



## fitness classes @

### Crown Pools

Crown Street, Ipswich  
01473 433655  
crown.pools@ipswich.gov.uk

### Gainsborough Sports Centre

5 Braziers Wood Road, Ipswich  
01473 433644  
gainsborough.sc@ipswich.gov.uk

### Maidenhall Sports Centre

Maidenhall Approach, Ipswich  
01473 433622  
maidenhall.sc@ipswich.gov.uk

### Northgate Sports Centre

Sidegate Lane West, Ipswich  
01473 433611  
northgate.sc@ipswich.gov.uk

### Whitton Sports Centre

Whitton Church Lane, Ipswich  
01473 433633  
whitton.sc@ipswich.gov.uk

[www.teamipswich.com](http://www.teamipswich.com)    OCTOBER 2009



# fitness classes

..... are a great way to exercise, offering many benefits. The class is generally set to music and you take part in a group, both of which are very motivational. They offer an ideal opportunity to improve stamina, tone muscle, help weight loss or weight management and improve all round fitness - as well as being a great way to relax and have fun.

Ipswich Borough Council



## where you can attend

Team Ipswich offers a complete programme of fitness classes at each of our centres. Please see the following table.

## can I just turn up and take part?

Although occasionally you can get into a class without booking, we do recommend that you book in advance, as the classes are very popular and often run at capacity. You can book with an I-card online at [www.teamipswich.com](http://www.teamipswich.com) by telephone or at the centres.

## payment options

You can either pay per visit for fitness classes, or take advantage of our excellent value monthly packages which also include use of many other activities.

| PAY PER VISIT PRICES | CASUAL PRICE | CONCESSIONARY PRICE |          |
|----------------------|--------------|---------------------|----------|
|                      | Adults       | Children            | Students |
| Aqua Fitness         | £4.60        | £3.10               | £3.10    |
| Fitness Classes      | £4.60        | £3.10               | £3.10    |

| MONTHLY PAID PACKAGES  |              |                   |                            |                                 |
|--|--------------|-------------------|----------------------------|---------------------------------|
| Card Type  | Direct Debit | Cash, Cheque Card | Concessionary Direct Debit | Concessionary Cash, Cheque Card |
| I-LEVEL ADULT<br>Includes swimming, racket sports, fitness classes, track, vitality health suite, creche | £23.50       | £33.50            | £16                        | £22.50                          |

\*Proof of eligibility/benefit required for concessionary prices - see charges leaflet

## are the classes included in a monthly package?

All the classes, including aqua fitness, are included in an I-Level adult monthly package. Also included in these monthly packages are all racket sports, swimming and Vitality Health suite.



## can I just pay each time I visit?

You certainly can. However, if you are attending more than once a week, it may be cheaper for you to have a monthly package.

## fitness classes

|                            |  |
|----------------------------|--|
| aerobics                   | A general low and high impact workout including general body toning.   |
| bodytone/body conditioning | Combined aerobic and toning exercises including the use of light hand and ankle weights. Peak fitness training methods are often used.   |
| circuit training           | Works the whole body, exercising the heart and lungs. Ideal for toning and strengthening the major muscles.  |
| energy workout             | A very good cardio-vascular workout for all levels.  |
| kick aerobics              | A simple but challenging workout for all abilities, including basic kick boxing moves, experience is not necessary.  |
| legs, bums and tums        | Concentrates on lots of toning exercises on legs, thighs, stomach and bottom. Includes a stretch and relaxation session.   |
| max workout                | Designed to promote endurance, strength, increased metabolism, muscle tone and all round fitness. No choreography.   |
| pilates                    | A movement technique designed to change the way you look, move and feel. Works your respiratory, circulatory and lymphatic system. Designed for beginners or intermediate.                     |
| pumptone                   | An all over toning and cardio class using weights.   |
| step and tone              | Basic step pattern followed by an abdominal workout for a full bodytone. Good aerobic workout.   |
| tko combat                 | A fitness class suitable for all levels, based on self defence and combat combinations, enhancing confidence, fitness and well being.  |
| yoga                       | This old tried and trusted art is guaranteed to relax so you leave feeling revitalised and energised.  |
| 50+ keep fit               | This is an informal social group where you can participate in aerobics, badminton or short mat bowls. (Bowls at Whitton only)  |
| tri class                  | A fitness class combining aerobics, aerobics with weights and floor work.  |
| aqua care                  | A gentle workout which concentrates on flexibility and stretching. It is ideal for those recovering from injuries, operations or childbirth  |
| aquanatal                  | A fitness class specifically for pregnant women - including a health screen. Taken by a qualified midwife/aquanatal instructor. This is a safe and enjoyable way to exercise during pregnancy. |
| aquadeep                   | A high intensity, deep-water class for fit men and women. Use of a flotation belt means the ultimate no-impact workout.  |
| aquafit                    | This class caters for everybody including first time exercisers. We use a fun and stimulating combination of easy to follow fat burning and muscle toning exercises.                           |

## water fitness classes



| northgate | CLASS TITLE       | monday      | tuesday                   | wednesday                  | thursday                | friday |
|-----------|-------------------|-------------|---------------------------|----------------------------|-------------------------|--------|
|           | Aerobics          |             | 7-8pm                     | 6-7pm                      |                         |        |
|           | Body Conditioning |             | 9.45-10.45am              | 9.30am-10.30am             |                         |        |
|           | Circuit Training* |             | 8-9pm                     |                            | 8-9pm                   |        |
|           | Keep Fit 50 Plus  | 3.40-5.40pm |                           |                            |                         |        |
|           | Kick Aerobics     |             |                           | 8.40-9.40pm                |                         |        |
|           | Legs Bums Tums    |             | 6-7pm                     |                            | 6-7 and 7-8pm           |        |
|           | Pilates           |             | 11-11.45am<br>11.45-12.30 |                            | 6-6.45pm<br>6.45-7.30pm |        |
|           | Tri Class         | 6-7pm       |                           |                            |                         | 6-7pm  |
|           | Yoga              |             |                           | 6.15-7.15pm<br>7.30-8.30pm |                         |        |

| whitton | CLASS TITLE      | monday        | tuesday                | wednesday | thursday              | friday        |
|---------|------------------|---------------|------------------------|-----------|-----------------------|---------------|
|         | Aerobics         |               | 9.30-10.30am           | 7-8pm     |                       | 9.30-10.30am  |
|         | Bodytone         |               |                        |           | 10.30-11.30am         |               |
|         | Energy Workout   |               | 7-8pm                  |           |                       |               |
|         | Keep Fit 50 Plus | 1.30-2.30pm   |                        |           |                       |               |
|         | Legs Bums Tums   | 7-8pm & 8-9pm | 10.30-11.30am          | 8-9pm     |                       | 10.30-11.30am |
|         | Pilates          | 6.15-7pm      | 8.15-9pm (beg 5.1.'10) |           | 9.30-10.30am 8.15-9pm |               |
|         | Pump & Tone      |               |                        |           | 7-8pm                 |               |
|         | TKO              |               |                        |           | 8-9pm                 |               |
|         |                  |               |                        |           |                       |               |

| crown pools | CLASS TITLE                          | monday                   | tuesday                 | wednesday               | thursday             | friday                     |
|-------------|--------------------------------------|--------------------------|-------------------------|-------------------------|----------------------|----------------------------|
|             | Aqua Fit                             | 8-8.45pm<br>12.30-1.15pm | 1-1.45pm<br>2.30-3.15pm | 2-2.45pm                | 7.15-8pm<br>8-8.45pm | 9.30-10.15am<br>10.15-11am |
|             | 50+ Aquafit<br>(no booking required) |                          |                         |                         |                      |                            |
|             | Aqua Deep Water                      |                          |                         | 7.30-8.15pm<br>8.15-9pm |                      |                            |
|             | Aquanatal                            | 7-8pm                    |                         |                         | 10.15-11am           |                            |
|             | Aqua Care                            |                          |                         |                         | 9.30-10.15am         |                            |
|             |                                      |                          |                         |                         |                      |                            |
|             |                                      |                          |                         |                         |                      |                            |
|             |                                      |                          |                         |                         |                      |                            |
|             |                                      |                          |                         |                         |                      |                            |

\*Circuit Training also on Sundays at Northgate 9.30-10.30am

(B) = Badminton