

Swan Pool & Leisure Centre

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Workout Studio Etiquette

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- There must be a minimum of 5 people for the class to take place.
- The minimum age for class participation is 16.
- Please notify reception when you arrive for your class in order for your attendance to be recorded.
- Please arrive for your class in plenty of time as late arrivals will not be permitted once the warm up has commenced.
- All mobile phones must be switched off.
- Please ensure that clean appropriate clothing and footwear are 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.
- Drink plenty of water before, during and after your workout to avoid dehydration.

- Please refrain from eating or chewing gum in the studio.
- Glass bottles and breakable containers must not be taken in to the studio at any time.

Bookings

- All classes should be booked in advance.
- Bookings can be made by phone or in person at reception up to 7 days in advance for members and 4 days in advance for non-members.
- Members can use the online booking facility at www.swanpool.org.
- People on the waiting list will be allocated a place 5 minutes before the start of the class if one is available.
- Cancellation of a booked class must be received 24 hours in advance. Failure to do so will result in the full class price being charged.

Clothing and Equipment

Shop online at www.swanpool.org to receive **10% off** all clothing, equipment and accessories with discount code **ACTIVE 3432**. All orders delivered free to UK addresses.

Membership feels great...

- No Contract
- 10 Day Money-back Guarantee
- Ability to Freeze
- Fixed Price for Life*

Plus

- Personal Programme

*dependant on Membership type

Swan Pool & Leisure Centre
London Road, Buckingham MK18 1AE

Telephone: **01280 817500**

Web: www.swanpool.org

Please note this leaflet is available in Large Print, on Tape, in Braille and various community languages upon request.



Centre Opening Times
Monday-Friday
6.30 – 22.00
Saturday & Sunday
8.00 – 18.00
NB Pool opening times may differ to the above



in partnership with

Workout Timetable
2010

workout
relax
you
choose

isospa
Fitness Health

Time	Activity	Level	Area	Price
Monday				
09.15-10.10	Step	All	Studio	£5.20
10.15-11.00	Aqua Fit	All	Pool	£4.50
10.15-11.10	Pump fx	All	Studio	£5.20
11.15-12.10	Zumba	All	Studio	£5.20
18.00-18.55	Legs, Bums & Tums	All	Studio	£5.20
19.00-19.55	Circuits	All	Studio	£5.20
20.00-20.55	Pilates	All	Studio	£5.20
Tuesday				
09.15-10.10	Body Balance	All	Studio	£5.20
10.15-11.10	Step	All	Studio	£5.20
10.25-11.10	Aqua Fit	All	Studio	£4.50
11.15-12.10	Yoga	All	Studio	£5.20
18.30-19.25	Body Conditioning	All	Studio	£5.20
19.30-20.25	Body Combat	All	Studio	£5.20
20.30- 21.25	Body Balance	All	Studio	£5.20
Wednesday				
09.15-10.10	Body Conditioning	All	Studio	£5.20
10.15-11.10	Body Balance	All	Studio	£5.20
18.35-19.30	Legs, Bums and Tums	All	Studio	£5.20
19.35-20.30	Body Pump	All	Studio	£5.20
20.00-20.45	Aqua Fit	All	Pool	£4.50
20.35-21.30	Body Combat	All	Studio	£5.20

Time	Activity	Level	Area	Price
Thursday				
09.15-10.10	Legs, Bums and Tums	All	Studio	£5.20
10.15-11.10	Body Combat	All	Studio	£5.20
13.15-14.00	Pilates	50+	Studio	£3.50
18.30-19.25	Step	All	Studio	£5.20
19.30-20.25	Circuits	All	Studio	£5.20
20.30 – 21.15	Pilates	All	Studio	£5.20
Friday				
09.15-10.10	Body Pump	All	Studio	£5.20
10.15-11.00	Aqua Fit	All	Pool	£4.50
10.15-11.10	Body Balance	All	Studio	£5.20
11.15-12.10	Zumba	All	Studio	£5.20
Saturday				
09.30-10.25	Body Combat	All	Studio	£5.20
10.30-11.25	Body Pump	All	Studio	£5.20
Sunday				
09.00-09.55	Body Balance	All	Studio	£5.20

Workout Class Descriptions

Aqua Fit

A gentle yet effective aerobic workout using water as a support. Suitable for all levels.

Body Conditioning

A variable whole body workout designed to strengthen and tone the major muscles using a variety of studio equipment.

Circuits

An easy to follow effective workout consisting of a series of short bursts of a variety of cardiovascular/calorie burning movements and muscle toning/strengthening exercises.

Legs, Bums & Tums

A low impact workout concentrating on the mid to lower body muscles to tone & tighten those all-important areas. Studio equipment may be used to increase the intensity of the class.

Pilates

A mat-based class using multi-muscle exercise techniques to help correct posture alignment and strengthen core stomach and back muscles. Performed using controlled breathing to promote well-being, flexibility, stress relief and relaxation.

BTS - Body Training Systems.

The classes are run worldwide. Every three months Les Mills releases a new programme to each class with fresh choreography and music. We run the following BTS classes:

Body Balance

A dynamic yoga-based stretch programme combining the fundamental principles and practices of Yoga and Pilates to create a realistic workout that brings the body, mind and soul into a state of balance and harmony.

Body Combat

Combines moves and stances from a range of self-defence disciplines like karate, boxing and taekwondo into an hour long energetic routine. Music and choreography create a fierce, energetic experience which raises fitness levels throughout the whole body, while reducing fat and cholesterol.

Pump fx

The ultimate toning class. Utilising a barbell & interchangeable weights. High repetition weight training works well through all the major muscles in the body to assist weight loss and change body shape.

Step

A variable intensity workout exploring step choreography and movement patterns to improve cardiovascular fitness, burn calories and tone the lower body.

Yoga

You will be led through a series of postures in a dynamic flowing style giving an increase in strength, flexibility and stamina, as well as cleansing & calming the mind. Synchronicity of breath and movement is a primary focus alongside correct anatomical alignment of the body in motion.

Zumba

Zumba is a dance fitness class that incorporates Latin and international music together with dance movements, creating a dynamic and effective workout. This fun Latin inspired dance program includes rhythms like salsa, cumbia, cha cha, flamenco, rock and roll and many come. Suitable for all fitness levels.

Body Pump

The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!