

### **Aerobics & Virtual Aerobics**

Good old fashioned mixed impact aerobics, working your heart & lungs

### **Aqua**

A fun "non impact" group exercise to music class in the shallow water

### **Boxercise**

Learn proper boxing techniques in this fantastic fat burning, body shaping, workout

### **Circuits**

A great all round workout using various pieces of equipment one after the other

### **Kick Combat & Virtual Kombat**

Work off the stresses of the day with a martial arts based aerobic choreography

### **Step**

Aerobic choreography on a step box, ensuring a consistent workout

### **Walking Club**

A fun low impact local walk (as well as a few days out!!!)

### **X-Bike**

Indoor cycling at it's best... bring the outdoors inside and pedal like your life depends on it!!!

### **Dance Mats**

Not just a class for the children, Dance mats are fantastic for improving your fitness and co-ordination

### **Boot Camp**

Circuit training to get fit and have fun

### **Buggy Fit**

The ultimate fitness class for new mums wanting to get back in to shape after their new arrival

### **Beginners Aerobics**

An ideal starting point for anyone new to Aerobics

### **EZ Dance**

Dance made easy!

### **Virtual Bollywood**

Enjoy this fun Indian choreography based aerobic workout

### **Fight Club**

60mins of pure pad & mitt work to release that built up tension!!

### **Swiss Ball**

A great fun toning class using a Swiss ball. Is good for developing core stability and strength. Great for rehab

### **Body Tone**

Body shaping to music using body weight, as well as a variety of equip't

### **Bums n Tums**

Does what it says on the tin... Great exercises for those "problem" areas

### **Jive †**

Learn those sexy moves, be ready for that party or wedding. Suitable for beginners and improvers

### **Ju-Jitsu**

This is a Japanese martial art consisting of grappling and striking techniques. They rely on leverage, so you don't have to be strong to participate

### **Vew Do**

Challenge your core strength and balance with this unique piece of fitness equipment that resembles a skate board

### **Power Pump**

A fun studio based strength training programme using Decks, Bars and Bands to tone, shape and strengthen

### **Beginners Ballroom †**

If you're after a place on the next Strictly Come Dancing then this class is for you. Fun combined with fitness for those wanting to learn Ballroom dancing

### **Gym Based \***

Mix and match toning exercises

### **Ski Workout \***

Improve your core, strength, balance and stamina to make sure your in peak condition for your skiing holiday

### **Abs Blast \***

This 30 minute workout does exactly what it says... achieve that flat stomach using these fun exercises, all based in the gym

### **Bus Pass**

A low impact class for a full body workout for all levels of fitness

### **Deck**

A strength training class using tubes, free weights and decks

### **NIA**

Fusion fitness for the mind, body and spirit. East meets West. Combining martial dance and healing arts

### **Pilates/Stretch & Virtual Pilates**

A series of exercises to engage the body and mind... Great for core strength, mobility and flexibility

### **Yoga & Virtual Yoga/Power Stretch**

Focus your breathing with a variety of postures to help improve balance, flexibility and strength in a relaxed environment

### **Virtual Tai Chi**

This ancient form of exercise is beneficial to the mind, body and spirit. Energy flows as you do slow motion routines

### **Pilates on the Ball**

Pilates using a Swiss Ball

### **Tiddly Tots Yoga †**

A great opportunity to train with your tot, meet other parents, with all the benefits of a yoga class. Fun for mum and the tots!!

### **Weigh & Measure †**

Exactly what it says!!! An informal weekly catch up

### **Class Etiquette**

- Participants must be aged 16 or over
- Remember to drink water before, during and after the class
- Please wear the appropriate footwear for your class
- Class places are allocated on a booking system (at reception). Once capacity is reached, no more participants may enter
- You will not be permitted to enter once classes start as you will miss warm up
- If class numbers are lower than 3, the class may take place in the gym. If numbers are consistently low the class may be withdrawn.
- Smile, classes are fun!

### **Gym Opening Times**

6.00am to 10.00pm	Monday - Friday
7.30am to 9.00pm	Saturday
8.00am to 9.00pm	Sunday

### **WELTI Health & Fitness**

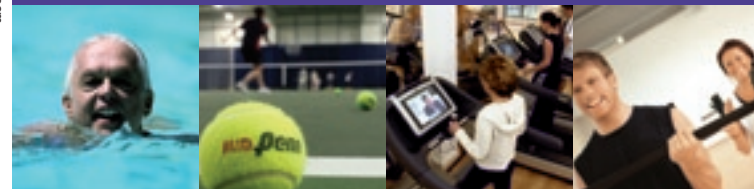
Shrewsbury 01743 46 77 55  
 SY1 4RG www.weltileisure.co.uk

- \* This class will take place in the Gym
- † There will be a charge for this class

Virtual sessions are supervised training programmes using the Virtual Trainer

Design and Production by [www.carlionesdesign.com](http://www.carlionesdesign.com)

## Studio Schedule Winter 2009



## Aerobic

Develop the efficiency of your heart and lungs in these fun classes that are designed to burn calories without even thinking about it...

### Monday

Studio - Ground Floor

6.30 to 7.30am X-Bike

9.30 to 10.30am Aerobics

10.30 to 11.30am Swiss Ball

11.30 to 12.30pm Bums n Tums

1.30 to 2.00pm Ski Workout \*

5.30 to 6.00pm X-Bike

6.00 to 7.00pm Kick Combat

7.00 to 8.00pm Circuits

Mind & Body - First Floor

9.00 to 9.30am Vew Do

9.30 to 10.15am Virtual Yoga

6.00 to 6.45pm Virtual Bollywood

Pool

10.30 to 11.15am Aqua

### Tuesday

Studio - Ground Floor

6.30 to 7.30am Body Tone

9.00 to 9.30am Beginners Aerobics

9.30 to 10.30am Bums n Tums

10.30 to 11.30am Step

11.30 to 12.30pm Swiss Ball

11.40 to 12.30pm Weigh & Measure †

5.30 to 6.00pm Bums n Tums

6.00 to 6.30pm Weigh & Measure †

6.00 to 7.00pm EZ Dance

7.00 to 8.00pm Fight Club

8.15 to 9.15pm Jive †

Mind & Body - First Floor

9.45 to 10.15am Tiddly Tots Yoga †

10.30 to 11.30am Pilates

2.00 to 2.45pm Virtual Tai Chi

6.00 to 6.45pm Virtual Bollywood

7.15 to 8.15pm Power Stretch

8.30 to 9.30pm Ju-Jitsu

Pool

12.00 to 12.45pm Aqua

6.30 to 7.15pm Aqua

## Body

Tone, shape and condition yourself to a new you in these complete conditioning based classes...

### Wednesday

Studio - Ground Floor

6.30 to 7.30am X-Bike

9.30 to 10.30am Kick Combat

10.30 to 11.30am Power Pump

11.30 to 12.30pm Boxercise

12.30 to 1.30pm Buggy Fit

1.30 to 2.00pm Gym Based \*

5.30 to 6.30pm Circuits

6.30 to 7.30pm Step

7.30 to 8.15pm Body Tone

Mind & Body - First Floor

9.30 to 10.15am Vew Do

10.30 to 11.30am Pilates on Ball

11.30 to 1.00pm Yoga

2.00 to 2.45pm Virtual Tai Chi

6.00 to 7.00pm Beg Ballroom †

7.00 to 8.00pm Yoga

Pool

10.30 to 11.15am Aqua

### Thursday

Studio - Ground Floor

6.30 to 7.30am Boot Camp

9.00 to 9.30am Bums n Tums

9.30 to 10.30am Aerobics

10.30 to 11.30pm Body Tone

10.30 to 11.15pm Walking Club

11.30 to 12.15pm Bus Pass

5.30 to 6.00pm Swiss Ball

6.00 to 7.00pm Kick Combat

7.00 to 8.00pm Step

8.00 to 9.00pm Boxercise/X-Bike

Mind & Body - First Floor

9.30 to 10.15am Dance Mats

10.30 to 11.30am Pilates

2.00 to 3.00pm Virtual Kombat

6.00 to 7.00pm Pilates

7.00 to 7.30pm Dance Mats

Pool

10.30 to 11.15am Aqua

6.00 to 6.45pm Aqua

## Calm

Release the stresses of the day in these mind, body and soul classes, designed to stretch, relax and rejuvenate...

### Friday

Studio - Ground Floor

6.30 to 7.30am X-Bike

9.30 to 10.30am Step

10.30 to 11.30am Boxercise

11.30 to 12.30pm Deck

6.00 to 7.00pm Fight Club

Mind & Body - First Floor

9.30 to 10.15am Vew Do

10.30 to 11.30am NIA

11.30 to 12.30pm Yoga

7.00 to 7.30pm Dance Mats

Pool

10.30 to 11.15am Aqua

### Saturday

Studio - Ground Floor

9.30 to 10.30am Circuits

10.30 to 11.30am Power Pump

11.30 to 12.15pm X-Bike

Pool

9.30 to 10.15am Aqua

### Sunday

Studio - Ground Floor

10.30 to 11.30am Aerobics/Step

12.30 to 1.30pm Swiss Ball

5.30 to 6.00pm Abs Blast \*

Mind & Body - First Floor

11.30 to 12.15pm Pilates