

## Please note

All classes and instructors are subject to change/cancellation at short notice and any changes/ amendments will be communicated by reception on entry into the facility.

Late admissions may result in the instructor refusing entry into group fitness classes. Active Living Express is open to anyone aged 16 years and over.

Classes and public swimming can be booked up to 7 days in advance.

## Class descriptions

**Bums, tums and thighs** – gives you an all over body conditioning workout to tone and shape your body.

**Golden moves** – has been designed to challenge both the mind and bodies of senior or novice participants in a fun and happy, social atmosphere. Balance and coordination activities in this class help you cope with daily tasks and keep you nimble on your feet.

**Stretch & flex** – learn the fundamental reasons to stretching in a relaxed atmosphere. These classes prove beneficial in reducing stress, improving posture, strengthening the muscles. They also help in improving the flexibility of the body thus enhancing the range of motion of all body parts. They also help in increasing the core strength body and also work towards mental balance.

**Thumpboxing** – designed to improve the lifestyle of our participants through weight loss, muscle tone, increased fitness and confidence. THUMP boxing classes are taught by highly qualified and experienced instructors. Everyone is welcome to join in our classes and most of all, no experience is necessary. Most of the class is done in pairs. If you do not have a partner, the instructor will assign one to you.

**Velocity** – an indoor cycling programme for developing cardiovascular capacity, burning up to 900 calories in one 60 minute session. This is a favourite for those wanting to reduce body fat.

**Yoga** – Yoga encourages us to concentrate on the body, breath and mind and promote mental and physical wellbeing. By gently stretching, twisting and bending, we improve flexibility in the spine, the joints and muscles of the body.

**Zumba** – fuses hypnotic Latin rhythms and easy-to-follow moves to create a one of a kind fitness program that will blow you away. Zumba fanatics achieve long-term benefits while experiencing an absolute blast in one exciting class, full of calories-burning, body energizing, awe inspiring movements meant to engage and captivate for life.

# Activeliving<sup>®</sup> express

## At Stirling High School

Gym, swim and fitness class timetable  
Monday 18 April – Friday 24 June 2011

from only  
**£3.50**  
per week



Active Stirling Ltd Unit 23 15 Borrowmeadow Rd Stirling FK7 7UW T: 01786 432323

Registered in Scotland SC298585

# Activeliving express

## At Stirling High School

Monday 18 April – Friday 24 June

## Weekly class timetable

Active Living Express at Stirling High School is a new service from Active Stirling. Make use of the leisure facilities on your doorstep, with this gym, swim and fitness class timetable for the local community.

Prices: April – June

<b>Gym+swim</b>	£32.90 for 10 week block
<b>Gym+swim+classes</b>	£42.30 for 10 week block
<b>Gym usage</b>	– last admission for the gym is 9pm

## How to book and pay

1. You can pay now at Forthbank or Wolfcraig for this 10 week block which starts on Mon 18 April 2011. You can also pay from Stirling High School during our term time operating hours 6–10pm (Mon–Fri).
2. You can book fitness classes and swimming up to 7 days in advance.
3. Please note that payments accepted at Stirling High School are by credit or debit card only.
4. Please note that you require an Active Living card to access this venue. If you already have an Active Living/Active Stirling card, this can be used for access.

email us at [askus@activestirling.org.uk](mailto:askus@activestirling.org.uk)

## Class timetable

Session	Times	Location
<b>Monday</b>		
Gym	6.00 pm – 9.30 pm	Gym
Thumpboxing	6.00 pm – 6.45 pm	Studio
Golden Moves	7.15 pm – 8.00 pm	Studio
Bum, Tum & Thighs	8.00 pm – 8.45 pm	Studio

<b>Tuesday</b>		
Gym	6.00pm – 9.30pm	Gym
Public Swimming	9.00pm – 9.45pm	Pool
Velocity	9.00pm – 9.45pm	Gym
Zumba	8.45pm – 9.30pm	Studio

<b>Wednesday</b>		
Gym	6.00pm – 9.30pm	Gym
Bum, Tum & Thighs	6.00pm – 6.45pm	Studio
Velocity	7.00pm – 7.45pm	Gym
Pilates	8.00pm – 9.00pm	Studio

<b>Thursday</b>		
Gym	6.00pm – 9.30pm	Gym
Public Swimming	9.00pm – 9.45pm	Pool
Zumba	6.00pm – 6.45pm	Studio
Stretch and Flex	8.30pm – 9.30pm	Studio
Velocity	9.00pm – 9.45pm	Gym

<b>Friday</b>		
Gym	6.00pm – 9.30pm	Gym
Public Swimming	8.30pm – 9.30pm	Pool
Velocity	6.00pm – 7.00pm	Gym
Yoga	7.00pm – 8.00pm	Studio

**Please note** there will be no Active Living Express service on the following dates due to public holidays – Friday 22, Monday 25 April and Monday 2 May.