

Class Descriptions

TONE/CONDITIONING

Kettlebell Hiit

Exercises using a kettlebell to create resistance, helping to shape and tone the body whilst adding in cardio exercises to increase the heart rate to build stamina: This class will burn 100's of calories and sure to leave you feeling fit! Exercises can be adapted to suit all abilities.

Kettlebell Strength

Combining functional exercises with compound exercises such as the swing and clean that will target multiple muscle groups to help build strength: An effective workout just using a single piece of equipment, which is perfect for this 30-minute workout.

Functional Fitness

Gym based class, working with many different pieces of equipment from slam balls to resistance bands: Burn calories, increase strength, endurance and core stability: Each class is different to challenge you.

Suspension Training

This class will help strengthen your core, improve mobility of the joints whilst improving your strength and endurance: Suitable for all ages and all fitness abilities.

Body Pump

The original barbell class: The ideal workout for someone looking to tone up, get lean, FAST! Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music.

Legs, Bums & Tums

This class will help to shape and tone your lower body: Starting with some aerobic exercises such as squats and lunges to increase the heart rate then moving to the floor to focus on glute isolation exercises and finishing with abs and core: If you are looking for a low impact class and an alternative to Pilates then this class is for you.

CARDIO CLASSES

Les Mills Tone

Combines blocks of strength, cardio & core training into one complete and convenient workout: This class includes a mix of exercises to work the whole body and elevate the heart rate.

Les Mills Core

Les Mills Core is a scientific core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core: Each workout features a mix of proven core exercises and new integrated core training innovation.

Boxercise

Boxercise is an exercise concept based on the training methods used by boxers: Sessions typically involve hitting focus pads but no class involves hitting an opponent: It is a fun, challenging and safe workout which is great for stress busting, accessible to all ages and fitness levels.

Body Combat

Step into a bodycombat workout and you'll punch and kick your way to fitness: This high energy martial-arts inspired workout is totally non contact and there are no complex moves to master: Your instructor will challenge you to up the intensity plus motivate you to make the most of every round.

Indoor Cycling

An indoor cycling class focusing on endurance, strength, intervals and high intensity as you burn calories and really challenge your cardiovascular fitness: This class is low-impact so perfect for beginners.

Run Club

Lead by an instructor, starting with a warmup before a run around Uppingham, returning back to the sports centre for cool down & stretches: This is suitable for all abilities.

Bootcamp

Using a combination of cardio and muscular strength exercises, this class is designed to push you out of your comfort zone. A great class to meet new people and all weather. This class will leave you with a great sense of accomplishment with physical conditioning to go with it.

Class Descriptions

WATER CLASSES

Aqua

A water based exercise class, reduces the impact on your joints and gives you an all round workout: Classes are suitable for non-swimmers.

Swim Fit

Swim fit is a structured workout guided by a qualified instructor and provided a mixture of different swimming routines, strokes, speeds and lengths to encourage a more varied and challenging workout than traditional lane-swimming: It is an activity for swimmers to help to improve technique, body toning and to become a stronger swimmer.

DANCE CLASSES

Zumba

Latin dance-fitness fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness programme.

To book a class using our new booking system and app

Online by visiting www.ussc.uppingham.co.uk
Download and use the 'iScuba' app selecting 'Uppingham School Sports Centre'

Pay as you go classes

All classes £9:00

MIND & BODY CLASSES

Body Balance

An inspired soundtrack plays as you bend and stretch through a series of Yoga moves and embrace elements of Tai Chi and Pilates: Breathing control is a part of all the exercises.

Pilates

A refreshing mind-body workout, Pilates focuses on core stability and posture, aiming to lengthen and strengthen muscles: The core fundamentals of the method are based upon a thorough understanding of the human anatomy.

Yoga

Strengthen, tone and increase your flexibility: Breathing practices to rejuvenate the body system, relaxation techniques to help you let go and meditation practices to calm the mind.

Small Group Yoga

Capped at 6 people to a class, this session is great for those who are new to Yoga but also those who have practised it before and are wanting to build strength and flexibility with a greater focus on perfecting technique.

Mobility & Movement

A low impact class to help to increase strength, flexibility and balance: This class will encourage better posture and body alignment: This experienced instructor led class is adaptable to all abilities and ages including those recovering from an injury or illness with the aim to work all areas of the body.



UPPINGHAM SCHOOL
SPORTS CENTRE



- TONE & CONDITIONING CLASSES
- CARDIO CLASSES • AQUA FIT
- DANCE CLASS • MIND & BODY

UPPINGHAM SCHOOL
SPORTS CENTRE

Uppingham School Sports Centre,
Leicester Road, Uppingham, Rutland, LE15 9SE

Tel: 01572 820830
ussc@uppingham.co.uk
www.sportscentre.uppingham.co.uk



@_ussc

GROUP EXERCISE TIMETABLE
FROM JANUARY 2024

Group Exercise Timetable

Monday			
Time	Class	Instructor	Location
7:00 - 7:30	Functional Fitness	Gym Team	Fitness Suite
7:00 - 7:45	Body Pump	Sarah	Keene
9:00 - 9:30	Indoor Cycling	Sarah	Dance
9:30 - 10:15	Les Mills Tone	Monica	Keene
9:45 - 10:30	Suspension Training	Sarah	Archery
10:20 - 11:20	Pilates	Monica	Dance
13:30 - 14:00	Functional Fitness	Gym Team	Fitness Suite

18:00 - 19:00	Bootcamp	Ffion	Outdoor
18:00 - 18:45	Body Combat	Monica	Dance
17:30 - 18:15	Body Pump	Sam	Keene
18:30 - 19:15	Indoor Cycling	Sam	Keene
18:50 - 19:50	Body Balance	Monica	Dance
19:15 - 19:45	Kettlebell - Strength	Ffion	Archery
19:30 - 20:45	Yoga - Small Group*	Gemma	Keene
20:00 - 21:00	Swim fit	Julianna	Pool

Tuesday			
Time	Class	Instructor	Location
7:00 - 7:30	Functional Fitness	Gym Team	Fitness Suite
7:00 - 8:00	Pilates	Sam	Keene
8:00-9:00	Pilates	Sam	Keene
9:00 - 9:30	Functional Fitness	Gym Team	Fitness Suite
9:00 - 9:45	Legs, Bums, Tums	Sam	Dance
9:30 - 10:15	Body Combat	Monica	Keene
9:35-10:20	Suspension Training	Lou P	Archery
10:20 - 10:50	Les Mills Core	Dana	Keene
10:30 - 11:30	Pilates	Monica	Gymnasium
10:30 - 11:15	Kettlebell Strength	Lou P	Archery

18:00 - 18:45	Kettlebell Hiit	Hannah	Keene
18:00 - 18:45	Zumba	Louise	Hospitality
18:30 - 19:00	Functional Fitness	Gym Team	Fitness Suite
18:30 - 19:45	Yoga	Petra	Dance
19:00 - 19:45	Indoor Cycling	Hannah	Keene

Wednesday			
Time	Class	Instructor	Location
7:00-7:30	Functional Fitness	Gym team	Fitness Suite
9:15 - 10:15	Body Pump	Sam	Keene
9:30 - 10:30	Pilates	Monica	Dance
10:30 - 11:15	Zumba	Juliana	Dance
10:35 - 11:20	Les Mills Tone	Monica	Keene
11:30 - 12:45	Yoga	Petra	Dance
11:30 - 12:30	Pilates	Rachael	Keene

18:00 - 18:45	Boxercise	Dana	Dance
17:40 - 18:25	Suspension Training	Lou	Archery
18:55 - 19:25	Les Mills Core	Dana	Dance
19:00 - 19:45	Body Pump	Angie	Keene

Thursday			
Time	Class	Instructor	Location
7:00 - 7:30	Functional Fitness	Gym Team	Fitness Suite
9:00 - 9:45	Aqua	Juliana	Pool
9:00 - 9:30	Indoor Cycling	Angie	Keene
9:30 - 10:15	Kettlebell Strength	Lou	Archery
9:45 - 10:30	Les Mills Tone	Angie	Keene
10:30 - 11:30	Pilates	Sam	Dance
10:30 - 11:15	Body Pump	Angie	Keene
11:30 - 12:30	Body Balance	Monica	Keene
11:30 - 12:30	Pilates	Sam	Dance
12:45 - 13:15	Indoor Cycling	Angie	Keene

18:00 - 19:00	Pilates	Monica	Dance
18:00 - 19:00	Body Pump	Sam	Keene
18:30 - 19:30	Run Club	Melissa	Outdoors
19:15 - 20:00	Indoor cycling	Hannah	Dance
19:30 - 20:45	Yoga	Gemma	Keene

Friday			
Time	Class	Instructor	Location
7:00 - 7:30	Functional Fitness	Gym Team	Fitness Suite
9:00 - 9:45	Aqua	Juliana	Pool
9:00 - 9:30	Functional Fitness	Gym Team	Fitness Suite
9:00 - 10:00	Run Club	Melissa	Outdoors
9:30 - 10:30	Pilates	Monica	Dance
10:15 - 11:00	Indoor Cycling	Lou	Keene
10:30 - 11:30	Body Balance	Monica	Dance
11:15 - 12:15	Mobility & Movement	Melissa	Keene
13:30-14:00	Functional Fitness	Gym Team	Fitness Suite

18:10 - 18:55	Suspension Training	Dana	Archery
19:00 - 19:30	Functional Fitness	Gym team	Fitness Suite

Saturday			
Time	Class	Instructor	Location
8:30 - 9:15	Body Pump	Dana	Keene
9:00 - 9:30	Functional Fitness	Gym Team	Fitness Suite
9:35 - 10:20	Indoor Cycling	Lou	Keene
10:30 - 11:15	Kettlebell Strength	Lou	Keene

Sunday			
Time	Class	Instructor	Location
8:30 - 9:30	Body Balance	Monica	Keene
9:30 - 10:15	Body Comabt	Monica	Keene
10:20 - 11:20	Pilates	Monica	Keene

* Additional costs apply to all membership options.