

IMPORTANT INFORMATION

The following points will enable you to get the best from your workout.

- Always wear clothes that are comfortable.
- Drink plenty of water throughout the class to avoid dehydration.
- Arrive to a class on time.
(THE WARM UP IS ESSENTIAL)

- Let the instructor know if you have any health problems or if you are new to the class.
- All mobile phones must be switched off before entering the studio.
- All our instructors are fully qualified.

We hold all certificates which can be shown on request.

- Do not exercise if you are feeling at all unwell.
- Do not exercise if you have eaten a heavy meal in the past two hours or if you have been drinking alcohol.
- Remember it is always wise to consult your doctor before you take up a new exercise regime and always stop an exercise if it causes pain.
- Booking into a class is essential. This helps us to keep track of class attendance and for health and safety reasons.

We welcome any comments about our classes.

Please feel free to speak to our Aerobics Co-ordinator or complete a comment card.

...help us to help you

Class Descriptions

ABSOLUTE BALL

A workout which will challenge your balance, stability and deep core muscles.

ADVANCED AQUA

A class which will challenge your fitness and strength, not a class for beginners.

ADVANCED PILATES

Challenge your Pilates routine with this dynamic workout connecting mind and body with breath and movement.

AQUA HOLICS

A fantastic fun water workout.

AQUA WORKOUT

A good fun workout with the added support and resistance of water.

BEGINNERS STEP

Learn the basics of step from the correct technique to basic step patterns. This class is slower in pace than other step classes to enable you to flow moves and commands easily.

BODY BAR

The body bar workout uses creative and powerful training techniques to shape, define and strengthen the muscles from top to toe, while improving posture and upper body alignment.

BODY IN BALANCE

Concentrating on balance and deep core muscles. Working with gravity to reduce your waistline and improve your posture.

BOX 2 THE BEAT

High energy, infectious workout, incorporating aerobic and boxing moves. A fantastic muscular strength and endurance class.

BUMS AND TUMS

This 30 minute class targets the muscles in the abs and glutes. This class improves core strength and muscle definition.

CALLANETICS

This is a body contouring class using small movements. The class caters for all fitness levels. Can be done with or without equipment.

CARDIO HOT PANTS

Fantastic new class to tighten all those bits we love to hate. Everything from the waist down.

CARDIO MIX

Amazing workout. Lots of calorie burning, high energy with the use of step, gliding pilates or pure aerobics. Fantastic fun and great results in a short time.

CARDIO/RESISTANCE/TONE

Fantastic energetic, low impact, high intensity class with the use of hand weights or resistance bands for toning. Could involve some floor work.

CARDIO/STEP/TONE

A combination class which includes movement on and around the step. Fantastic for burning all those unwanted calories and great fun.

CARDIO TONE

A combination of an aerobic type of workout - no impact and lots of toning.

EASY MOVES

For members who do not want to take part in vigorous exercise. A low impact and fun class which will improve and maintain mobility.

FITBALL/FUN

Have some fun on the ball, great for muscles, balance and flexibility.

FITNESS YOGA

Improve flexibility, stability and strength including deep strengthening exercises.

FULLY STRETCHED

This full body stretch class is meant to lengthen your muscles, relieve physical tension and help you relax. Give it a go, you could even grow taller!!!

HIGH NRG

A high energy workout, fantastic results, a class you don't want to miss.

HI/LO INFERNO

A class which is packed with fun, enthusiasm, energy, but most of all it works. Hi to Low impact aerobics, lots of calorie burning. A class not to be missed.

LINE DANCING

Learn all the popular line dances and enjoy this fun workout. Each dance will be broken down into easy steps. So, just come along and have a fantastic time.

PILATES

Core strength and stability.

PURE NEURO

Unique to Thornton Hall, you will be amazed what this class will do for your mind and body. Experience pure NLP (Neuro Linguistic Programming), and "Thought Field Therapy" relax and use your mind to experience a pleasurable journey. Leave the studio feeling energised and invigorated.

SERIOUS FITNESS

A hard core, high energy, high impact class with no choreography. Ideal for male or female members. Be prepared to work your whole body to the max.

STRAPPY TOP

This high intensity arms and upper body workout is designed to achieve results in very little time. Body bar, hand weights or resistance equipment could be used.

STARTER PILATES

This class focuses on core strengthening movements which will improve your posture, flexibility and strength through the connection of mind and body breath. Pilates teaches body awareness and easy graceful movement. This class is designed for newcomers to Pilates.

STRETCH & TONE

Mobilising all joints, toning, relax and be energised.

TAI CHI

A class that corrects irregularities in posture and breathing whilst invigorating and rejuvenating the body process.

TOP TO TOE

You will be working muscles you did not know you had, fantastic fun with lots of toning and fat burning.

WAIST-AWAY/ABS

Fab workout full of energy working waist obliques and deep abdominal muscles. Half workout standing and half workout on the floor. Amazing results in a short time.

YOGA

Yoga is a physical, emotional, mental and spiritual practice resulting in good health and peace of mind.

YOGALATES

Yoga and Pilates movements to give you the best.

The Aerobics Studio — Timetable



THORNTON HALL
COUNTRY HEALTH CLUB

Thornton Hall Country Health Club, Thornton Hough, Wirral CH63 1JF

Telephone 0151 353 0116 Facsimile 0151 353 3729

Email info@thorntonhallhealthclub.com www.thorntonhallhealthclub.com



THORNTON HALL
COUNTRY HEALTH CLUB

MONDAY Level Instructor Time

●○ Cardio/Step/Tone	A	Sue	9.00am - 9.45am
● Easy Moves	G	Sue	9.45am - 10.15am
●○ Strappy Top	A	Jacqui	10.15am - 10.45am
●○ Beginners Step	B	Jacqui	10.45am - 11.15am
●○ Bums & Tums	A	Jacqui	11.15am - 11.45am
●○ Fitball/Fun	A	Heather	11.45am - 12.30pm
○ Yoga	G	Val	12.30pm - 2.00pm
●○ Cardio Hot Pants	A	Heather	5.15pm - 6.15pm
●○ Top 2 Toe	A	Debbie	6.30pm - 7.15pm
●○ Cardio Step	A	Debbie	7.15pm - 8.00pm

WEDNESDAY Level Instructor Time

○ Fully Stretched	G	Jacqui	8.30am - 9.00am
●○ Waist-away/Abs	A	Jacqui	9.00am - 9.30am
●○ Cardio Tone	A	Heather	9.30am - 10.15am
●○ Body Bar	A	Jacqui	10.15am - 10.45am
● Line Dancing	A	Chris	10.45am - 11.45am
● Easy Moves	G	Kay	11.45am - 12.15pm
●○ Callanetics	A	Kay	12.15pm - 12.45pm
○ Yoga	A	Val	12.45pm - 2.00pm
○ Pilates	A	Heather	4.30pm - 5.30pm
●○ Fitball/Fun	A	Debbie	6.00pm - 6.45pm
●○ Waist-away/Abs	A	Debbie	6.45pm - 7.15pm
●○ Hi/Lo Inferno	A	Debbie	7.15pm - 8.00pm

FRIDAY Level Instructor Time

○ Fully Stretched	G	Jacqui	8.45am - 9.15am
○ Body in Balance	A	Gill	9.15am - 9.45am
●○ Cardio Mix	A	Gill	9.45am - 10.30am
○ Pure Neuro	G	Gill	10.30am - 11.15am
○ Advanced Pilates	Adv	Mair	11.30am - 12.30pm
● Ballroom Dancing	A	Vicky	1.00pm - 2.00pm
○ Pilates	A	Mair	2.00pm - 3.00pm
○ Fitness Yoga	A	Wendy	5.00pm - 6.00pm
●○ Aqua Holics	A	Litza	5.30pm - 6.15pm
○ Tai Chi	A	David	7.30pm - 8.30pm

TUESDAY Level Instructor Time

●○ Box 2 the Beat	A	Gill	9.15am - 10.00am
●○ Absolute Ball	A	Gill	10.00am - 10.45am
○ Yogalates	I	Mair	11.00am - 12.00pm
○ Pilates	G	Mair	12.00pm - 1.00pm
●○ Aqua/Fun	A	Bev	12.15pm - 1.00pm
●○ Cardio/Resistance/Tone	A	Jacqui	1.30pm - 2.15pm
●○ Waist-away/Abs	A	Jacqui	2.15pm - 2.45pm
●○ Strappy Top	A	Gill	5.30pm - 6.00pm
○ Neuro (power of the mind)	A	Gill	6.00pm - 6.30pm
●○ Serious Fitness	A	Gill or Sue	6.30pm - 7.25pm
●○ Cardio/Step/Tone	A	Litza	7.30pm - 8.15pm
●○ Pilates	A	Nikki	8.15pm - 9.00pm

THURSDAY Level Instructor Time

○ Fitness Yoga (on the ball)	A	Wendy	9.15am - 10.00am
●○ Cardio Mix	A	Sue	10.00am - 10.45am
○ Stretch 'n' Tone	A	Heather	10.45am - 11.45am
○ Pilates	G	Mair	12.00pm - 1.00pm
●○ Advanced Aqua	Adv	Jacqui	12.15pm - 12.45pm
●○ Aqua/Noodles	A	Sue	12.45pm - 1.15pm
●○ Body Bar	A	Jacqui	1.15pm - 2.00pm
●○ Waist-away/Abs	A	Sue	2.00pm - 2.30pm
○ Tai Chi	A	Peter	2.30pm - 3.30pm
○ Yoga	A	Val	6.00pm - 7.30pm

SATURDAY Level Instructor Time

●○ High N R G	A	Gill	9.00am - 9.55am
●○ Absolute Ball	A	Gill	10.00am - 10.45am
●○ Starter Pilates	B	Gill	10.45am - 11.30am
●○ Dance for Fun	A	Debbie	11.30am - 12.30pm

SUNDAY Level Instructor Time

○ Starter Pilates	A	Gill	10.00am - 10.45am
○ Body in Balance	A	Gill	10.45am - 11.15am
●○ Cardio Mix	A	Gill	11.15am - 12.00pm

● Calorie Burning ○ Resistance ○ Gentle

PLEASE BOOK AT RECEPTION FOR ALL CLASSES
 A - All Adv - Advanced B - Beginners
 G - Gentle I - Intermediate

