

ADULT STUDIO CLASS DESCRIPTORS

Circuits | £4.50

This workout helps build and maintain cardiovascular fitness along with muscle strength. Using old school exercises that wont fail to help you become fitter and stronger.

Metafit | £3.45

An exercise blast that keeps working for 24hrs. A simple yet very effective body weight training system that will work the whole body in high intensity intervals with minimal rest

Step Aerobics | £4.50

This class is a dynamic, modern workout! It's fun and fast with music that will keep your muscles moving and get your heart and lungs into shape!

AquaFit | £4.50

A water based resistance programme that aims to tone and strengthen your muscles in a relaxing environment. A fun alternative to getting fit!

Supple Strength | £4.50

During this workout you will enjoy an inspiring soundtrack whilst you bend and stretch through yoga moves and elements of Tai Chi and Pilates. You'll strengthen your entire body and leave feeling calm, happy and refreshed.

Cardio Dance | £4.50 / £2.50

Come along and get that disco dancing feeling with our dance based workout. With easy to learn routines and music that will keep you dancing all night long!

Roadrunners | £2.90

Anyone can be a runner and we will prove it with a group running session for absolute beginners. This class is held outside so wear suitable clothing.

Spinning | £4.50

The original and most popular group cycling class. No complicated moves to learn and music that begs your legs to pedal! Getting into the best shape of your life has never been more fun.

Silver Sneakers | £2.50 Over 60s only

This class is designed to increase flexibility, joint stability, balance, co-ordination and much more. A fun filled afternoon with exercise, laughter and a cup or tea or coffee to finish!

Senior Studio Gym | £3.45 Over 60s only

Aimed at beginners or non-users who want to gain confidence in using our gym equipment all with an instructor on hand to help you achieve your fitness goals and give you plenty of encouragement.

Barbell Active | £4.50

Barbell Active is a full body barbell workout to music that will work every muscle, increase strength and leave you wanting more. Get lean & fit and be motivated with *Barbell Active*.

Tabata | £4.50

Using exercises that gets the whole body involved with a vast array of equipment. It will work cardio and strength and you will never do the same workout twice!

Powerbox | £4.50

A boxing themed workout class for all abilities - jab and hook to a fitter you!

Fatburn Extreme | £3.00

A simple, safe & effective interval class - less time...rapid results!

Powerswim | £4.50

A fitness class that will make you a stronger and faster flowing swimmer.

For more information on any of our classes please contact reception on 01595 807701 or visit our Facebook page.



Studio Timetable

Unst Leisure Centre

For all enquiries please call

01595 807701

Online Bookings available

www.srt.org.uk



Find us on Facebook:
Unst Leisure Centre



16th April - 27th May 2018

Unst Adult & Junior Classes Timetable 2018

Unst Leisure Centre | Baltasound | Unst | Shetland | ZE2 9DY ~ Registered Charity: SC002179

MONDAY

1030 - 1100 ADULT & CHILD SWIM

1100 - 1200 SENIOR STUDIO GYM

1515 - 1545 CB SWIMSKILLS LEVEL 1

1545 - 1615 CB SWIMSKILLS LEVEL 2

1745 - 1845 POWERSWIM

1615 - 1745 PUBLIC SWIMMING

TUESDAY

1100 - 1145 SILVER SNEAKERS

1515 - 1600 GYMTOTS

1515 - 1545 CB SWIMSKILLS LEVEL 3

1545 - 1615 CB SWIMSKILLS LEVEL 4

1800 - 1845 STEP AEROBICS

1900 - 2000 AQUAFIT

1900 - 2000 TABATA

1615 - 1800 PUBLIC SWIMMING

WEDNESDAY

1630 - 1715 SPINNING

1900 - 1945 CARDIO DANCE (ALL AGES)

1900 - 1945 GYMFIT (P6 -S4)

1715 - 1900 PUBLIC SWIMMING

THURSDAY

0915 - 1015 CB BARBELL ACTIVE

1515 - 1600 CB JUNIOR SQUASH LV1

1600 - 1700 CB FOOTBALL FEVER

1700 - 1745 CB JUNIOR SQUASH LV2

1815 - 1845 METAFIT

1430 - 1730 PUBLIC SWIMMING

1900 - 1945 CIRCUITS

CB = COURSE BLOCK BOOKING

FRIDAY

1100 - 1130 FATBURN EXTREME

1400 - 1500 SILVER SNEAKERS

1600 - 1700 CLUB READY

1800 - 1900 CB BARBELL ACTIVE

1800 - 1845 GYMFIT

1900 - 2000 SUPPLE STRENGTH
REBORN - New class
layout to music

1300 - 1600 PUBLIC SWIMMING
1700 - 1800

SATURDAY

1100 - 1145 POWERBOX

1500 - 1600 ROLLERWHEELS

1530 - 1615 SPINNING

1145 - 1530 PUBLIC SWIMMING

SUNDAY

1100 - 1145 ROADRUNNING

1100 - 1600 PUBLIC SWIMMING

Booking Policy:

You can book and pay for classes up to 14 days in advance at Reception, by telephone or Online at www.srt.org.uk.

Cancellations Policy:

Please note that all classes are non-refundable. Gold subscription holders must cancel classes more than 6 hours prior to the start of the class or a late cancellation charge of £2 will be applied. Customer's accounts will be automatically blocked resulting in no further bookings being allowed until this charge has been paid.



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