

**AERIAL PILATES (16+):** Aerial Pilates will take your Pilates practice further as you challenge your posture, alignment, core strength and flexibility using fabric hammocks that originate from the Circus. Suitable clothing must be worn and includes long tight fitting trousers and long sleeve tops, no zips or studs. Skin needs to be covered. No loose/baggy clothing, shorts, vests or cropped tops. No shoes/trainers required. No false or jagged nails, no jewellery, piercings or watches. Long hair will need to be tied up, no hair grips or clips. (Not suitable during pregnancy).

**AQUA:** Water based aerobics class suitable for all fitness levels.

**ASHTANGA YOGA:** A dynamic, physically demanding practice synchronising breathing and movement to produce an internal heat designed to purify the body. Ashtanga yoga, with its many vinyasas, is great for building core strength and toning the body.

**BODY PUMP (16+):** The original barbell class. Light weight, high reps great for toning and sculpting those muscles. Please attend a technique class before attending. (Not suitable during pregnancy).

**CORE STRENGTH:** Strengthen the core with our abs class. (Not suitable during pregnancy)

**GLUTE CAMP:** A workout designed to target and grow the glutes.

**HIIT:** High Intensity Interval Training combines high intensity cardio exercise and rest period intervals to take your fitness to the next level.

**HIIT STEP:** A NEW and innovative 30 minute HIIT exercise class using only bodyweight and a step. Using the principles of High Intensity Interval Training, this class is choreographed to bespoke soundtracks created by some of the UK's top House DJs.

**INTERVALS STRENGTH:** Using a combination of dumbbells, barbells and body weight exercises designed to strengthen and tone muscle whilst increasing your aerobic fitness.

**KARATE:** Non contact family martial arts class suitable for all levels.

**PILATES:** Strengthen the core, improve posture and flexibility. Suitable for all abilities. (Not suitable during pregnancy).

**POLE FITNESS (16+):** A mix of fitness and fun that improves strength, flexibility, body awareness and endurance. The class consists of a dynamic, rhythmic warm up, pole conditioning exercises for strength and flexibility and a variety of spins, climbs, holds and inversions. Recommended clothing: Form fitting shorts, bra, cropped or vest tops so skin can grip the pole and no jewellery. (Not suitable during pregnancy).

**POWER30 & POWER45:** Equipment based functional class, using assault bikes, rowers, ski ergs, sled push, tyre flips, plyo boxes and functional equipment such as skipping, slam balls, battle ropes, wall balls and much more.

**STAGES CYCLING:** Indoor group cycling class designed to increase your fitness. Control your class intensity with your resistance dial and leg speed with a combination of sprints, climbs and flats. Please attend a technique class before attending. (Not suitable during pregnancy).

**SALSACISE:** Aerobic dance class incorporating Cuban dances such as mambo, pachanga, and rumba.

**TRIGGER POINT PILATES:** Combining Pilates core moves to help alleviate chronic pain conditions and restructure the body. Foam rollers, spiky balls and soft Pilates balls are used to release tight muscles.

**YOGA (HATHA):** A series of physical and mental exercises to help you achieve a healthy harmonious life. Please complete a screening form with the instructor during your 1st session. (Not suitable during 1st trimester of pregnancy)

**YOGA (VINYASA FLOW):** A strong and flowing style of Yoga, harmonising breathing and movement, encouraging the natural lengthening of the spine. Increases strength and flexibility. (Not suitable during pregnancy).

**ZUMBA:** An aerobic fitness programme featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

If you are pregnant please speak to your instructor prior to attending class.

## Health & Safety

- Participants will not be permitted to enter a class once it has started.
- To help prevent injury please don't leave a class prior to the cool down ending.
- Appropriate clothing and footwear must be worn at all times.
- Instructors may ask participants not to take part in a class if they don't seem physically well.
- Please advise your instructor if you are pregnant.
- Please bring a water bottle with you to all classes.
- Aqua participants are required to shower before entering the pool.

## Lifestyle Lounge Schedule

<p>Member exclusive <b>Body Analysis.</b> Our Gym Team will assist you on our Tanita scales that measure weight, BMI (body mass index), body fat, muscle mass, hydration level, metabolic age and your BMR (basal metabolic rate basic calorie intake). <b>20mins.</b> Blood pressure checks available on request. Book with the Gym Team or at Health Club Reception.</p>
<p>Member exclusive <b>Lifestyle Consultation.</b> A confidential service with our Wellness Manager Natalie Westgate, who will discuss your body analysis in more detail and look at advanced readings including obesity degree, metabolism levels, basic nutrition, healthy lifestyle advice and goal setting. <b>45 mins.</b> Book at Reception or in The Lifestyle Lounge.</p>
<p><b>Physiotherapy Private Booking</b> Please contact Annie Steadman 07484 227972</p>
<p><b>Sports Therapy &amp; Sports Massage Private Booking</b> Please contact James Boardman 07903 263769</p>
<p><b>Bowen Therapy Private Booking</b> Please contact Judith Kilgallon 07505 000724</p>
<p><b>Reflexology &amp; Indian Head Massage Private Booking</b> Please contact Jane Holden 07397 747744</p>
<p><b>Dietician &amp; Nutrition Private Booking</b> Please contact Matt Ponde 07866 929985</p>

**Call 01772 682000**

Download your timetable at  
[www.ribbyhall.co.uk/healthclub](http://www.ribbyhall.co.uk/healthclub)

# ADULT TIMETABLE

## May - July 2024

**THE HEALTH CLUB**  
RIBBY HALL VILLAGE

**HEALTH CLUB OF THE YEAR**

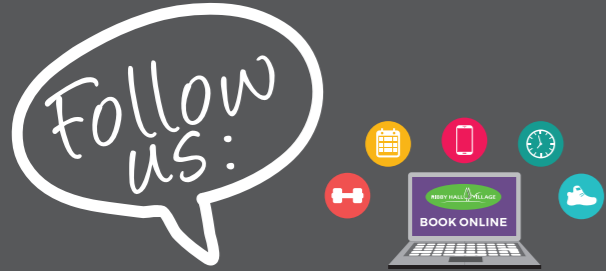
**BOOK ONLINE** All classes bookable from 7am-11pm 1 day in advance

OFF PEAK MONDAY-FRIDAY (6:30am - 4:30pm)

PEAK (6:30am - CLOSE)

Your Password

Your Password



@ribbyhealthclub  
 @ribbyfitness  
 @RibbyFitness

**New Booking Procedure:**  
 Health Club members' can book classes 1 day in advance 7am-11pm.

Classes can be booked online at:



Please make sure you have registered your email address with us and have received your password from our memberships team to book online. Classes can also be booked in person at the Health Club reception desk or by calling 01772 682000.

Non-members' can book classes 1 hour before they are due to start.

Please ensure you book in for all classes.

	OFF PEAK MONDAY-FRIDAY (6:30am - 4:30pm)				PEAK (6:30am - CLOSE)								
MONDAY	POWER YOGA 6:45am-7:30am (4)	YOGA 9:30am-10:30am (4)	AQUA POOL 10:35am-11:20am	YOGA 10:45am-11:45am (4)	STAGES CYCLING 9:15am-10:00am (2)	TRIGGER POINT PILATES 11:50am-12:30pm (4)	STAGES CYCLING 5:15pm-6:00pm (2)	HATTON BOXING 5:30pm-6:30pm (3)	BODY PUMP 6:00pm-7:00pm (1)	TRIGGER POINT PILATES 5:45pm-6:15pm (4)	PILATES 6:15pm-7:00pm (4)	AQUA POOL 6:35pm-7:20pm	POWER45 7:00pm-7:45pm (NEW CLASS) (1)
TUESDAY	POWER30 6:45am-7:15am (NEW CLASS) (1)	BODY PUMP 9:15am-10:15am (1)	HATHA YOGA 9:30am-10:45am (4)	TRIGGER POINT PILATES 10:50am-11:30am (4)	PILATES 5:00pm-5:45pm (4)	STEP & CORE 5:15pm-6:00pm (1)	STAGES CYCLING 5:15pm-6:00pm (2)	YOGA 5:30pm-7:00pm (3)	TRIGGER POINT PILATES 5:45pm-6:15pm (4)	TRIGGER POINT PILATES 5:45pm-6:15pm (4)	PILATES 6:15pm-7:00pm (4)	AQUA POOL 6:35pm-7:20pm	ZUMBA 7:00pm-7:45pm (1)
WEDNESDAY	RESISTANCE TRAINING 6:45am-7:15am (1)	HATTON BOXING 9:15am-10:00am (3)	SALSACISE 10:30am-11:30am (1)	PILATES 11:30am-12:30pm (4)	STAGES CYCLING 5:15pm-6:00pm (2)	PILATES 5:30pm-6:15pm (4)	BODY PUMP 6:00pm-7:00pm (1)	YOGA 6:00pm-7:00pm (3)	TRIGGER POINT PILATES 6:15pm-7:00pm (4)	TRIGGER POINT PILATES 6:15pm-7:00pm (4)	TRIGGER POINT PILATES 6:15pm-7:00pm (4)	POWER30 7:00pm-7:30pm (NEW CLASS) (1)	TRIGGER POINT PILATES 7:30pm-8:30pm (POOL) (1)
THURSDAY	POWER30 6:45am-7:15am (NEW CLASS) (1)	TRICLUB BRICK 9:15am-10:15am (2)	ZUMBA 10:00am-10:45am (H)	TRIGGER POINT PILATES 10:45am-11:30am (4)	KARATE 5:00pm-6:00pm (H)	STAGES CYCLING 5:15pm-6:00pm (2)	ADULT SQUASH COACHING 5:40pm-7:00pm (SQ)	POLE FITNESS 6:00pm-7:00pm (3)	TRICLUB BRICK 6:15pm-7:15pm (2)	TRIGGER POINT PILATES 6:45pm-7:15pm (4)	TRIGGER POINT PILATES 6:45pm-7:15pm (4)	TRIGGER POINT PILATES 6:45pm-7:15pm (4)	TRIGGER POINT PILATES 6:45pm-7:15pm (4)
FRIDAY	TRICLUB BRICK 6:45am-7:45am (2)	STAGES CYCLING 9:15am-10:00am (2)	STRETCH & FLEXIBILITY 10:00am-10:30am (1)	AQUA POOL 10:35am-11:20am	POWER45 FAMILY 5:15pm-6:00pm (NEW CLASS) (1)	ADULT TENNIS COACHING 9:00am-10:00am	SALSACISE & JUNIORS 9:45am-10:30am (H)	ASHTANGA YOGA 10:00am-11:30am (4)	YOGA MEDITATION 11:30am-12:00pm (4)	POWER45 9:15am-10:00am (NEW CLASS) (1)	POWER45 9:15am-10:00am (1)	PILATES 2:00pm-2:45pm (4)	BODY PUMP 2:45pm-3:45pm (1)
SATURDAY	STAGES CYCLING 9:15am-10:00am (2)	POWER45 9:15am-10:00am (NEW CLASS) (1)	PILATES 2:00pm-2:45pm (4)	BODY PUMP 2:45pm-3:45pm (1)	SPINNING 3:45pm-4:30pm (2)	STAGES CYCLING 9:15am-10:00am (2)	CORE STRENGTH 10:00am-10:30am (1)	PILATES 2:00pm-2:45pm (4)	BODY PUMP 2:45pm-3:45pm (1)	SPINNING 3:45pm-4:30pm (2)	STAGES CYCLING 9:15am-10:00am (2)	CORE STRENGTH 10:00am-10:30am (1)	PILATES 2:00pm-2:45pm (4)
SUNDAY	SWIM, BIKE, RUN, TRI TRAINING 8:00am-9:30am (TRICLUB)	POWER45 9:15am-10:00am (NEW CLASS) (1)	YOGA 10:00am-11:00am (4)	KARATE 10:30am-11:30am (1)									

1 2 3 4 H 5  
 The number on each class box denotes which studio it takes place in.

VIRTUAL SPIN TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
6:45am	6:45am	6:45am	6:45am	
8:15am	8:15am	8:15am	8:15am	8:15am
	9:15am	9:15am		
12:15pm	12:15pm	12:15pm	12:15pm	12:15pm
				17:15pm
				18:15pm