

# BOOTCAMP!

Bootcamp will help you burn fat, tone up, improve fitness and uses a group dynamic that motivates you the whole way through. Booking is in 6-week blocks. Your booking only permits participation at your allocated time.

**Morning Bootcamp with Dani** Monday, Wednesday & Friday 6.40-7.30am

No alternative dates will be offered for missed sessions due to public holidays.

## Forever Active Fitness Classes At Chesterton Sports Centre

Exercise sessions for the over 50 age group and those returning to a more active lifestyle



### Mondays

| Class                 | Time          | Instructor | Location     | Aspirations |
|-----------------------|---------------|------------|--------------|-------------|
| 50+ Improvers Pilates | 11.05-11.55am | Aurora     | Dance Studio | ●●●         |
| 50+ Beginners Pilates | 12.05-12.55pm | Aurora     | Dance Studio | ●●●         |

### Tuesdays

| Class                   | Time          | Instructor | Location     | Aspirations |
|-------------------------|---------------|------------|--------------|-------------|
| 50+ Pilates for all     | 11.05-11.55am | Aurora     | Dance Studio | ●●●         |
| 50+ Pilates Improvers + | 1.30-2.20pm   | Ines       | Dance Studio | ●●●         |

### Wednesdays

| Class             | Time        | Instructor | Location      | Aspirations |
|-------------------|-------------|------------|---------------|-------------|
| 50+ Aqua Aerobics | 2.00-2.45pm | Ines       | Swimming Pool | ●●●         |

### Thursdays

| Class                      | Time         | Instructor | Location    | Aspirations |
|----------------------------|--------------|------------|-------------|-------------|
| 50+ Badminton/Table Tennis | 12.30-1.30pm | N/A        | Sports Hall | ●●●●        |

### Fridays

| Class                              | Time          | Instructor | Location     | Aspirations |
|------------------------------------|---------------|------------|--------------|-------------|
| 50+ Yoga (Intermediate - Advanced) | 11.10-12.00pm | Sabrina    | Dance Studio | ●●          |
| 50+ Yoga (Beginner - Intermediate) | 12.10-1.00pm  | Sabrina    | Dance Studio | ●●          |

Classes cost £5.00 per session pay-as-you-go (£4.00 Forever Active Members), except Badminton & Table Tennis £3.00 (please note that member rates apply to Forever Active Members only – if you have Chesterton Sports Centre membership you will need to pay the full rate for these classes).

Pre-booking is recommended and full payment required at the time of booking.

### Become a Member of Forever Active

Join as a Forever Active Member and pay just £4.00 per class (guest fee £5.00). Members can pre-book with payment up to 7 days in advance (non-members 5 days with payment). For further information on membership please call 07432 480105, email enquiries@forever-active.org.uk or visit [www.forever-active.org.uk](http://www.forever-active.org.uk).



**FREE class every month!**  
See fitness class board for details

From 4th January 2018  
[www.chestertonsportscentre.org.uk](http://www.chestertonsportscentre.org.uk)  
Chesterton Sports Centre, Gilbert Road, Cambridge CB4 3NY  
Tel 01223 576110

# Fitness Classes



## Fitness classes to suit *your* aspirations

Whatever you want from your fitness class we've got something to suit you - use the colour coded circles to match your aspirations. To complete your personalised Aspiration map please go to [www.chestertonsportcentre.org.uk/fitness/my-aspirations/](http://www.chestertonsportcentre.org.uk/fitness/my-aspirations/)



### Monday

| Class           | Time          | Instructor | Location      | Aspirations |
|-----------------|---------------|------------|---------------|-------------|
| Ladies Fitness  | 9.10-10.00am  | Ines       | Dance Studio  | ●●●●        |
| Ladies Fitness  | 10.05-10.55am | Ines       | Dance Studio  | ●●●●        |
| Fitness Pilates | 6.10-7.00pm   | Ines       | Dance Studio  | ●●●●        |
| HITT            | 6.30-7.20pm   | Jorge      | Gymnasium     | ●●●●●       |
| Aqua Aerobics   | 7.10-8.00pm   | Ines       | Swimming Pool | ●●●●        |
| Boxercise       | 7.30-8.20pm   | Jorge      | Dance Studio  | ●●●●●       |
| Spin Circuits   | 8.30-9.20pm   | Jorge      | Dance Studio  | ●●●●●       |

### Tuesday

| Class           | Time         | Instructor | Location     | Aspirations |
|-----------------|--------------|------------|--------------|-------------|
| Spin Fusion     | 6.40-7.30am  | Sarah      | Dance Studio | ●●●●●●      |
| Hatha Yoga      | 12.05-1.20pm | Sabrina    | Dance Studio | ●●          |
| Circuits        | 6.00-6.50pm  | Sarah      | Gymnasium    | ●●●●●       |
| Pump and Tone   | 6.00-6.50pm  | Sav        | Dance Studio | ●●●●        |
| Fitness Pilates | 7.00-7.50pm  | Sav        | Gymnasium    | ●●●●        |
| Studio Cycling  | 7.00-7.50pm  | Dani       | Dance Studio | ●●●●●       |
| Studio Cycling  | 8.00-8.50pm  | Dani       | Dance Studio | ●●●●●       |

### Wednesday

| Class                   | Time          | Instructor | Location     | Aspirations |
|-------------------------|---------------|------------|--------------|-------------|
| Latin Workout           | 9.10-10.00am  | Ines       | Dance Studio | ●●●●        |
| Pilates For All         | 10.10-11.00am | Ines       | Dance Studio | ●●●●        |
| <b>NEW</b> Aero Fitness | 12.05-12.55pm | Sarah      | Dance Studio | ●●●●●       |
| Sculpt & Tone           | 5.30-6.20pm   | Elena      | Gymnasium    | ●●●●        |
| Tabata                  | 6.30-7.20pm   | Elena      | Gymnasium    | ●●●●●       |
| Pump and Tone           | 7.30-8.20pm   | Elena      | Dance Studio | ●●●●        |
| Studio Cycling          | 8.30-9.20pm   | Dani       | Dance Studio | ●●●●●       |

### Thursday

| Class                | Time          | Instructor | Location      | Aspirations |
|----------------------|---------------|------------|---------------|-------------|
| Studio Cycling       | 6.40-7.30am   | Sarah      | Dance Studio  | ●●●●        |
| Zumba Gold           | 10.15-11.05am | Ines       | Dance Studio  | ●●●●        |
| Ladies Swim & Tone   | 11.10-11.55pm | Chenay     | Swimming Pool | ●●●●●       |
| Body Control Pilates | 12.00-12.50pm | Clare      | Dance Studio  | ●●●●        |
| Boxercise            | 6.10-7.00pm   | Cathy      | Dance Studio  | ●●●●●       |
| Circuits             | 6.30-7.20pm   | Sarah      | Gymnasium     | ●●●●●       |
| Pump and Tone        | 7.10-8.00pm   | Elena      | Dance Studio  | ●●●●        |
| Fitness Pilates      | 7.30-8.20pm   | Cathy      | Gymnasium     | ●●●●●       |
| Studio Cycling       | 8.10-9.00pm   | Sarah      | Dance Studio  | ●●●●●       |

### Friday

| Class         | Time          | Instructor | Location     | Aspirations |
|---------------|---------------|------------|--------------|-------------|
| Burn and Firm | 9.10-10.00am  | Sabrina    | Dance Studio | ●●●●●       |
| Fitball       | 10.10-11.00am | Sabrina    | Dance Studio | ●●●●        |
| Hatha Yoga    | 6.45-8.00pm   | Julie      | Dance Studio | ●●          |

### Saturday

| Class      | Time          | Instructor | Location  | Aspirations |
|------------|---------------|------------|-----------|-------------|
| Early Burn | 8.30-9.20am   | James      | Gymnasium | ●●●●●       |
| Core       | 10.00-10.50am | Jorge      | Gymnasium | ●●●●●●      |

**50 minute classes: £5 / 75 minute classes: £6**  
(inclusive for Corporate and Swim, Gym & Classes members)

All classes are to be paid for at the time of booking, no spaces can be reserved without payment. You must cancel your space with at least 24 hours notice in order to receive a refund, or give at least 2 hours notice in order to transfer your payment to another class. If you do not give the required notice stated above or fail to attend the class you will be subject to a non-attendance charge equal to the non member cost for that class, or lose your booking fee. Class cancellations will not be accepted via email. Customers can leave a voice message on the answer phone. If we are unable to offer the advertised class we will notify all customers who have booked as soon as possible.

Membership with inclusive classes can book 9 days in advance, all other users 7 days. All members are required to swipe their cards to record class attendance, failure to do so will result in a non-attendance charge. Class capacities are in agreement with all instructors. Receipts of purchase must be produced to the instructor upon entry into the class. Chesterton Sports Centre reserves the right to withdraw any fitness class from its programme at any given time.

Note: To avoid injury, warm up before classes is essential. Instructors will operate a closed door policy, therefore 5mins after the class commences there will be no further admittance.

**BOOK ONLINE** Now you can book Fitness Classes online!  
Contact reception to create an account if you don't have one already.

[facebook.com/chestertonsportcentre](https://facebook.com/chestertonsportcentre)

[twitter.com/chestertongym](https://twitter.com/chestertongym)