

## Swan Pool &amp; 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](http://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](http://www.swanpool.org) to receive **10%** off all **Reebok** clothing, equipment and accessories with discount code **ACTIVE 3432**. All orders delivered free to UK addresses.

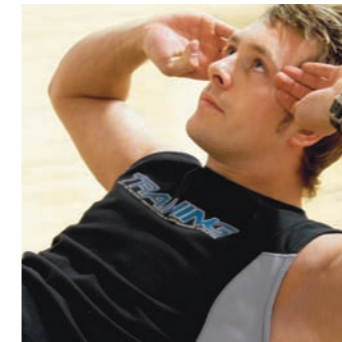
## Membership feels great...

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

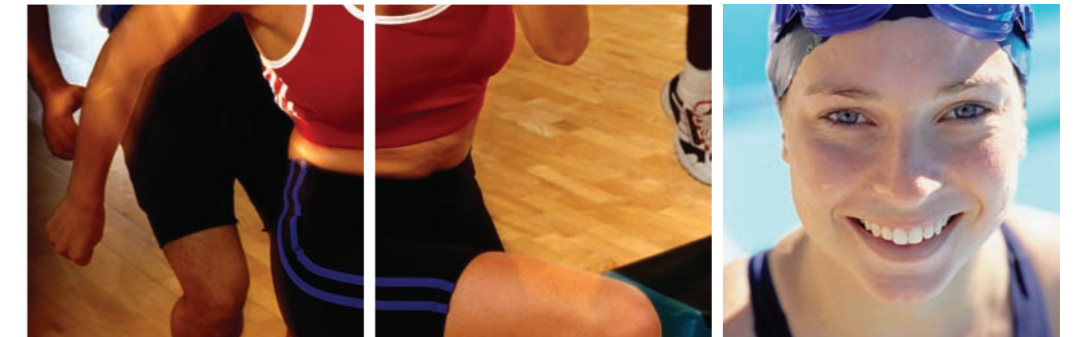
## Plus

- Personal Programme

\*dependant on Membership type



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



workout  
 relax  
 you  
 choose

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

Telephone: **01280 817500**

Web: [www.swanpool.org](http://www.swanpool.org)

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



in partnership with



**isospa**  
 Fitness Health

Time	Activity	Level	Area	Price
<b>Monday</b>				
09.15-10.10	Step	All	Studio	£5.20
10.15-11.10	Aqua Fit	All	Pool	£4.50
10.15-11.10	Pump fx	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
<b>Tuesday</b>				
09.15-10.10	Body Balance	All	Studio	£5.20
10.15-11.10	Circuits	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
<b>Wednesday</b>				
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
<b>Thursday</b>				
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	Body Pump	All	Studio	£5.20
19.30-20.25	Circuits	All	Studio	£5.20
20.30-21.25	Yoga	All	Studio	£5.20
<b>Friday</b>				
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
<b>Saturday</b>				
09.30-10.25	Body Combat	All	Studio	£5.20
10.30-11.25	Body Pump	All	Studio	£5.20
<b>Sunday</b>				
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.

### 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!