, muscular strength and cardiovascular fitness.

Kett-ercise: THE single most effective Kettlebell fat burning workout. Designed to shape & sculpt your body for rapid fat loss & a lean toned body.

Matrix Circuits: A full body workout using weight training exercises.

Metafit: Combines simple unchoreographed bodyweight exercises with high intensity interval training techniques to set the metabolism on fire.

Thai-Boxercise: Uses Thai Boxing moves to improve fitness levels, weight-loss & effectively toning your upper & lower body. Also improves self discipline towards a healthy lifestyle and increase self confidence.

Re-energise and Relax

Pilates: Help create leaner and stronger muscles around the torso.

Tai Chi: A low impact aerobic exercise suitable for all ages and levels of fitness. Will help improve your posture, focus and balance.

Yoga: Concentrate on bringing balance and harmony to both body and mind.

Let's Dance

Line Dancing: Learn the steps that made it a world wide sensation, a great way to improve your co-ordination.

Sequence Dancing: A great place to meet new friends whilst learning and practising dance routines.

Zumba: This hip swivelling workout combines all flavours of Africa, the Caribbean and Latin dance all in one dance session.

Zumba Smooth: Suitable for new comers to zumba – a bit more chilled out with simpler dance steps.

Cardio Workout

AquaFit: A fun and invigorating workout in the water designed to effectively burn calories with minimal impact on the body.

Cardio Tone: A hard core aerobic and conditioning class - it does the job.

Easy Does It: Get back into exercise and maintain a good level of fitness. Feel more flexible, stronger and well balanced.

Hydrospin: Combines the best elements of indoor cycling and aquafit to provide a work out that incorporates the key elements of cardio, strength and endurance – and is fun.

Indoor Cycling: Classes focusing on endurance, strength, intervals, high intensity and recovery, using a stationary exercise bicycle with a weighted flywheel.

Prime Time: A low impact class, stay healthy and make friends.

Step & Tone: Challenges the heart and lungs whilst toning legs and bum.

Stomp FX: Focuses on basic, athletic programming which allows you to switch off your head and turn up the workout. Using a step, this multi-peak workout shreds fat and boosts fitness through a series of results-focused cardio conditioning sessions



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"Coventry Sports Trust is committed to contributing to, improving and maintaining the physical, mental and social wellbeing of the community with a balanced and diverse choice of good value sport and leisure facilities."

Trust us to give you more...

For Adults...

Golf, Health & Fitness (Fitness Suite, Exercise Classes, Sauna, Steam and Spa) Swimming (Lessons and Casual), Football Pitches, Sports Courts (Badminton, Squash, Tennis, Netball, Volleyball, Basketball), and Bowls Green

For Children...

Swim Lessons, Gym, Holiday Camps and Activities, Play Area, Creche, and Children's Parties (Sports Parties, Rollerskating, Jungle Junction, Pool, Disco Parties, Room Hire, Bounce Party and Tri Golf)

For the Family...

Café Bars, Wedding and Function Rooms

For Office & Groups...

Meeting and Conference Room Hire, Sporting Event, and Open Days

For Schools...

Swim Lessons



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www.coventrysports.co.uk



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See Centre numbers above



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Group Exercise Timetable

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Please note: Activities, programming, times and prices mentioned in this literature may be subject to change. It is advised you visit our website or contact the centre prior to your visit for any updates.

Coventry Sports & Leisure Centre

Time	Activity	Key
Monday		
10.00am	Spiritual Warrior Yoga (1.5 hours)	● 😊
10.30am	Prime Time	● 😊
11.30am	Indoor Cycling (45 mins)	● 😊
11.30am	Fitness Pilates (with equipment)	● 😊
11.30am	Cardio Tone	● 😊
11.30am	Easy Does It	● 😊
12.15pm	Aqua Fit (45 mins)	● 😊
12.30pm	Pilates	● 😊
12.30pm	Body Pump	● 😊
5.30pm	Indoor Cycling** (45 mins)	●
5.30pm	Body Pump	●
5.30pm	Zumba	●
6.00pm	Boxfit	●
6.30pm	Indoor Cycling** (45 mins)	●
6.30pm	Kettlebells	●
6.30pm	Legs, Bums and Tums	●
7.00pm	Hydrospin (45 mins)	●
7.30pm	Zumba	●
8.00pm	Aqua Fit (45 mins)	●
Tuesday		
10.30am	Zumba Smooth	● 😊
10.30am	Line Dancing (1.5 hours)	● 😊
11.30am	Indoor Cycling (45 mins)	● 😊
11.30am	Legs, Bums and Tums	●
12.30pm	Yoga (1.5 hours)	●
12.30pm	Hydrospin[†] (45 mins)	●
2.00pm	Beginners Tai Chi (1.5 hours)	●
5.00pm	Body Pump Express (45 mins)	●
5.00pm	Circuits	●
5.30pm	Indoor Cycling (45 mins)	●
6.00pm	Zumba	●
6.00pm	Legs, Bums & Tums	●
6.30pm	Indoor Cycling (45 mins)**	●
7.00pm	Ashtanga Yoga (1.5 hours)	●
7.00pm	Zumba	●
8.00pm	Hydrospin (45 mins)	●

Wednesday		
10.00am	Indoor Cycling (45 mins)	● 😊
10.30am	Prime Time	● 😊
11.30am	Line Dancing	● 😊
11.30am	Metafit	● 😊
12.15pm	Aqua Fit (45 mins)	●
12.45pm	Yoga (1.5 hours)	●
5.30pm	Zumba	●
5.30pm	Indoor Cycling (45 mins)**	●
5.30pm	Legs, Bums & Tums	●
6.00pm	Kettlebells Start Up (45 mins)***	●
6.30pm	Indoor Cycling (45 mins)**	●
7.00pm	Body Pump	●
7.00pm	Box Fit***	●
7.00pm	Hydrospin (45 mins)	●
Thursday		
10.00am	Indoor Cycling (45 mins)	● 😊
10.30am	Easy Does It	● 😊
10.45am	Zumba (45 mins)	● 😊
11.30am	Pilates	● 😊
12.30pm	Beginners Pilates	●
12.30pm	Hydrospin[†] (45 mins)	●
1.30pm	Tai Chi	●
5.30pm	Body Pump	●
5.30pm	Indoor Cycling (45 mins)	●
5.30pm	Kettlebells (45 mins)	●
6.00pm	Zumba	●
6.30pm	Indoor Cycling (45 mins)**	●
7.00pm	Matrix Circuits	●
7.15pm	Zumba (45 mins)	●
Friday		
10.00am	Indoor Cycling (45 mins)	● 😊
10.30am	Prime Time	● 😊
11.45am	Zumba (45mins)	● 😊
12.00pm	Aqua Fit	● 😊
12.30pm	Body Pump	●
2.00pm	Sequence Dancing (2 hours)	●
5.30pm	Indoor Cycling (45 mins)	●
5.30pm	Zumba	●

Saturday		
9.30am	Legs, Bums & Tums	●
10.00am	Indoor Cycling (45 mins)**	●
10.30am	Zumba Smooth	●
Sunday		
9.00am	Zumba	●
10.00am	Indoor Cycling (45 mins)**	●
10.15am	Body Pump	●
11.30am	Boxfit	●

Key	
● Studio 1	● Splash Pool
● Studio 2	● Indoor Cycling Studio
● Studio 4	● Crèche Available*
● Olympic Pool	● Spire Suite 1

Prices	
Group Exercise Class	
Standard	£5.70
Concession	£3.90
Off-Peak	£4.70
Members	FREE
Circuit / Super Circuit (Adult)	
Standard	£4.40
Concession	£3.40
Yoga (1.5 hrs)	
Standard	£7.60
Concession	£5.20
Off-Peak	£6.60
Members	FREE

All classes last for 1 hour, unless specified otherwise.
 * Inspire Crèche FREE for members.
 ** Available for Junior Members (14+ years).
 *** Suitable for beginners and those new to exercise.
 † School term time only.
 ■ New to the timetable/change to the class.

Please note: Occasionally the programme may change at short notice, please check the website for cancellation and class changes.



Membership Packages available from £12.50

Student	Only £12.50 per month	Adults	Only £20.99 per month
<small>Full Access to facilities at your chosen Centre. A valid NHS Extra card is required upon joining. No contract, terms & conditions apply.</small>		<small>Full Access to facilities at Coventry Sports & Leisure Centre and Moat House Leisure Centre.</small>	

Offering access to:



Plus added value benefits which include:

- No joining fee
- FREE induction
- FREE Racquet Sports****
- FREE on-site car parking***
- Quality service
- Qualified instructors
- Members only fitness challenges
- Members only special offers
- Ladies only Sessions**
- Social atmosphere
- Qualified instructors
- FREE Crèche**

*Full Access to facilities at your chosen Centre.
 **Coventry Sports & Leisure Centre only.
 ***Available at Moat House Leisure and Neighbourhood Centre only.
 ****Subject to availability. Available at selected periods only.

Moat House Leisure & Neighbourhood Centre

Time	Activity	Key
Monday		
9.00am	Bums, Legs & Tums	●
10.00am	Tai Chi (Beginners)	●
5.00pm	Stomp FX	●
6.00pm	Bums, Legs & Tums	●
7.00pm	Indoor Cycling (45 mins)	●
Tuesday		
9.30am	Indoor Cycling (45 mins)	●
6.00pm	Boxercise	●
7.00pm	Step & Tone	●
8.00pm	Zumba	●
Wednesday		
9.30am	Pilates	●
10.00am	Thai-Boxercise	●
6.00pm	Circuits (45 mins)	●
6.00pm	Yoga	●
7.15pm	Yoga	●
7.00pm	Body Blast	●
Thursday		
9.30am	Step & Tone	●
5.00pm	20/20/20 Total Fitness	●
6.00pm	Power Pump	●
7.00pm	Xtreme Circuits	●
8.00pm	Zumba	●

Friday		
9.00am	Fitball	●
10.00am	Tai Chi	●
6.00pm	Boxercise	●
Saturday		
10.00am	Boxing Fitness & Training (1.5hrs)	●
Sunday		
10.00am	Keft-ercise	●
11.00am	Xtreme Circuits	●

Key	
● Studio	● Classroom
● Sports Hall	

Prices	
Group Exercise Class	
Standard	£4.50
Concession	£3.30
Members	FREE

Please note: Occasionally the programme may change at short notice, please check the website for cancellation and class changes.

