



BodyAttack BODYATTACK is a cardiovascular Interval training programme that combines high intensity aerobics, strength and stabilisation exercises.

BodyBalance BODYBALANCE is a revolution in mind-body training.

BodyCombat BODYCOMBAT combines moves and stances from a range of self-defence disciplines like karate, boxing and tae-kwon-do into an hour-long energetic routine.

Bums & Tums All over body conditioning workout to tone and shape your body.

Chi Gong Series of 18 gentle moves to benefit health and wellbeing.

Pilates Pilates is an exercise method, designed to elongate, strengthen and restore the body to balance.

Seniors Fitness A low impact easy to follow workout for our more mature movers.

Spin Biking An indoor cycling programme for developing cardiovascular capacity. Burning up to 900 calories in one 60-minute session, Spin is a favourite of those wanting to reduce body fat.

Tai Chi A series of slow, controlled movements, developing strength, balance, posture, and calm, suitable for all ages and abilities.



MONDAY week beg 20th April – week ending 26th June

TIME	CLASS	VENUE	INSTRUCTOR
09.30 - 10.30	Senior Fitness	Mayfield Centre	Pauline
11.00 – 12.00	Senior Fitness	Beechwood Hall	Jo
18.00 – 19.00	BodyAttack	Stirling HS	Jo

TUESDAY week beg 20th April – week ending 26th June

TIME	CLASS	VENUE	INSTRUCTOR
09.30 - 10.15	Senior Fitness	Cambusbarron	Pauline
12.30 – 13.00	Bums & Tums	Mayfield Centre	Lesley
13.00 – 14.00	Plean Seniors	Balfour Centre	Ally

WEDNESDAY week beg 20th April – week ending 26th June

TIME	CLASS	VENUE	INSTRUCTOR
09.30 - 10.30	Senior Fitness	Mayfield Centre	Pauline
10.30 – 11.30	Chi Gong	Mayfield Centre	Ally

THURSDAY week beg 20th April – week ending 26th June

TIME	CLASS	VENUE	INSTRUCTOR
12.30 – 13.30	Tai Chi	Raploch Campus	Ally
14.00 - 15.00	Senior Fitness	Gargunnoch	Ally
18.30 – 19.15	Bums & Tums	Bannockburn Comm	Pauline
18.00 – 18.45	Pilates	Deanston Primary	Siobhan
19.00 – 19.45	Pilates	Wallace HS	Julie
19.45 – 20.30	Pilates	Wallace HS	Julie

SATURDAY week beg 20th April – week ending 26th June

TIME	CLASS	VENUE	INSTRUCTOR
09.30 - 10.30	Spinning	Stirling HS	Joanne

Exclusions

* There are no classes on **Saturday 2nd** & **Monday 4th May** due to Public holiday

* There are no classes at Wallace High on **Thursday 7th May**



Types of Classes – To make it easier for you to select a class we have broken them down into categories of: cardiovascular, Muscle Tone and mind & body. To highlight these we have used the following colour codes:

Cardiovascular

Muscle Tone

Mind & Body

General Etiquette – Please ensure you wear appropriate footwear and clothing, allowing you to perform the class safely and effectively

Class Bookings – All classes can be booked no more than one week in advance at class venues. Alternatively, classes operate on a first come, first serve basis. Stirling High School & Wallace High School only. Payment is non refundable.

Late Arrivals – For your own health & safety, all classes hold a policy preventing access after the first 10minutes

Class Costs: -

£5.00 PER CLASS

£4.50 PER CLASS (WITH ACTIVE LIVING CARD)

£4.00 PER CLASS (CONCESSION)

£2.00 PER CLASS (SENIOR FITNESS CLASS)

Please note to obtain discounts, you must provide your active living card

CARD PAYMENTS NOT ACCEPTED – CASH OR CHEQUE ONLY

Community Health & Fitness Programme April – June 2009

