

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:

Step Aerobics
A low impact aerobic exercise class that is performed using a step, it will increase your heart rate to improve your overall fitness level:

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:

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:

Stretch & Roll
Improve your sports performance, reduce aches and pains whilst improving your mobility with this 30-minute stretch and roll class: In this session you will use a foam roller to break down adhesions in the muscular tissue to leave you feeling lengthened and loose:

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:



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

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
12:30 - 13:00	Indoor Cycling	Angie	Keene
13:00 - 13:30	Body Pump	Angie	Dance
13:30 - 14:00	Functional Fitness	Gym Team	Fitness Suite

17:30 - 18:15	Body Pump	Sam	Keene
18:00 - 19:00	Bootcamp	Ffion	Outdoor
18:00 - 18:45	Body Combat	Monica	Dance
18:30 - 19:15	Indoor Cycling	Sam	Keene
18:50 - 19:50	Body Balance	Monica	Dance
19:15 - 19:45	Kettlebell - Strength	Ffion	Hospitality
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 - 7:45	Indoor Cycling	Sam	Keene
8:00-9:00	Pilates	Sam	Dance
9:00 - 9:45	Aqua	Elly	Pool
9:00 - 9:30	Functional Fitness	Gym Team	Fitness Suite
9:00 - 10:00	Run Club	Melissa	Outdoor
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
10:15 - 11:15	Mobility & Movement	Melissa	Hospitality
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
9:30 - 10:15	Zumba	Juliana	Hospitality
10:30 - 11:15	Beginners Step	Elly	Hospitality
10:35 - 11:20	Les Mills Tone	Monica	Keene
11:30 - 12:30	Yoga	Petra	Dance
11:30 - 12:30	Pilates	Rachael	Keene

18:00 - 18:45	Boxercise	Dana	Hospitality
18:00 - 18:45	Suspension Training	Lou	Archery
18:00 - 18:45	Les Mills Tone	Angie	Keene
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	Dance
11:30 - 12:30	Pilates	Sam	Keene
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
9:15 - 10:00	Body Pump	Angie	Keene
9:30 - 10:30	Pilates	Monica	Dance
10:15 - 11:00	Indoor Cycling	Angie	Keene
10:30 - 11:30	Body Balance	Monica	Dance
13:30-14:00	Functional Fitness	Gym Team	Fitness Suite

18:20 - 19:05	Boxercise	Elly	Keene
18:10 - 18:55	Suspension Training	Dana	Archery

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