

Price For Life Membership

What does the membership provide?

Joining our Price For Life Membership allows you to benefit from unlimited use of the following activities:

- Fitness Suite
- Fitness Classes
- Swimming
- Squash

You will also receive a FREE induction to the Fitness Suite and a personal fitness programme written by one of our qualified instructors, designed to help you reach your goals. Normal price £27.50.

How much does membership cost?

Our membership offers unbeatable value for money for as little as £37 per month (or for the over 60's £27.75 per month).

- **Monthly Adult Membership**
£37 per month by standing order with a minimum 12 month agreement. £37.50 per adult joining fee.
- **Double Adult Monthly Membership**
£68 per month by standing order with a minimum 12 month agreement. £37.50 per adult joining fee

Why choose us?

The membership allows you unlimited access to activities at Bridport Leisure Centre including Swimming, Fitness Suite, Squash and Fitness Classes. Our facilities are second to none with everything anyone could need to shape up and stay fit and healthy throughout 2010.

Contact Reception for further information and to join.



Issue date June 2010

Fitness Class Timetable

1st July - 30th September 2010



Bridport Leisure Centre

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Registered Charity Number 267781



Visit our website for the latest news, events
and timetables

www.bridportleisure.com



www.bridportleisure.com

Class Descriptions

50+ Gently Mobile

This class is for the not quite so active. Gentle movement, stretching and balance to music of yester year.

50+ Keep Fit

A gentle stretching aerobic class for the over fifties that is suitable for all abilities.

Adult Fitness Swimming

A swim session for able swimmers wishing to work on their stamina and fitness levels.

Adult Swim Clinic

This session is designed for people wishing to improve their swimming stroke with the aim of increasing efficiency and fitness.

Aqua Fit

A wonderful way to exercise in the main pool using the water as resistance.

Aqua Natal

An enjoyable, safe and effective water based exercise class suitable from 16 weeks of pregnancy and 6 week post natal check up (normal delivery) for ante and post natal ladies.

Ballet Sculpt

Incorporates ballet and dance moves to improve balance, strength and core stability.

Boot Camp

This class will be an intensive workout changing with the seasons. Winter - Snow Sports Fit Summer - Bikini Fit

Boxercise/Boxfit

Great way to get fighting fit! Using boxing techniques this class will increase the strength in your arms, shoulders chest and back.

Cardio & Tone

Is a cardiovascular workout including toning exercises.

Circuits

A fun and challenging mix of cardiovascular and resistance exercises to give an all over body workout.

Deep Aqua Fit

Exercising in deep water using the water as resistance and aqua belts to help maximise full range of movement. Water confidence in deep water is essential to participate in this class.

Fit 2 Condition

Good for all levels, a low impact, no co-ordination, total body workout.

Fit 2 Condition & Tone

A combination of body conditioning and floor work toning.

Fit 2 Funk

A combination of dance and aerobic moves fused together for a cardiovascular workout with some toning thrown in.

Fit 2 the Core

Good for all levels, integrating Pilates into fitness working on the core strength, balance and stability.

Iyengar Yoga

Iyengar Yoga is a safe and effective method that guides the individual according to their capabilities to develop strength flexibility, a relaxed alert mind and a contented outlook on life. The classes do not depend on any fitness level and are suitable for all.

Legs, Bums & Tums

These classes use a variety of exercises to tone and shape your lower body.

Old 'Skool' Aerobics

This class is a high impact aerobic based session involving no complicated dance routines.

Pilates

A unique blend of exercises taken from Yoga, Pilates and Callenetics combined in an easy to follow class suitable for all that will leave you feeling energised, stretched and relaxed.

Salsa Fit

Salsa Fit is a new and different form of aerobics that combines the art of Salsa Dancing with aerobic exercise. Suitable for all levels and abilities.

Simply Aqua

A fun basic level water based class ideal for people rehabilitation from injury, illness, surgery or for anyone simply looking for a gentle safe introduction to exercise in water.

Step Fit

Is a great form of exercise and fun to tone and condition your lower body.

Summer Circuits

Enjoy a challenging mix of cardiovascular and resistance all in the great outdoors!

Yoga

A gentle form of exercise that relaxes and energises the body and mind and brings vitality, flexibility, strength, concentration, self confidence and mental calm.

Fitness Classes

		TIME	INSTRUCTOR	LOCATION	ABILITY	
MONDAY	50+ Keep Fit	9.00 - 10.00	Nicky H	Sports Hall	All Abilities	
	Simply Aqua	9.15 - 10.00	Maria	Main Pool	Rehabilitation Class	
	Fit 2 Condition	9.30 - 10.30	Tanya	BACIT Studio	Conditioning	
	Pilates	10.15 - 11.15	Nicky H	Pavilion	All Abilities	
	Step Fit	10.30 - 11.30	Sabine	BACIT Studio	All Abilities	
	Aqua Fit	11.30 - 12.00	Penny	Main Pool	All Abilities	
	Fit 2 Condition & Tone	17.15 - 18.00	Tanya	BACIT Studio	Low Intensity	
	Fit 2 Funk	18.00 - 19.00	Tanya	BACIT Studio	High Intensity	
	Circuits	18.30 - 19.30	John	Sports Hall	All Abilities	
	Legs Bums & Tums	19.00 - 20.00	Maia	BACIT Studio	Low Intensity	
	Iyengar Yoga	20.00 - 21.30	Alex	BACIT Studio	All Abilities	
	Fit 2 the Core	9.00 - 10.00	Tanya	BACIT Studio	All Abilities	
TUESDAY	Summer Circuits	9.30 - 10.30	Luke	In the BLC grounds	All Abilities	
	Fit 2 Condition & Tone	10.00 - 11.00	Tanya	BACIT Studio	All Abilities	
	Boxfit	17.15 - 18.00	Tanya	BACIT Studio	Low Intensity	
	Old Skool Aerobics	18.30 - 19.30	Lu	BACIT Studio	High Intensity	
	Yoga	19.30 - 21.00	Sarah M	BACIT Studio	All Abilities	
	Aqua Fit	19.00-20.00	Nicky S	Main Pool	All Abilities	
	WEDNESDAY	50+ Gently Mobile	9.00 - 10.00	Jill	Sports Hall	Low Intensity
		Boot Camp	9.30 - 10.30	Tanya	BACIT Studio	Medium Intensity
		Yoga	10.30 - 11.45	Sarah D	BACIT Studio	All Abilities
		Deep Aqua Fit*	11.30 - 12.00	Penny	Main Pool	Deep Water Confident
		Iyengar Yoga	16.45 - 18.15	Alex	BACIT Studio	All Abilities
		Circuit Training	18.30 - 19.30	Sabine	Sports Hall	All Abilities
Legs Bums & Tums		19.00 - 20.00	Maia	BACIT Studio	Low Intensity	
Ballet Sculpt		20.00 - 21.00	Sabine	BACIT Studio	All Abilities	
THURSDAY		50+ Keep Fit	9.00 - 10.00	Nicky S	Sports Hall	All Abilities
		Fit 2 the Core	9.30 - 10.30	Tanya	BACIT Studio	Toning
		Aqua Natal	14.00 - 14.30	Maria	Main Pool	Ante and Post Natal Class
		Fit 2 the Core	17.15 - 18.00	Tanya	BACIT Studio	All Abilities
	Fit 2 Funk	18.00 - 19.00	Tanya	BACIT Studio	Mixed Intensity	
	Swim Clinic	18.00 - 19.00	Virginia	Main Pool	Improvers	
	Aquafit	19.00 -20.00	Nicky S	Main Pool	All Abilities	
	Adult Fitness Swimming	20.00 - 21.00	Virginia	Main Pool	Advanced Swimmers only	
	Boxercise	17.30 - 18.30	Nicky H	Pavilion	All Abilities	
	Cardio & Tone	19.00 - 20.00	Lu	BACIT Studio	All Abilities	
	FRIDAY	Yoga	9.30 - 11.00	Sue	BACIT Studio	All Abilities
		Aqua Fit	11.30 - 12.00	Penny	Main Pool	All Abilities
Simply Aqua		15.00 - 15.45	Maria	Main Pool	Rehabilitation Class	
Step Fit		17.00 - 18.00	Sabine	BACIT Studio	All Abilities	
Iyengar Yoga		18.00 - 19.30	Alex	BACIT Studio	All Abilities	
Circuit Training		18.30 - 19.30	Richard	Sports Hall	All Abilities	
SATURDAY	Salsa Fit	9.30 - 10.30	Maia	BACIT Studio	All Abilities	

Information

- ☉ Classes are subject to availability and can be booked up to 7 days in advance
- ☉ There is no need to book for the Aqua Fit and Circuit Training Classes
- ☉ Please check in at Reception and obtain a ticket which must be handed to the class instructor
- ☉ To help the timetable run to schedule, please arrive 5 minutes before the start of the class

- ☉ If you arrive late, please spend a few minutes warming up before joining the pace of the class
- ☉ Suitable clothing must be worn for all classes
- ☉ Six hours notice of cancellation is required for all bookable activities. Charges maybe applied if insufficient notice is given or if the activity is not attended. This also applies to Price For Life members.

* Limited places, book in advance