



**Reflex**  
**Health & Fitness**

# **Studio Timetable**

**September 2010**



[www.finesseleisure.com](http://www.finesseleisure.com)

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LEISURE PARTNERSHIP

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# Hatfield Swim Centre

MONDAYS CLASSES	Time	Instructor	Level	Where
20/20/20	9.15-10.10am	Chrissy	2	HSC
Yoga	10.15-11.10am	Mary	2	HSC
Core Stability	6.15-7.10pm	Adam	2	HSC
Extreme boot camp	7.15-8.10pm	Adam	3	HSC

TUESDAYS CLASSES	Time	Instructor	Level	Where
Thighs, Bums and Tums	9.30-10.25am	Trev	2	HSC
Aqua (60+) Term times only (free class)	11.30-12.15pm	Claire	1	HSC DP
Pure Aerobics	6.30-7.25pm	Karen	2	HSC
Deep water aerobics	7.30-8.15pm	Kirsty	2	HSC DP
Pilates course	7.30-8.30pm			
Pilates course	8.30-9.30pm	(additional cost - please see reception)		

WEDNESDAYS CLASSES	Time	Instructor	Level	Where
Tone and Define	9.30-10.25am	Trev	2	HSC
Core Stability	6.15-6.55pm	Adam	2	HSC
Zumba Class	7.00-7.55pm	Julia	1	HSC
Dynamic Yoga	8.00-8.55pm	Julia	2	HSC
High Intensity Aqua	7.00-7.45pm	Camilla	2	HSC DP
Medium Intensity Aqua	7.45-8.30pm	Camilla	2	HSC DP

THURSDAYS CLASSES	Time	Instructor	Level	Where
Hatha Yoga	9.30-10.25am	Caroline	1	HSC
Thighs, Bums and Tums	6.15-7.10pm	Chrissy	2	HSC
Body Pump	7.15-8.10pm	Chrissy	2	HSC

FRIDAYS CLASSES	Time	Instructor	Level	Where
Thighs, Bums and Tums	9.30-10.25am	Camilla	2	HSC
Keep Fit (50+)	10.30-11.15am	Camilla	1	HSC
Aqua (50+)	12.00-12.45pm	Claire	2	HSC

SUNDAYS CLASSES	Time	Instructor	Level	Where
Dynamic Yoga	10.00-11.00am	Julia	2	HSC



# Hatfield Leisure Centre

MONDAYS CLASSES	Time	Instructor	Level	Where
Spin	9.30-10.15am	Sam/Lou/Joe	2	Gym
Advanced Spin	6.30-7.15pm	Chrissy	3	Gym
TBT	7.30-8.25pm	Louise	2	AS
Boxercise	8.30-9.25pm	Louise	2	AS

TUESDAYS CLASSES	Time	Instructor	Level	Where
Beginners Spin	6.30-7.15pm	Louise	1	Gym
Advanced Spin	7.30-8.15pm	Louise	3	Gym
Boot Camp	6.30-7.25pm	Trev	2	AS

WEDNESDAYS CLASSES	Time	Instructor	Level	Where
Spin	7.15-8.00pm	Louise	2	Gym

THURSDAYS CLASSES	Time	Instructor	Level	Where
Spin	7.15-8.00pm	Sam/Holly	2	Gym

SATURDAYS CLASSES	Time	Instructor	Level	Where
TBT	10.00-10.55am	Trev	2	AS
Spin	11.15-12.00pm	Trev	2	Gym

**Members:** All classes are included in the peak Reflex membership.  
Off peak classes are included in the off-peak Reflex membership.

**Rewards card holder:** £4.80/class

**Non rewards card holder:** £5.80/class

**How Hard:** Level 1: Beginners    Level 2: Intermediate    Level 3: Advanced



# Class Descriptions

**REFLEX SPIN:** “A 100% Cycling Workout” – A high-intensity, high-energy class and a challenge for all fitness levels.

**TONE & DEFINE:** “Shape, strengthen and condition your entire body” – All muscle groups are targeted to give you a great all round body workout whilst at the same time burning calories.

**BOOT CAMP / EXTREME BOOT CAMP:** “The toughest class in town” – You’ll be pushed to your limit through a variety of drills, skills and exercises in Boot Camp, while Extreme Boot Camp will push you beyond your limits!

**BOXERCISE:** A fun effective way of using all the methods employed by boxing ensuring maximum safety. Works your body through balance, training and co-ordination, both aerobically and anaerobically.

**CORE STABILITY:** Focus on training your core, increasing your stomach and lower back strength, balance and stability with a routine of upper and lower body training.

**BODY SCULPT:** “Improve your body shape” – A great class for toning all areas of the body. Includes a combination of cardio and weights exercises.

**AQUAFIT:** Protect the joints in the pool with this fun low impact workout that will maintain and improve stamina, strength and suppleness.

**KEEPFIT (50+):** A calmer aerobics workout for those individuals 50 and over.

**Zumba:** Inspired by traditional cumbia, salsa, samba, and merengue music. Dance based fitness class for people of all ages. Great music, easy to follow dance moves and body beautiful benefits. *(starts week beginning 25th October)*



*Caring for leisure*

In partnership with  
Welwyn Hatfield Borough Council

**Tel: 01707 276276**

**For booking on-line [www.finesseleisure.com](http://www.finesseleisure.com)**

Hatfield Leisure Centre

Travellers Lane, Hatfield, Herts, AL10 8TJ

Hatfield Swim Centre

Lemsford Road, Hatfield, Herts, AL10 0EB (opposite ASDA)