

Monday				
Time	Class	Instructor	Location	Class Capacity
09:30 - 10:30	Tae Bo	Jo	Aerobic Studio	20
10:30 - 11:30	Pilates	Nicky	Aerobic Studio	20
10:45 - 11:30	Aqua *	Angela	Main Pool	12
11:30 - 12:30	Pilates	Nicky	Aerobic Studio	20
13:30 - 14:30	Interval Cardio Cycle	-	Spin Studio	16
18:00 - 19:00	Circuits	-	Aerobic Studio	20
18:00 - 19:00	Cardio Cycle	-	Spin Studio	16
19:00 - 20:00	Yoga	Dawn	Aerobic Studio	20

Tuesday				
Time	Class	Instructor	Location	Class Capacity
08:00 - 09:00	Cardio Cycle	-	Spin Studio	16
09:30 - 10:30	Circuits	-	Aerobic Studio	20
18:00 - 19:00	Kick Aerobics	Jane T	Aerobic Studio	20
18:00 - 19:00	Light Cardio Cycle	Angela	Spin Studio	16
19:00 - 20:00	Body Conditioning	Jane T	Aerobic Studio	20

Wednesday				
Time	Class	Instructor	Location	Class Capacity
07:00 - 08:00	Circuits	-	Aerobic Studio	20
09:30 - 10:30	Simple Step	Jo	Aerobic Studio	20
10:30 - 11:30	Pilates	Jo	Aerobic Studio	20
10:45 - 11:30	Aqua *	Angela	Main Pool	12
13:30 - 14:30	Cardio Cycle	-	Spin Studio	16
18:00 - 19:00	Zumba **	Sharon	Aerobic Studio	20
18:00 - 19:00	Cardio Cycle	-	Spin Studio	16
19:00 - 20:00	Pilates	Nicky	Aerobic Studio	20

Thursday				
Time	Class	Instructor	Location	Class Capacity
08:00 - 09:00	Cardio Cycle	-	Spin Studio	16
09:15 - 10:00	Aerobics	Jo	Aerobic Studio	20
10:00 - 10:45	Body Blitz	Jo	Aerobic Studio	20
10:45 - 11:45	Pilates	Nicky	Aerobic Studio	20
18:00 - 19:00	Body Toning	-	Aerobic Studio	20

Friday				
Time	Class	Instructor	Location	Class Capacity
08:45 - 09:30	Cardio Cycle	-	Spin Studio	16
09:30 - 10:30	Pilates	Mo	Aerobic Studio	20
10:30 - 11:30	Lower Body Toning	-	Aerobic Studio	20
10:45 - 11:30	Aqua *	Angela	Main Pool	12
18:00 - 19:00	Intermediate Yoga	Dawn	Aerobic Studio	20

Saturday				
Time	Class	Instructor	Location	Class Capacity
09:30 - 10:15	Hi-Low Aerobics	Jane T	Aerobic Studio	20
10:30 - 11:30	Pilates	Lou-Anne	Aerobic Studio	20

Sunday				
Time	Class	Instructor	Location	Class Capacity

* Please note the main pool will be unavailable for the duration of the class so that we adhere to health and safety requirements.

** Zumba is run by Sharon Ross, who charges £30 for members and £45 for non members for a 6 week block. Please check the leisure notice boards for the start date of the next block.

Sharon Ross can be contacted on 07624 213193.

Mount Murray Management reserve the right to amend any part of the studio timetable without prior notice to members.

All classes are bookable up to 14 days in advance for current active leisure club members only.

Our classes are FREE, and are suitable for all levels unless otherwise specified.

To book call (01624) 661111 Option 7, or simply speak to one of our friendly reception members of staff.

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About The Classes

Below is a brief description of what to expect in each class we run. If you are unsure of which class to take, then please ask a member of the Fitness Team to help you pick a class that suits your requirements.

Aerobics – The original and classic led class. See if you can follow the beat in this fantastic aerobic workout.

Aerotone – Aerobic workout mixed in with some muscular strength and toning routines ensures you get an all over body experience.

Aqua - A choreographed no-impact workout using water as resistance

Body Blitz – A whole body workout using a combination of cardio/aerobic warm-up and Resistance “Blitz” faze.

Circuits – A motivational qualified instructor, and a number of challenging stations await you in this all round classic fitness class.

Core Stability – A workout designed to strengthen core muscles and tone abdominals & back regions.

Interval Cardio Cycle – A challenging calorie buster on resistance bikes.

Hi-Low Aerobics – Choreographed routines mixing Hi and Low impact moves for a great fat burning class.

Legs, Bums & Tums – Body conditioning class focusing on toning arms, legs, bums and tums.

Pilates – A slow controlled flowing workout, specifically for strengthening core postural muscles.

Simple Step – A choreographed workout using a step box

Strike – Formerly known as kick-punch. Aerobics performed in a Kick Boxing Style.

Tae Bo – An exercise class using movements derived from martial arts such as Tae Kwon do and Boxing.

Total Tone – Toning exercises designed to target “Hard to reach” muscles.

Yoga Stretch – Challenging movements and postural positions designed to stretch strengthen and tone.

Zumba – The Zumba program fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. A great aerobic workout that's more of a party than a fitness class!