

# 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
- 10% off personal training
- 20% off 1:1 swimming lessons
- group swimming lessons
- priority booking - 8 days

Ask at reception for further details or visit [hambleton.gov.uk/zest](http://hambleton.gov.uk/zest)

## FITNESS AT YOUR FINGERTIPS WITH OUR ZEST LEISURE APP

View **timetables** and make easy online class **bookings**



Search [zest@hambleton](mailto:zest@hambleton)



## 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](http://hambleton.gov.uk/zest)

Log in details are available from Reception.



## Cancellation of Activities

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.

All activities that are paid for in advance are subject to a cancellation policy:-

Classes: No refund within 2 hours of the activity start time

Courses: No refund after 5 days prior to the first session

Sessions can be cancelled online, in-centre and via the Zest app up to 2 hours before the class commences.

## 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.
- ▶ Booking a class is advisable due to demand.
- ▶ Mobile phones should not be used during classes.
- ▶ Please wear appropriate clothing and footwear.
- ▶ 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.
- ▶ Fitness classes will be for a maximum of 45 minutes.
- ▶ Face masks are recommended in communal areas and circulation spaces.

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

## This information is available in alternative formats and languages

<b>Bedale Leisure Centre</b>	<b>Northallerton Leisure Centre</b>	<b>Stokesley Leisure Centre</b>	<b>Thirsk &amp; Sowerby Leisure Centre</b>
(01677) 427272	(01609) 777070	(01642) 711140	(01845) 522447

[hambleton.gov.uk/zest](http://hambleton.gov.uk/zest)

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**Bedale**  
Leisure Centre



# Group Fitness Timetable



**HAMBLETON**  
DISTRICT COUNCIL

Issued 3 May 2022

	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			Virtual Group Cycle				Fitness Mix		Pilates															Body Blast	Aquafit P	Pilates		Group Cycling	
TUES			Virtual Group Cycle				50+ Group Cycling		Tai Chi			Aquafit P													Virtual Group Cycle			Group Cycling	
WED			Virtual Group Cycle									Fitness Mix													Dance Fitness SH		Virtual Group Cycle		
THURS							Virtual Group Cycle					Aquafit P		Virtual Group Cycle											Group Cycling	Body Blast	Pilates		
FRI							Dance Fitness		Pilates				Virtual Group Cycle												Virtual Group Cycle	Virtual Group Cycle			
SAT							Total Body Workout		Stretch Therapy																				
SUN							Virtual Group Cycle		Virtual Group Cycle																				

### Aqua

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

### Dance

▶ **Dance Fitness** - Lift your mood & your fitness levels with a fun dance-based workout! Move with the music, learn some new dance steps with some party style vibes! The class offers a great cardio workout with dynamic movements that can aid co-ordination, balance and strength.

### Indoor Cycling

- ▶ **Group Cycling** - this high energy class brings outdoors indoors. A motivating group setting, energising music and inspiring instructors make this class an incredible experience!
- ▶ **Virtual Group Cycling** - members can enjoy rides bursting with entertainment, inspirational videos and music to set the mood and the beat with virtual instructors.

### Mind & Body

- ▶ **Pilates (mat based)** - 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.
- ▶ **Tai Chi** - improve your health and fitness while relaxing your mind and body, helping to combat stress.

### Strength & 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.
- ▶ **Total Body Workout** - an all over body conditioning class, great for overall fitness at an intensity that suits you.

**KEY**      **P** Pool      **SH** Sports Hall