

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

Legs, bums and tums – gives you an all over body conditioning workout to tone and shape your body.

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.

Aquazumba – Known as the Zumba® 'pool party', our Aquazumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aquazumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, this Aquazumba class blends it all together into a safe, challenging, water – based workout that's cardio – conditioning, body – toning, and most of all, exhilarating beyond belief.

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.

Bodycombat™ – This energetic class is inspired by martial arts and is supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. BODYCOMBAT™ is for everyone with moderate fitness levels. And because the moves are simple, you don't need to be especially well coordinated. Just give it a go!

Bodyconditioning™ – This barbell/bodyweight class will help strengthen and tone your entire body. This 45 – minute workout challenges all your major muscle groups by using exercises like squats, crunches, lifts and curls. Great music will help to inspire you to get the results you came for – fast.

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Activeliving[®] express

At Stirling High School

Monday 9 January –
Saturday 31 March 2012

Prices
from only
£3.50
per week
based on gym & swim
block booking

Gym, swim and fitness class timetable



Activeliving express

At Stirling High School

Monday 9 January – Saturday 31 March

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: January–March	
Gym+swim	£42 for 12 week block
Gym+swim+classes	£54 for 12 week block
Gym usage	last admission for the gym is 9pm
NEW pay as you go prices now available:	
Single swim session	£4
Single fitness class	£5 Active Stirling concessionary rates apply to the pay as you go prices - please ask at reception for more details.
Single gym session	£5.50

How to book and pay

1. You can pay now at Forthbank or The PEAK for this 12 week block which starts on Monday 9 January 2012. You can also pay from Stirling High School during our term time operating hours 6–10pm (Monday–Friday) and Saturday mornings 9am–10.30am.
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/debit card or cash 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

Class timetable

Session	Times	Location
Monday		
Gym	6.00pm – 9.30pm	Gym
Thumpboxing	6.00pm – 7.00pm	Studio
Bodycombat	7.00pm – 8.00pm	Studio
Bodyconditioning	8.00pm – 8.45pm	Studio
Zumba	8.45pm – 9.30pm	Studio
Tuesday		
Gym	6.00pm – 9.30pm	Gym
Velocity	6.00pm – 6.45pm	Gym
Zumba	8.45pm – 9.30pm	Studio
Velocity	8.30pm – 9.15pm	Gym
Public Swimming	9.00pm – 9.45pm	Pool
Wednesday		
Gym	6.00pm – 9.30pm	Gym
Legs, bums & tums	6.00pm – 6.45pm	Studio
Velocity	7.00pm – 7.45pm	Gym
Pilates	8.00pm – 9.00pm	Studio
Thursday		
Bodycombat	6.00pm – 7.00pm	Studio
Gym	6.00pm – 9.30pm	Gym
Velocity	7.00pm – 7.45pm	Gym
Stretch & Flex	8.30pm – 9.15pm	Studio
Public Swimming	9.00pm – 9.45pm	Pool
Friday		
Gym	6.00pm – 9.30pm	Gym
Yoga	6.30pm – 7.30pm	Studio
Legs, bums & tums	7.45pm – 8.30pm	Studio
Aquazumba	8.30pm – 9.15pm	Pool
Saturday		
Bodycombat	9.00am – 9.45am	Studio
Gym	9.00am – 10.00am	Gym
Velocity	9.15am – 10.00am	Gym
Bodyconditioning	9.45am – 10.30am	Studio