

zest memberships

Sign up
TODAY

ALL CLASSES ARE FREE when you are a zest freedom member

Membership also includes...

- gym session
- general swimming
- group fitness
- racquet sports
- fitness journey
- sauna
- aquafit
- equipment hire
- crèche - first child
- 10% off personal training
- 20% off 1:1 swimming lessons
- group swimming lessons
- priority booking - 8 days



GYM - SWIM - GROUP FITNESS

Ask at reception for further details or visit hambleton.gov.uk/zest

Bookings

Bookings for members can be made eight days in advance at your preferred centre in person at Reception, over the telephone, or online via the website hambleton.gov.uk/zest

Log in details are available from Reception.



Cancellation of Activities

All activities that are paid for in advance are subject to a cancellation policy:-
Classes: No refund within 8 hours of the activity start time
Courses: No refund after 5 days prior to the first session

General Information

- ▶ Classes are open to both members and pay per class customers.
- ▶ All fitness classes are included in the zest freedom membership.
- ▶ All fitness classes are open to everyone 16yrs and over.
- ▶ Book early to avoid disappointment.
- ▶ Arrive at classes early - there are often waiting lists for spaces - arrive before the class is due to start to ensure your space, late arrivals may not be permitted.
- ▶ Valid tickets will be collected on entry to the class.
- ▶ Don't forget to cancel - there might be many reasons why you can't make a class that you have booked - that's not a problem, we just need to know so we can offer someone else the space.
- ▶ Mobile phones should not be used during classes.
- ▶ Please wear appropriate clothing and footwear and bring a drink and a towel.
- ▶ Use the lockers provided for storage of bags.
- ▶ Every effort will be made to minimise alterations to the class timetable.
- ▶ Changes to the class timetable will be displayed in and around the centre.
- ▶ We review our programme regularly as part of the group fitness monitoring process - leaflets will be amended as required.



The centres are accessible to people with a wide range of disabilities.

This information is available in alternative formats and languages

Bedale Leisure Centre (01677) 427272	Northallerton Leisure Centre (01609) 777070	Stokesley Leisure Centre (01642) 711140	Thirsk & Sowerby Leisure Centre (01845) 522447
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hambleton.gov.uk/zest

facebook.com/BedaleLeisureCentre @BedaleLC

Timetables are available on **GYM JAM**

Bedale
Leisure Centre



Group Fitness Timetable



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HAMBLETON
DISTRICT COUNCIL

Issued January 2019

	7am	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9pm
MON							Fitness Mix S		Legs, Bums and Tums S		SPINNING. S													Body Blast S		Advanced Pilates S			SPINNING. S
TUES	SPINNING. S									SPINNING. 50+ S		Aquafit P													Pilates S		Pilates S		SPINNING. S
WED				Pilates S		50+ Fitness Mix S			Tap Dancing S ♦															ZUMBA S		SPINNING. S		Boxercise S	
THURS				Yoga S						Aquafit P			Fitness Mix S		Pilates S								HIIT S	SPINNING. S			Pilates S		
FRI	SPINNING. S					50+ Gym G																		SPINNING. S		Circuits S			
SAT			SPINNING. S			Total Body Workout S		Stretch Therapy S																					
SUN																													

50+

- ▶ **50+ Gym** - a gym based circuit class designed to raise heart rate, improve muscle tone and strength.

Aqua

- ▶ **Aquafit** - work out in the water to music without the high impact stresses.

Cardio

- ▶ **Circuits** - challenging exercises to improve fitness level and muscle strength using a variety of equipment.
- ▶ **HIIT** - a class consisting of short high intensity bursts followed by recovery or active recovery. An amazing way to increase your fitness and get rid of unwanted body fat.

Combat

- ▶ **Boxercise** - an effective form of cross training, combining aerobic and strength exercise. Fun, energetic and addictive!

Dance

- ▶ **Tap Dance** - a fun vibrant dance class for beginners to advanced.
- ▶ **ZUMBA** - Latin-inspired, easy to follow, calorie-burning dance fitness party. Feel the music and let loose.

Mind and Body

- ▶ **Advanced Pilates** - pilates for the more experienced, incorporating the use of small equipment and Swiss Balls.
- ▶ **Pilates** - controlled movements, help strengthen and tone your core muscles.
- ▶ **Stretch Therapy** - a mixture of Pilates moves and Yoga poses to enhance flexibility, prevent injury and overcome chronic tightness and pain.
- ▶ **Yoga** - helping to take the stress out of daily life with emphasis on posture and relaxation.

Spin

- ▶ **SPINNING. (Indoor Cycling)** - this high energy class brings outdoors indoors. A motivating group setting, energising music and inspiring instructors make Spinning an incredible experience!

Strength and Toning

- ▶ **Body Blast** - high energy strength and endurance class using free weights, gain results fast!
- ▶ **Fitness Mix** - enjoy a variety of low-impact group exercise, gentle but effective workout in a friendly sociable environment.
- ▶ **Legs, Bums and Tums** - target those problem areas with an effective aerobic and muscle tone workout.
- ▶ **Total Body Workout** - an all over body conditioning class, great for overall fitness at an intensity that suits you.

KEY S Studio P Pool G Gym
 ♦ External Provider - ask for contact details