

Workout Studio Etiquette

Fitness Suite Etiquette

- All users are required to complete an induction and a PAR-Q medical questionnaire.
- All personal belongings are to be stored in the lockers provided.
- Appropriate clothing and footwear for the activity must be worn.
- Before commencing your workout, please remember to sign in.
- If you are unsure how to use a piece of equipment, ask an instructor for help.
- Bring a towel with you on each visit and wipe down equipment after use.
- At peak times, use may be limited to 15 minutes per piece of equipment. This is at the discretion of an instructor, but please be considerate to other users.
- Remember to bring water with you and drink regularly before, during and after your workout to avoid dehydration.

Bookings

- Bookings can be made 7 days in advance from:-
Online Bookings - Can be made from 7.00am for courts & classes.
Telephone Bookings - Can be made from 9.00am for courts.
Telephone Bookings - Can be made from 10.00am for classes.
- Bookings can be made in person, by phone or at www.leisurebookings.net
- Members will need their membership number to make a booking
- Casual users will need to be issued with a booking number in order to make bookings. Casual users must attend their chosen Centre in person to complete a short application form and will then be issued with a booking number.
- Payments must be made at time of booking.

Workout Studio Etiquette

- 14 and 15 year olds are permitted to participate in those workout classes, specified by the Centre as being Low Impact under the supervision of a responsible adult.
- There must be a minimum of 2 people for a class to take place.
- Please turn up for your class in plenty of time, once the warm up has commenced, late arrivals will not be permitted.
- All mobile phones must be switched off.
- Appropriate clothing and footwear for the activity must be worn.
- Please use the dry changing area and lockers provided for all personal belongings.
- Please consult a doctor before participating in any activity. If you are pregnant or have any medical conditions, you must make your instructor aware of this.
- Drink plenty of water to avoid dehydration. Isospa water bottles are available to buy from Reception.

Cancellation Policy

- All classes/activities may be cancelled up to 9.00am on the day of the class/activity with the exception of all half pitch bookings which will remain at 48hrs prior to the activity.
- All customers failing to attend or provide the correct cancellation notice period for a pre-booked activity will be charged the full fee for the activity in question.
- Customers with payment outstanding will NOT be permitted to book/attend activities until the outstanding payment has been cleared.
- Booking members that choose to cancel their activity booking in line with the cancellation policy will receive a credit to their account which can be applied to the next booking.
- Cancellations can be made by phone, or in person.

Membership feels great...

- No Joining Fee
- No Contract*
- 10 Day Money Back Guarantee
- Ability to Freeze
- Fixed Price for Life*

Plus

- Personal Programme
- Isospa Express
- Personal Training
(additional charges may apply)

*depending on Membership type

Soar Valley Leisure Centre

off Kingfisher Road, Mountsorrel, Leicester LE12 7FG

Telephone: **01162 375267**

Web: www.charnwoodleisure.com/soarvalley

Bookings can be made in person, by phone or at www.leisurebookings.net

For an explanation of this document in your language or to receive a copy in braille, on audio tape or large print please call 01509-634560



Workout Timetable

April 2010



Isospa Opening Times

Monday-Thursday

07.00 – 22.00

Friday

07.00 – 21.00

Saturday

08.00 – 18.00

Sunday

08.00 – 20.00

NB Centre and Pool opening times may differ to the above

workout
relax
you
choose

Time	Activity	Level	Area	Price
Monday				
9:30 - 10:30	Body Pump	All	Studio	£4.50
10:35 - 11:20	Indoor Cycling	All	Function Room	£4.50
10:45 - 11:45	Body Balance	All	Studio	£4.50
14:00 - 14:45	Active Life	50+ (DD)	Studio	£2.75
17:10 - 17:55	Body Combat	All	Studio	£4.50
18:00 - 19:00	Step	All	Studio	£4.50
19:00 - 20:00	Advanced Aqua	Adv	Pool	£4.50
19:10 - 20:10	Tums and bums	Int/Adv	Studio	£4.50
19:30 - 20:15	Indoor Cycling	All	Function Room	£4.50
20:00 - 20:30	Aqua Jog	Adv	Pool	£3.30
20:15 - 21:15	Body Balance	All	Studio	£4.50
Tuesday				
9:30 - 10:30	Aqua Aerobics	All (DD)	Pool	£4.20
9:30 - 10:30	Body Pump	All (DD)	Studio	£4.20
10:45 - 11:45	Step, Aerobics & Tone	All	Studio	£4.50
12:00 - 12:45	Indoor Cycling	All	Function Room	£4.50
17:30 - 18:30	Pilates	All	Function Room	£4.50
18:00 - 19:00	Circuits	All	Studio	£4.50
18:30 - 19:15	Advanced Pilates	Adv	Function Room	£4.50
19:10 - 20:10	Body Combat	All	Studio	£4.50
19:30 - 20:15	Indoor Cycling	All	Function Room	£4.50
20:15 - 21:15	Body Pump	All	Studio	£4.50
Wednesday				
9:30 - 10:30	Body Balance	All	Studio	£4.50
9:30 - 10:15	Indoor Cycling	All	Function Room	£4.50
10:45 - 11:45	Tums and Bums	All	Studio	£4.50
14:00 - 14:45	Active Life Aqua	50+ (DD)	Pool	£2.75
17:30 - 18:15	Indoor Cycling	All	Function Room	£4.50
17:45 - 18:00	Body Pump Clinic	All	Studio	
18:00 - 19:00	Body Pump	All	Studio	£4.50
18:30 - 19:15	Indoor Cycling	All	Function Room	£4.50
19:10 - 20:10	Body Combat	All	Studio	£4.50
20:15 - 21:15	Body Balance	All	Studio	£4.50

Crèche available Monday - Friday 9:15am-13:15pm

Time	Activity	Level	Area	Price
Thursday				
9:30 - 10:30	Body Combat	All (DD)	Studio	£4.20
9:30 - 10:15	Indoor Cycling	All	Function Room	£4.50
9:30 - 10:30	Aqua Aerobics	Beg/Int (DD Ladies only)	Pool	£4.20
10:35 - 11:35	Pilates	All	Studio	£4.50
17:00 - 18:00	Pilates	All	Studio	£4.50
18:00 - 19:00	Tums and Bums	All	Studio	£4.50
18:15 - 19:00	Indoor Cycling	All	Function Room	£4.50
19:10 - 20:10	Step	All	Studio	£4.50
20:15 - 21:15	Body Pump	All	Studio	£4.50
Friday				
9:30 - 10:15	Indoor Cycling	All	Function Room	£4.50
9:30 - 10:30	Step	Int/Adv	Studio	£4.50
10:45 - 11:45	Body Pump	All	Studio	£4.50
12:00 - 12:45	Body Balance	All	Studio	£4.50
14:00 - 14:45	Active Life Aqua	50+ (DD)	Pool	£2.75
15:00 - 16:00	Exercise Referral	Beginners	Pool	£2.60
17:15 - 17:30	Aqua Aerobics			
17:30 - 18:15	Body Combat Clinic	All	Studio	
17:30 - 18:30	Indoor Cycling	All	Function Room	£4.50
18:30 - 19:30	Body Combat	All	Studio	£4.50
18:30 - 19:30	Body Pump	All	Studio	£4.50
Saturday				
9:00 - 9:45	Indoor Cycling	All	Function Room	£4.50
10:00 - 11:00	Body Combat	All	Studio	£4.50
11:15 - 12:15	Body Balance	All	Studio	£4.50
Sunday				
10:00 - 11:00	Tums and Bums	All	Studio	£4.50
11:15 - 12:15	Body Pump	All	Studio	£4.50

Crèche available Monday - Friday 9:15am-13:15pm

Workout Class Descriptions

Tums & Bums

A combination of cardiovascular exercise and resistance work to help burn calories, tone and lose weight and increasing fitness levels this class is a favourite and suitable for all abilities.

Aqua Aerobic

A motivational workout in the pool using the water as resistance, you can tone and strengthen the body whilst having fun.

Aqua Jog

A deep water, non-impact exercise programme designed to give you an aerobic workout as well as developing muscle tone. A flotation belt is worn to help maintain correct body alignment.

Body Balance

A dynamic combination of Yoga, incorporating principles of Pilates and Tai-Chi. Body Balance invigorates, releases tension and tones gently. It also encourages good posture, increases core (stomach and back) stability, improves co-ordination and balance. Body Balance will leave you in a state of energised calm.

Body Combat

A high intensity, high motivation cardiovascular, martial art based workout. A non contact combination of punches and kicks coupled with controlled breathing strengthens and tones the body, whilst burning large amounts of calories. This class will have you fighting fit in no time!!

Body Pump

Body Pump is the world's first class to combine high repetition weight training with aerobic conditioning. It will tone, strengthen and shape your whole body. Can help you lose weight and above all else is a fun, motivating workout....Be warned it will change the shape of your body.

Indoor Cycling

All the fun & fitness of group exercise but without the complicated choreography. It's tailored to your own level to develop your fitness and burn the calories.

Enjoy the ride!

Circuits

A fun and intense workout based on combining high intensity exercises and high repetition resistance work. This class is guaranteed to make you burn calories, tone and strengthen. Suitable for all, this class is a must for all those that lack co-ordination but love the group workout environment.

Exercise Referral Classes

The level of these classes are specifically aimed at those on, or who have been on the Exercise Referral Scheme, however they are open to all. The level of the classes will be lower than that of our 50+ sessions.

Pilates

A mat based workout. A combination of multi-muscle exercise techniques that help correct postural alignment and strengthen core (stomach and back) muscles. Performed using controlled breathing to promote well-being, flexibility and relaxation.

Step

A combination of cardiovascular and resistance work using a step block, to help tone and lose weight. Each class will vary in intensity.

Technique sessions BodyPump and BodyCombat

A 15minute pre-class session that goes through specific technique. All beginners are recommended to attend a technique session before your first Bodypump/Combat class.

50+ Active Life / 50+ Aqua

Lower intensity classes designed for those over 50's. Aimed to increase cardiovascular fitness and tone. All 50+ classes come under our Active life sessions.

Daytime Deals (DD)

Classes that are included as part of Daytime Deals.