

Class Descriptions

Abs Class

A short, sharp burst of total Ab workout.

Barbell Club

This class focuses on strength and conditioning using only barbells, if you want a challenging full body workout then this is for you.

Body Attack

A combination of running, lunging and jumping with body weight exercises such as burpees and squats.

Body Combat™

An energetic cardio class. Inspired by mixed martial arts, and draws from a wide range of disciplines such as, karate, boxing, taekwondo, tai chi and muay thai. During this warrior workout you will strike, punch, kick and kata your way through the calories to a superior cardio fitness.

Body Pump™

Great whole body workout using mainly the barbell, to sculpt, tone and strengthen the entire body, fast! Suitable for all ages and fitness levels.

Circuits

Circuit style, interval training with body weight & functional exercises, using a vast array of exercise kit to challenge the body head to toe.

Functional Fitness

Innovative class, utilising modern training devices; kettlebells, slam balls, battle ropes etc. Expect something different each week. This class is designed to incorporate multiple muscles groups, leaving you feeling faster, stronger and happier.

H.I.I.T

The original 30 minute metabolic workout that lasts 24 hours! All over body functional HIIT Workout. Suitable for all ages.

Kettlebells

This class will give fast results for strength, endurance, and muscle toning, by challenging both the muscular and cardiovascular systems with dynamic total body movements.

Legs, Bums and Tums

This is a body toning class working the lower body to improve muscle tone and strength. Suitable for all levels.

Pilates

Latest workout concentrating on strengthening your inner core muscles through breathing, stretching and posture improvements.

Resistance Work

Resistance bands are a great alternative or even a great edition to any workout. They provide low impact exercise suitable for everyone.

Spin & Pump

This is a mixture between indoor cycling, focusing on endurance, strength and intervals, followed by weighted exercises that will target all muscle groups.

Spin 30, 45

Burn up to 1,000 calories in one of your many spin classes. Suitable for all abilities, these classes range from 30 to 60 minutes with changing intensities and endurance.

WOW

Work Out Of The Week... If you can only make the same time of the week this class is for you. Keep your body guessing, your heart racing with a different routine every week.

Yoga

Yoga is one of the oldest holistic health care systems. The practice of Yoga integrates mind, body and spirit bringing us into balance.

Zumba

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. Zumba mixes low-intensity and high-intensity moves for an interval style, calorie-burning dance fitness party.

Sets & Reps

A full body workout focused on lifting weights and developing your technique on advanced exercises, working with a variety of different training methods.

30/30

Spin and AMRAP - This class comes in a half and half format - 30 minutes of spinning followed by AMRAP (as many reps as possible). This is a workout structure frequently used for conditioning and pushes your body to the max within a set period of time.

Class Prices

Members

Please book 7 days in advance

All classes are free except:

Yoga, Pilates

£2.50 or 12 sessions for £25

Non – Members

Please book 6 days in advance

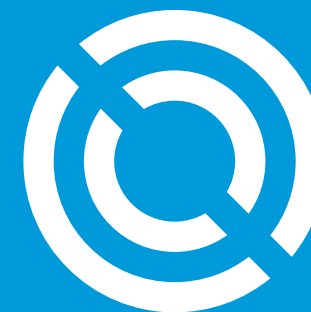
1 hour £6

20 - 30 mins £3

Yoga & Pilates

£7.50 or 12 sessions for £75

Note: Please book in advance for all classes



oakhill
leisure

To book a class:

Go online:

oakhill.clubm.mobi

(Members Only)

Or call:

01254 824333



class
timetable

2019

Oakhill Leisure
Wiswell Lane, Whalley
Lancashire, UK, BB7 9AF

Telephone: 01254 824333
Web: oakhill-leisure.com
Email: hello@oakhill-leisure.com



Monday

Morning	Time	PT	Studio
Sets & Reps <small>new</small>	06:45-07:30	Gym Staff	S1
Spin 45	09:00-09:45	Gym Staff	S1
Body Combat	10:00-11:00	Gully	S1
Pilates	11:00-12:00	Sam	S1
Evening	Time	PT	Studio
Spin & Abs	17:30-18:15	Gym Staff	S1
Body Combat	18:30-19:15	Cat	S1
Body Pump	19:20-20:05	Cat	S1
Late	Time	PT	Studio
Spin 30	20:15-20:45	Gym Staff	S1

Tuesday

Morning	Time	PT	Studio
Barbell Club	06:30-07:15	Gym Staff	S1
Spin 30	07:30-08:00	Gym Staff	S1
Pump Express <small>new</small>	09:00-10:00	Claire	S1
Zumba	10:00-11:00	Debs	S1
Pilates	11:00-12:00	Sam	S1
Spin 30	12:15-12:45	Gym Staff	S1
Evening	Time	PT	Studio
Yoga	17:00-18:00	Kiera	S1
Functional Fitness	18:00-19:00	Gym Staff	S2
Yoga	18:15-19:15	Kiera	S1
Kettlebells	19:20-20:05	Gym Staff	S1

Wednesday

Morning	Time	PT	Studio
Spin & Pump	06:30-07:30	Gym Staff	S1
Spin & Abs <small>new</small>	09:00-09:45	Gym Staff	S1
Kettlebells	10:00-10:45	Gym Staff	S1
Evening	Time	PT	Studio
Spin 30	17:30-18:00	Gym Staff	S1
Resistance Bands	18:10-19:10	Ali Kay	S1
Late	Time	PT	Studio
Kombat	18:15-19:00	Gym Staff	S2
Body Pump	19:15-20:15	Ali Kay	S1

Thursday

Morning	Time	PT	Studio
Spin 45	06:30-07:15	Gym Staff	S1
Sets & Reps <small>new</small>	07:20-08:00	Gym Staff	S1
Body Pump	09:00-10:00	Gully	S1
Pilates	10:15-11:15	Luisa	S1
Evening	Time	PT	Studio
Spin 30	17:40-18:10	Gym Staff	S1
LBT	18:15-19:00	Gym Staff	S1
Kettlebells	18:15-19:00	Gym Staff	S2
Pilates	19:00-20:00	Sam	S1
Late	Time	PT	Studio
Spin 30	20:10-20:40	Gym Staff	S1

Friday

Morning	Time	PT	Studio
WOW	06:30-07:15	Gym Staff	S1
Spin 45	08:50-09:35	Gym Staff	S1
Yoga	09:45-10:45	Sam	S1
Pilates <small>new</small>	11:15-12:15	Luisa	S1
HIIT	12:15-12:45	Gym Staff	S1
Evening	Time	PT	Studio
30/30 <small>new</small>	17:30-18:30	Gym Staff	S1

Saturday

Morning	Time	PT	Studio
Circuits	08:15-09:00	Gym Staff	S1
Spin 30 <small>new</small>	09:15-09:45	Gym Staff	S1
Spin 30 <small>new</small>	09:50-10:20	Gym Staff	S1
Pump	10:30-11:30	Gym Staff	S1

Sunday

Morning	Time	PT	Studio
Spin & Pump	09:00-10:00	Gym Staff	S1
Abs, Core & Stretch	10:15-10:45	Gym Staff	S1

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