

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

FITNESS AT YOUR FINGERTIPS WITH OUR ZEST LEISURE APP

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



Search 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

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

Bedale Leisure Centre (01677) 427272	Northallerton Leisure Centre (01609) 777070	Stokesley Leisure Centre (01642) 711140	Thirsk & Sowerby Leisure Centre (01845) 522447
--	---	---	--

hambleton.gov.uk/zest

Find us on Facebook

Follow us on Twitter

© Communications Unit HDC 2022

Thirsk & Sowerby
Leisure Centre



Group Fitness Timetable



HAMBLETON
DISTRICT COUNCIL

Issued January 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	8.30pm	
MON		Virtual Group Cycle				Aquafit MP		Total Body Workout		Group Cycle													Yoga		Core Stability		Aquafit TP		Virtual Group Cycle
TUES						Virtual Group Cycle					Yoga		Pilates										HIIT	Virtual Group Cycle	Yoga		Total Body Workout		
WED		Virtual Group Cycle				Virtual Group Cycle					Pilates		Virtual Group Cycle										Boxercise	Virtual Group Cycle	Group Cycle		Body Blast	Aquafit MP	
THURS					Fitness Yoga		Fitness Yoga				Virtual Group Cycle												Kettlebells	Virtual Group Cycle	HIIT		Group Cycle		
FRI		Virtual Group Cycle		Aquafit MP		Virtual Group Cycle			Tai Chi		Yoga															Group Cycle			
SAT			Virtual Group Cycle		Yoga		Yoga	Virtual Group Cycle			Virtual Group Cycle																		
SUN			Virtual Group Cycle				Virtual Group Cycle				Virtual Group Cycle																		

Aqua

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

Cardio

- ▶ **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!

KEY MP Main Pool TP Teaching Pool

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 and Body

- ▶ **Fitness Yoga** - incorporates stretch, strength and Yoga postures. The class concentrates on movement, breathing to music and can improve strength and flexibility.
- ▶ **Pilates** - controlled movements, help strengthen and tone your core muscles.
- ▶ **Tai Chi** - improve your health and fitness while relaxing your mind and body, helping to combat stress.

- ▶ **Yoga** - helping to take the stress out of daily life with emphasis on posture and relaxation.

Strength and Toning

- ▶ **Body Blast** - a strength class designed to challenge your entire body using weight training where you get to select the right weight for you.
- ▶ **Core Stability** - improve posture, optimise sporting performance and promote injury prevention with this core stability class.
- ▶ **Kettlebells** - used in a circuit format to improve strength/conditioning, flexibility and fat loss.
- ▶ **Total Body Workout** - an all over body conditioning class, great for overall fitness at an intensity that suits you.