

# Class Details

## Aquafit

Aquafit is an aerobic session to music in the water that provides good cardiovascular and muscular exercise with minimal risk of injury due to the low-impact and cushioning effect of the water.

## Spin Cycling

Spinning is an aerobic exercise that takes place on a specially designed stationary bicycle. Spinning burns serious calories (about 450 in 45 minutes) and offers an awesome aerobic workout that makes your heart pump fast. It also tones your quadriceps (front thigh muscles) and outer thigh muscles like nobody's business! Because you stay in one place with the same basic movement throughout, Spinning doesn't involve a lot of coordination.

## Body Tone

A complete conditioning that uses body resistance as well as a variety of equipment, including free weights, balls and bands that will tone and strengthen your body.

## Hi/Low Aerobics

Lower cholesterol with aerobics. Ease insomnia with aerobics. Aerobic exercise will help you get fit, lower your body fat and strengthen your heart and lungs. Work out at your own level, hi impact or low impact (less stress on the joints).

## Circuit Training

The circuit training format utilizes groups of strength and cardiovascular exercises completed one after another. Each exercise is performed for a specified amount of time before moving on to the next exercise, a great overall body workout.

## Tai Chi

Tai Chi is an effective physical exercise system, to promote health and longevity, working on the mind and body. It is based on the oriental philosophy of health and balance. Not only are all muscles and joints exercised, but also all the organs and systems of the body e.g. the glandular and nervous systems, to bring the body and mind into balance. The movements are slow and gentle and the degree of exertion can be easily adjusted, making it suitable for people of all levels of ability.

## Step 'n' Shape

A step aerobics class involves stepping on, off, over and around a step platform and provides a great low-impact cardio workout.

## Pilates

Fitness Pilates - suitable for age 16 years and over. All fitness levels welcome, (please advise the instructor if you have a medical condition or any other consideration that may affect you during exercise). Slow, controlled exercise aimed at strengthening the core, improving and maintaining flexibility and full body toning.

## Yoga

Hatha Yoga is a relaxing and a major branch of yoga, emphasizing on the physical aspects of the transformative path, notably postures (asana) and cleansing techniques (shodhana), but also breath control (pranayama)

## Freestyle Yoga

Fitness Yoga - suitable for 16 years and over. All fitness levels welcome, (please advise the instructor if you have a medical condition or any other consideration that may affect you during exercise). Mind and body balance and stress relief through yoga postures and relaxation designed to improve alignment, strength, all over toning and general well being.

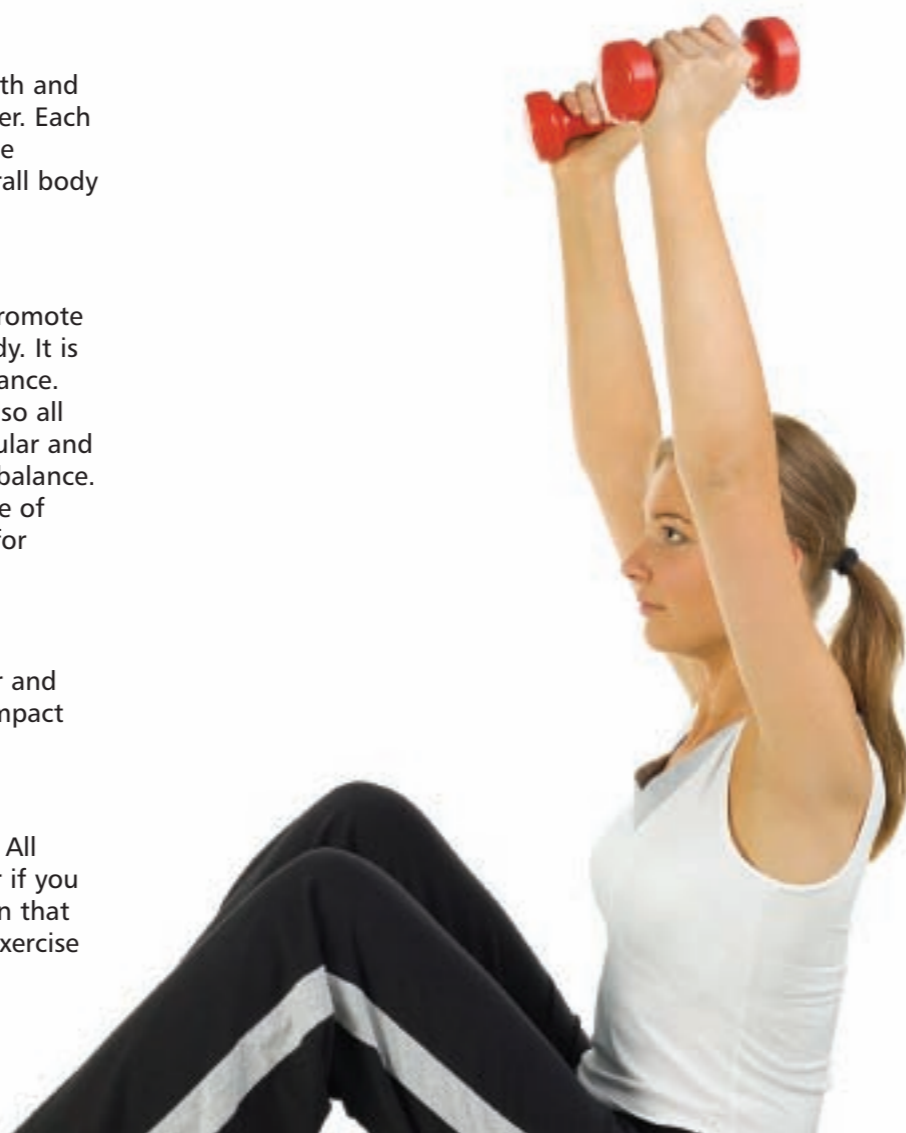
## Legs Bums & Tums

Exactly what it says, an aerobic workout specifically designed to tone those 'problem areas'.

## Age Restrictions

Note that classes are only suitable for those over the age of 14 years with the exception of Kung Fu, Tae Kwon Do, Aquafit and Junior Circuit Training

Aquafit is available from age 12 upwards but participants from ages 12-18 must be accompanied by an adult.



# Everybody Group Fitness



Your guide to health and  
fitness classes in Crewe & Nantwich.

1st January – 31st March 2009  
[everybody@crewe-nantwich.gov.uk](mailto:everybody@crewe-nantwich.gov.uk)  
[www.crewe-nantwich.gov.uk/leisure](http://www.crewe-nantwich.gov.uk/leisure)

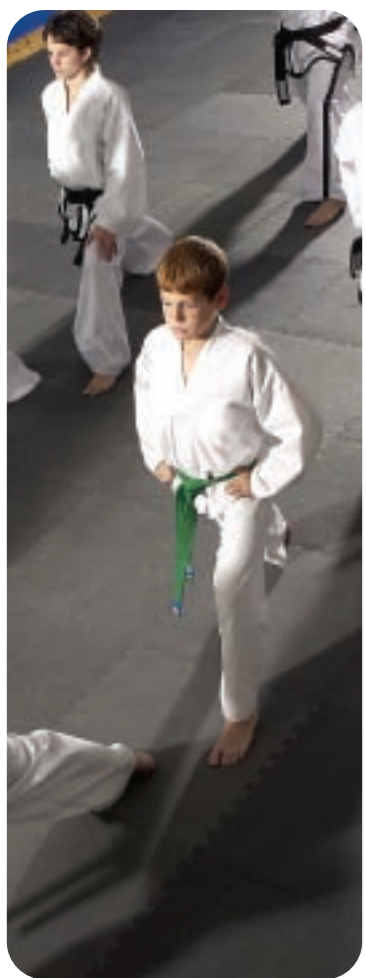


Crewe & Nantwich  
Borough Council

  
everybody

# Group Fitness Timetable

All activities are free as part of an everybody Annual or everybody Monthly oncontract unless otherwise stated.  
Classes for Everybody Off-Peak memberships available during off-peak times only.



| Monday   |                   |               |       |
|--|-------------------|---------------|-------|
| Activity   | Time              | Venue         | Price |
| Aquafit  | 10:00am - 10:45am | Crewe Pool    | £4.00 |
| 50+ Music & Movement   | 1:15pm - 2:15pm   | VCC – Ludford | £2.10 |
| Spin Cycling   | 6:00pm - 6:45pm   | Shavington    | £3.80 |
| Body Tone  | 6:15pm - 7:00pm   | Shavington    | £3.00 |
| Legs, Bums & Tums  | 6:15pm - 7:00pm   | VCC – Oakley  | £2.90 |
| Hi/Lo Aerobics   | 7:00pm - 8:00pm   | Shavington    | £3.50 |
| <i>Combine Hi/Lo Aerobics &amp; Body Tone for just £4.60</i> |                   |               |       |
| Aquafit  | 7:30pm - 8:15pm   | Nantwich Pool | £4.00 |
| Yoga   | 8:00pm - 9:00pm   | VCC – Ludford | £3.40 |
| Circuit Training   | 8:30pm - 9:30pm   | Shavington    | £3.50 |

| Tuesday                    |                 |              |       |
|----------------------------|-----------------|--------------|-------|
| Activity                   | Time            | Venue        | Price |
| Tai Chi                    | 3:00pm - 4:00pm | Shavington   | £3.60 |
| Junior Circuit (10-13yrs)* | 5:15pm - 6:00pm | Shavington   | £2.10 |
| Spin Cycling               | 6:15pm - 7:00pm | Shavington   | £3.80 |
| Step 'n' Shape*            | 6:30pm - 7:30pm | Shavington   | £3.00 |
| Contemporary Dance         | 7:00pm - 8:00pm | Shavington   | £3.00 |
| Spin Cycling               | 7:15pm - 8:00pm | Shavington   | £3.80 |
| Aerobics                   | 7:30pm - 8:30pm | VCC – Oakley | £2.90 |
| Pilates                    | 8:15pm - 9:15pm | Shavington   | £3.40 |

| Wednesday         |                  |               |       |
|-------------------|------------------|---------------|-------|
| Activity          | Time             | Venue         | Price |
| Aquafit           | 12:30pm - 1:15pm | Nantwich Pool | £4.00 |
| Aquafit           | 7:00pm - 7:45pm  | Crewe Pool    | £4.00 |
| Spin Cycling      | 7:00pm - 7:45pm  | Shavington    | £3.80 |
| Legs, Bums & Tums | 7:30pm - 8:15pm  | VCC – Oakley  | £2.90 |
| Hi/Lo Aerobics    | 7:30pm - 8:30pm  | Shavington    | £3.50 |
| Circuit Training  | 8:30pm - 9:30pm  | Shavington    | £3.50 |

| Thursday           |                 |               |       |
|--------------------|-----------------|---------------|-------|
| Activity           | Time            | Venue         | Price |
| Step 'n' Shape*    | 6:30pm - 7:30pm | Shavington    | £3.00 |
| Tae Kwon Do*       | 6:30pm - 8:00pm | Shavington    | £3.00 |
| Spin Cycling       | 7:15pm - 8:00pm | Shavington    | £3.80 |
| Aerobics           | 7:30pm - 8:30pm | VCC – Oakley  | £2.90 |
| Freestyle Yoga     | 8:00pm - 9:15pm | Shavington    | £3.40 |
| Serious Swim Hour* | 8:45pm - 9:45pm | Nantwich Pool | £4.00 |

| Friday           |                 |               |       |
|------------------|-----------------|---------------|-------|
| Activity         | Time            | Venue         | Price |
| Circuit Training | 6:30pm - 7:30pm | Shavington    | £3.50 |
| Aquafit          | 7:45pm - 8:45pm | Nantwich Pool | £4.00 |

| Saturday               |                 |            |        |
|------------------------|-----------------|------------|--------|
| Activity               | Time            | Venue      | Price  |
| Fung Yang Sau Kung Fu* | 2:00pm - 3:00pm | Shavington | Varies |

| Sunday       |                   |            |       |
|--------------|-------------------|------------|-------|
| Activity     | Time              | Venue      | Price |
| Tae Kwon Do* | 10:00am - 11:30am | Shavington | £3.00 |

\* Not included as part of the Everybody membership package.

### Off Peak Times:

Monday-Friday: 9:00am – 5:00pm  
All day Saturday & Sunday

Booking is advisable for all group fitness classes; please contact the centre on the numbers below for more details.

Everybody Options discounts apply to certain classes. See our full price guide for details.

## Centre Contact Details

**Crewe Swimming Pool**  
Flag Lane, Crewe  
01270 537790  
crewe.pool@crewe-nantwich.gov.uk

**Nantwich Swimming Pool**  
Wall Lane, Nantwich  
01270 537255  
nantwich.pool@crewe-nantwich.gov.uk

**Shavington Leisure Centre**  
Rope Lane, Shavington  
01270 537293  
shavington@crewe-nantwich.gov.uk

**Victoria Community Centre – Oakley**  
West Street, Crewe.  
01270 537150  
vcc@crewe-nantwich.gov.uk

**Victoria Community Centre – Ludford**  
Ludford Street, Crewe  
01270 537910  
vcc@crewe-nantwich.gov.uk