

## HERSCHEL SPORTS 01753 526 506

Synergy Health and Fitness memberships do not include classes at Herschel Sports. An additional fee will be charged upon entry.

Day	Class	Time	Instructor	Price
Monday	Zumba	18:00-18:55	Georgina	£4.50
Monday	Yoga	19:00-20:15	Lisa	£6.50*
Tuesday	Zumba	18.30-19:30	Sylvia	£4.50
Wednesday	Yoga	18:30-19:30	Meryl	£5.50

\*Extended class

**6 week Boot Camp for £95 - Call 01753 787 556 to book. Start dates 9th January 2012 and 27th February 2012**

## FITNESS CLASS DESCRIPTIONS

### Abs Clinic

Abs, abs and more abs! Want that six pack? Then this is the session for you!

### Abs and Stretch Clinic

Abs, abs and more abs, targets lower middle and sides, finish with an assisted stretch.

### Aerobics

High and low impact routines followed by all over toning and conditioning.

### Aqua

Low impact water based exercise for all ages with the added fun of being in the water!

### Aqua Rehab

Combining the principles of cardiac rehab in the setting of the swimming pool.

### Baggy T-Shirt

A combination of simple low-impact moves, followed by toning for bums, legs and tums.

### Belly Dancing

Ladies, get moving to a fusion of Turkish, Egyptian and Tribal dancing for beginners and improvers.

### Body Balance

A holistic workout which combines the principals of Yoga, Tai Chi and Pilates.

### Body Conditioning

An all over workout which tones your muscles using resistance equipment.

### Body Pump

A demanding workout with a motivating instructor utilising resistance training to improve strength and tone muscle.

### Bootcamp

Results driven fat burning, fun filled programme, whatever your fitness level. Feel the pounds drop from everywhere but your wallet.

### Boxercise

A combination of boxing techniques and punch bags incorporated into a high-intensity circuit for an all over body workout.

### Bums, Tums & Thighs (B,T & Thighs)

A short aerobic workout followed by low impact toning and conditioning.

### Cardio Blast

This high-energy class combines athletic aerobic movements with strength and stabilization exercises for everyone to enjoy.

### Cardiac Rehab

A heart strengthening class designed for people recovering from heart conditions.

### Circuits

A high impact workout incorporating a range of aerobic and resistance exercises which improve fitness and body toning.

### Fitness Yoga

Incorporating the principles of Yoga in to a more dynamic and active environment.

### Gym & Spin

A combination of spinning and circuits into one adrenaline filled class.

### Kobo

A blend of Martial Arts and Thai-boxing mixed with high intensity dancercise and some funky music

### Line Dancing

Be guided through the latest sounds and steps in country music.

### Over 50's

A low impact class carried out at a gentler pace, perfect for beginners and over 50's.

### Pilates and Mat Pilates

A holistic class, similar to Yoga, aimed at developing core strength and posture.

### Spinning and Studio Cycling

Aimed at all ages and abilities, an exciting and dynamic cycle workout that will leave you sweaty, exhausted but all over happy!

### Spin Blast

Short sharp shock to your system in our dedicated indoor cycling studio.

### Step

Utilises a step to perform aerobic routines, followed by toning for bums, tums and thighs.

### Step & Tone

More than just a basic step class, step & tone uses a variety of equipment to gain a high impact full body workout.

### Step Dance

Incorporating the standard principles of step with dance moves to keep you burning those calories to the beat and having fun!

### Total Body Workout

Instructors will lead you through this dynamic aerobic workout, great for calorie burning and conditions the body inside and out.

### Yoga

A low impact class concentrating on core muscle stability, body posture and increasing flexibility.

### Zumba

A combination of high energy and motivating music with unique moves and combinations that allows participants to dance away their moves.

## SYNERGY EXTRA CLASS DESCRIPTIONS

### Gym X

A supervised, motivational, organised, and fun gym session for children between the ages of 10-13.

### Kidz Yoga

Kidz Yoga is a natural and healthy way to exercise, relax, focus, and at the same time have fun!

### Kidz Zumba

Anything adults can do we can do better! High energy, motivating music, unique moves and combinations to dance your energy away!

### Streetdance

Learn some funky new steps to the latest dance tunes. Open to all levels and participants.

### X-Combat

A martial fitness programme that combines both the discipline and tradition of martial arts, with the fun of martial fitness.

### X-Cycle

Enjoy an athletic and authentic cycle ride. With driving music and great drills, we bring your outdoor cycling experience indoors... get ready to sweat!

### X-Energy

Using circuits, relays, partners and team games, this class provides base fitness levels that will open the door to a much wider range of activities.

### Locations :

**Montem Leisure Centre**  
01753 894700  
Montem Lane, Slough, SL1 2QG

**Langley Leisure Centre**  
0845 1461781  
Parlaunt Road, Langley, Slough, SL3 8BD

**Herschel Sports**  
01753 526506  
Whitby Road, Slough, SL1 3BW

All participants should bring a towel and a bottle of water to all classes. New customers are advised to attend classes 10 minutes early to be advised on set up positions.

**synergy**  
health & fitness

# FITNESS CLASS TIMETABLE

**January – March 2012**

To find out more today visit:  
[www.synergyclubs.co.uk](http://www.synergyclubs.co.uk)

Monday	Time	Location	Instructor
<b>Body Pump</b>	07.15-08.00	Synergy Studio	Graham
<b>Total Body Workout</b>	09.45-10.30	Dance Studio	Louise
<b>Body Balance</b>	10.35-11.20	Dance Studio	Louise
<b>Yoga</b>	11.00-12.00	Synergy Studio	Meryl
<b>Circuits</b>	12.15-13.00	Dance Studio	Gaz
<b>Spin</b>	17.15-18.00	Spinning Studio	Kay
<b>Cardio Blast</b>	18.05-19.00	Dance Studio	Kay
<b>Body Pump</b>	18.05-19.00	Synergy Studio	Fitness Team
<b>Studio Cycling</b>	18.15-19.00	Spinning Studio	Lee
<b>Boxercise</b>	19.05-20.00	Dance Studio	Jen P
<b>Total Body Workout</b>	19.05-20.00	Synergy Studio	Kay
<b>Body Balance</b>	20.05-21.00	Synergy Studio	Heidi

Tuesday	Time	Location	Instructor
<b>Circuits</b>	07.15-08.00	Dance Studio	Harry
<b>Total Body Workout</b>	10.00-11.00	Dance Studio	Gaz
<b>Belly Dancing</b>	11.00-12.00	Synergy Studio	Maia
<b>Gentle Aerobics</b>	11.10-11.55	Dance Studio	Rosa
<b>Pilates</b>	12.00-13.00	Dance Studio	Denny
<b>Spin</b>	12.15-13.00	Spinning Studio	Angie
<b>Yoga</b>	14.00-14.45	Dance Studio	Meryl
<b>Body Pump</b>	17.05-18.00	Synergy Studio	Louise
<b>Zumba</b>	18.05-19.00	Dance Studio	Kay
<b>Studio Cycling</b>	18.15-19.00	Spinning Studio	Linda
<b>Circuits</b>	18.05-19.00	Synergy Studio	Will
<b>Body Pump</b>	19.05-20.00	Synergy Studio	Harry
<b>Yoga</b>	19.05-20.00	Dance Studio	Joanne
<b>Studio Cycling</b>	19.15-20.00	Spinning Studio	Hari
<b>Pilates</b>	20.05-21.00	Synergy Studio	Fitness Team
<b>Boxercise</b>	20.05-21.00	Dance Studio	Tony

Wednesday	Time	Location	Instructor
<b>Boot Camp</b>	09.45-10.30	Dance Studio	Harry
<b>Aqua</b>	10.00-10.45	Pool	Rosa
<b>Zumba</b>	12.30-13.15	Dance studio	Denny
<b>Kidz Yoga (8-11)</b>	16.30-17.15	Synergy Studio	Meryl
<b>Studio Cycling</b>	17.15-18.00	Spinning Studio	Lisa
<b>Yoga</b>	18.05-19.00	Dance Studio	Satwant
<b>Body Pump</b>	18.05-19.00	Synergy Studio	Lee
<b>Spin Blast</b>	18.30-19.00	Spinning Studio	Jen P
<b>Zumba</b>	19.05-20.00	Dance Studio	Kay
<b>Kobo</b>	19.05-20.00	Synergy Studio	Jen P
<b>Spin</b>	19.15-20.15	Spinning Studio	Reno
<b>Abs and Stretch Clinic</b>	20.05-20.50	Synergy Studio	Kay

Thursday	Time	Location	Instructor
<b>Circuits</b>	07.05-07.50	Dance Studio	Harry
<b>Body Pump</b>	10.00-11.00	Synergy Studio	Harry
<b>Gentle Aerobics</b>	11.15-11.45	Dance Studio	Gaz
<b>Studio Cycling</b>	12.00-12.45	Spinning Studio	Linda
<b>Line Dancing</b>	12.30-13.15	Dance Studio	Denny
<b>Yoga</b>	13.45-14.40	Synergy Studio	Julie
<b>Body Balance</b>	17.15-18.00	Synergy Studio	Fitness Team
<b>Aerobics</b>	18.05-19.00	Dance Studio	Hansa
<b>Body Pump</b>	18.05-19.00	Synergy Studio	Lee
<b>Spin</b>	18.15-19.00	Spinning Studio	Reno
<b>Latin Step</b>	19.05-20.00	Synergy Studio	Rosa
<b>Zumba</b>	19.05-20.00	Dance Studio	Ann
<b>Studio Cycling</b>	19.15-20.00	Spinning Studio	Lee
<b>Aqua Zumba</b>	20.10-21.00	Pool	Rosa
<b>Kobo</b>	20.05-21.00	Dance Studio	Reno

Friday	Time	Location	Instructor
<b>Studio Cycling</b>	07.00-08.00	Spinning Studio	Darrin/Lina
<b>Spin</b>	09.45-10.30	Spinning Studio	Angie
<b>Yoga</b>	10.00-11.00	Dance Studio	Meryl
<b>Body Pump</b>	10.35-11.20	Synergy Studio	Louise
<b>Yoga</b>	11.30 - 12.30	Dance Studio	Meryl
<b>Spin Blast</b>	17.30-18.00	Spinning Studio	Kay
<b>Body Pump</b>	18.05-19.00	Synergy Studio	Kay
<b>Zumba</b>	19.05-20.00	Dance Studio	Rosa

Saturday	Time	Location	Instructor
<b>Cardio Blast</b>	09.05-10.00	Dance Studio	Fitness Team
<b>Studio Cycling</b>	09.15-10.00	Spinning Studio	Angie/Lisa
<b>Zumba</b>	10.05-11.00	Dance Studio	Dooshi
<b>Body Pump</b>	10.05-11.00	Synergy Studio	Fitness Team
<b>Kobo</b>	11.05-12.00	Dance Studio	Reno

Sunday	Time	Location	Instructor
<b>Spin</b>	14.00-14.45	Spinning Studio	Harry
<b>Body Pump</b>	15.00-16.00	Synergy Studio	Harry



Monday	Time	Location	Instructor
<b>Studio Cycling</b>	07:00- 07:45	Spin Room	Simona
<b>Abs Clinic</b>	09.30-10.10	Fitness Studio	Massimo
<b>B,T &amp; Thighs</b>	10.15-11.15	Fitness Studio	Massimo
<b>Yoga</b>	11.15-12.15	Fitness Studio	Kay
<b>Studio Cycling</b>	12.30-13.15	Spin Room	Louise
<b>Gym X (12-14)</b>	16.30-17.30	Gym/Studio	Xavier
<b>Studio Cycling</b>	18.15-18.55	Spin Room	Michael
<b>Step</b>	18.00-18.55	Fitness Studio	Sylvia
<b>Circuits</b>	18.00-18.55	Synergy Studio	Wendy
<b>Studio Cycling</b>	19.00-19.45	Spin Room	Wendy
<b>Boxercise</b>	19.00-20.00	Fitness Studio	Diane
<b>Pilates</b>	19.00-19.50	Synergy Studio	Kay
<b>Studio Cycling</b>	20.00-20.45	Spin Room	Diane
<b>Aqua</b>	20.00-20.45	Pool	Kay
<b>Body Pump</b>	20.00-21.00	Fitness Studio	Massimo
<b>Yoga</b>	21.00-21.45	Synergy Studio	Kay

Tuesday	Time	Location	Instructor
<b>Cardiac Rehab</b>	08.00-09.00	Fitness Studio	Massimo
<b>Body Conditioning</b>	09.45-10.30	Fitness Studio	Louise
<b>Over 50's</b>	10.50-11.50	Fitness Studio	Louise
<b>Yoga</b>	11.00-12.00	Fitness Studio	Kay
<b>Body Pump</b>	12:15-13.00	Fitness Studio	Louise
<b>Gym &amp; Spin</b>	12.30-13.15	Spin Room	Michael
<b>X-Combat (6-11)</b>	17.45-18.30	Synergy Studio	Xavier
<b>Studio Cycling</b>	17.45-18.30	Spin Room	Wendy
<b>B,T &amp; thighs</b>	18.00-18.55	Fitness Studio	Kay
<b>Studio Cycling</b>	18.40-19.25	Spin Room	Kam
<b>Step</b>	19.00-19.55	Fitness Studio	Kay
<b>Studio Cycling</b>	19.30-20.15	Spin Room	Fred
<b>Body Pump</b>	20.00-20.55	Fitness Studio	Fitness Team

Wednesday	Time	Location	Instructor
<b>Studio Cycling</b>	07.00-07.40	Spin Room	Lisa
<b>Studio Cycling</b>	09.15-10.00	Spin Room	Michael
<b>Pilates</b>	09.30-10.10	Synergy Studio	Kay
<b>Step &amp; Tone</b>	09.30-10.15	Fitness Studio	Massimo
<b>Baggy T shirt</b>	10.15-11.00	Fitness Studio	Massimo
<b>Aqua</b>	10.15-11.00	Pool	Kay
<b>Abs Clinic</b>	11.05-11.50	Fitness Studio	Massimo
<b>Studio Cycling</b>	12.30-13.15	Spin Room	Fred
<b>Body Pump</b>	18.00-18.55	Fitness Studio	Fitness Team
<b>Studio Cycling</b>	18.20-19.05	Spin Room	Michael
<b>Step</b>	19.00-19.55	Fitness Studio	Fitness Team
<b>Yoga</b>	19.00-19.55	Synergy Studio	Kay
<b>Studio Cycling</b>	19.10-19.55	Spin Room	Lisa
<b>Aqua</b>	20.00-20.45	Pool	Kay
<b>Zumba</b>	20.00-20.55	Fitness Studio	Fitness Team
<b>Pilates</b>	21.00-21.45	Synergy Studio	Kay

Thursday	Time	Location	Instructor
<b>Cardiac Rehab</b>	08.10-09.10	Fitness Studio	Massimo
<b>Pilates</b>	09.30-10.10	Fitness Studio	Kay
<b>Aqua Rehab</b>	09.30-10.30	Pool	Massimo
<b>Yoga</b>	10.15-11.00	Fitness Studio	Kay
<b>Studio Cycling</b>	12.15-13.00	Spin Room	Louise
<b>X-Energy (6-11)</b>	17.00-17.45	Fitness Studio	Xavier
<b>Kobo</b>	18.00-18.55	Synergy Studio	Kay Z
<b>Circuits</b>	18.00-18.55	Fitness Studio	Wendy/Michael
<b>Studio Cycling</b>	18.05-18.50	Spin Room	Diane
<b>Aerobics</b>	19.00-19.55	Fitness Studio	Louise
<b>Boxercise</b>	19.00-19.55	Synergy Studio	Kay Z
<b>Studio Cycling</b>	19.15-19.45	Spin Room	Wendy/Michael
<b>Zumba</b>	20.00-20.55	Fitness Studio	Maxine
<b>Yoga</b>	20.15-21.15	Synergy Studio	Kay

Friday	Time	Location	Instructor
<b>Studio Cycling</b>	07.00-07.45	Spin Room	Scott
<b>Cardiac Rehab</b>	08.00-08.55	Fitness Studio	Massimo
<b>Aqua Rehab</b>	09.00-10.00	Pool	Massimo
<b>Pilates</b>	09.30-10.10	Fitness Studio	Kay
<b>Aqua</b>	10.15-11.00	Pool	Kay
<b>B,T &amp; Thighs</b>	10.15-11.15	Fitness Studio	Massimo
<b>Studio Cycling</b>	18.00-18.45	Spin Room	Hari
<b>Fitness Yoga</b>	19.00-20.00	Fitness Studio	Elaine
<b>Aqua</b>	20.00-20.45	Pool	Massimo

Saturday	Time	Location	Instructor
<b>Studio Cycling</b>	09.15-10.15	Spin Room	Reno
<b>Kobo</b>	09.30-10.45	Synergy Studio	Massimo
<b>Aerobics</b>	09.30-10.30	Fitness Studio	Louise
<b>Studio Cycling</b>	10.30-11.15	Spin Room	Alison
<b>Body Pump</b>	11.00-12.00	Fitness Studio	Massimo
<b>Gym X (12-14)</b>	11.30-12.30	Synergy Studio	Xavier

Sunday	Time	Location	Instructor
<b>Studio Cycling</b>	10.00-10.45	Spin Room	Alison
<b>Aerobics</b>	10.30-11.30	Fitness Studio	Sylvia
<b>Studio Cycling</b>	13.00-13.45	Spin Room	Reno
<b>Kobo</b>	14.00- 14.45	Fitness Studio	Reno

**This timetable is subject to change, please refer to website for most recent version.**

