

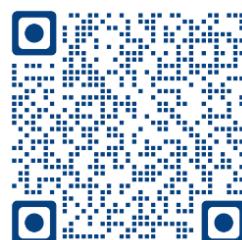
# Class Timetable...

5<sup>th</sup> January - 5<sup>th</sup> April 2026



| Monday    | Session                | Trainer   | Level | Zone           | Duration |
|-----------|------------------------|-----------|-------|----------------|----------|
| 615am     | BURN                   | Janette   | **    | Studio/Outdoor | 45       |
| 715am     | STRONG                 | Janette   | **    | Studio/Outdoor | 45       |
| 845am     | STRONG                 | Janette   | **    | Studio/Outdoor | 45       |
| 945am     | NEW BURN               | Joe       | **    | Studio/Outdoor | 45       |
| 945am     | NEW Pilates            | Charlotte | *     | YOGA SPACE     | 45       |
| 1045am    | Gentle YOGA            | Binny     | *     | YOGA Space     | 45       |
| 500pm     | NEW Cardio COMBAT      | Richard   | *     | YOGA Space     | 45       |
| 600pm     | NEW ZUMBA Strong       | Nicola M  | **    | YOGA Space     | 60       |
| 730pm     | NEW Pilates            | Charlotte | *     | YOGA Space     | 45       |
| Tuesday   |                        |           |       |                |          |
| 615am     | STRONG                 | Joe       | **    | Studio/Outdoor | 45       |
| 845am     | Strong for Life        | Nicola S  | *     | Studio/Outdoor | 45       |
| 945am     | Step & Tone            | Julie     | **    | YOGA Space     | 45       |
| 945am     | BURN                   | Richard   | **    | Studio/Outdoor | 45       |
| 1045am    | Pilates                | Julie     | *     | YOGA Space     | 45       |
| 500pm     | NEW Gentle YOGA        | Debbie    | *     | YOGA Space     | 45       |
| 530pm     | STRONG                 | Richard   | **    | Studio/Outdoor | 45       |
| 615pm     | Vinyasa YOGA (P)       | Alison    | **    | YOGA Space     | 60       |
| 630pm     | BURN (F)               | Richard   | **    | Studio/Outdoor | 45       |
| 730pm     | NEW Pilates            | Ashleigh  | **    | YOGA Space     | 60       |
| 730pm     | Strong for Life        | Linzi     | *     | Studio/Outdoor | 45       |
| Wednesday |                        |           |       |                |          |
| 615am     | BURN                   | Nicola S  | **    | Studio/Outdoor | 45       |
| 715am     | STRONG                 | Nicola S  | **    | Studio/Outdoor | 45       |
| 845am     | NEW HIIT & ABS         | Richard   | *     | Studio/Outdoor | 45       |
| 930am     | Gentle YOGA            | Amy       | *     | YOGA Space     | 45       |
| 945am     | STRONG                 | Nicola S  | **    | Studio/Outdoor | 45       |
| 1045am    | Tone & Stretch         | Nicola S  | *     | YOGA Space     | 45       |
| 500pm     | Gentle YOGA            | Sheila    | *     | YOGA Space     | 45       |
| 600pm     | NEW BOXFIT             | Paddy     | **    | Studio/Outdoor | 45       |
| 630pm     | Pilates & Barre        | Julie     | *     | YOGA Space     | 45       |
| 645pm     | NEW Body Conditioning  | Joe       | *     | Studio/Outdoor | 45       |
| 730pm     | NEW STRONG             | Joe       | *     | Studio/Outdoor | 45       |
| 730pm     | Vinyasa YOGA (Open)    | Julie     | *     | YOGA Space     | 60       |
| Thursday  |                        |           |       |                |          |
| 615am     | PUMP IT UP             | Laura     | **    | Studio/Outdoor | 45       |
| 845am     | Strong for Life        | Nicola S  | *     | Studio/Outdoor | 45       |
| 930am     | Gentle YOGA            | Amy       | *     | YOGA Space     | 45       |
| 945am     | BURN                   | Nicola S  | **    | Studio/Outdoor | 60       |
| 1045am    | Tone & Stretch         | Nicola S  | *     | YOGA Space     | 45       |
| 1230pm    | NEW Fit for life       | Nicola    | **    | Studio/Outdoor | 45       |
| 500pm     | Gentle YOGA            | Amy       | *     | YOGA Space     | 45       |
| 530pm     | NEW Strong (F)         | Janette   | **    | Studio/Outdoor | 45       |
| 615pm     | Vinyasa YOGA (P)       | Alison    | **    | YOGA Space     | 60       |
| 630pm     | NEW Burn               | Linzi     | **    | Studio/Outdoor | 45       |
| 730pm     | Hatha YOGA (P)         | Binny     | *     | YOGA Space     | 60       |
| 730pm     | Strong for Life        | Linzi     | *     | Studio/Outdoor | 45       |
| Friday    |                        |           |       |                |          |
| 615am     | NEW Body Conditioning  | Joe       | **    | Studio/Outdoor | 45       |
| 615am     | NEW BOXFIT             | Paddy     | **    | Studio/Outdoor | 45       |
| 715am     | STRONG                 | Joe       | **    | Studio/Outdoor | 45       |
| 930am     | Gentle YOGA            | Emma      | *     | YOGA Space     | 45       |
| 945am     | STRONG                 | Richard   | **    | Studio/Outdoor | 45       |
| 1045am    | NEW Fit for life       | Nicola    | **    | Studio/Outdoor | 45       |
| 1045am    | Vinyasa YOGA (Open)(P) | Alison    | *     | YOGA Space     | 60       |
| 500pm     | Restorative YOGA       | Binny     | *     | YOGA Space     | 45       |
| 500pm     | NEW HIIT & ABS         | Janette   | **    | Studio/Outdoor | 45       |
| Saturday  |                        |           |       |                |          |
| 800am     | NEW HIIT & ABS         | Janette   | *     | Studio/Outdoor | 30       |
| 930am     | STRONG                 | Janette   | **    | Studio/Outdoor | 60       |
| 1030am    | BURN (F)               | Janette   | *     | Studio/Outdoor | 45       |
| Sunday    |                        |           |       |                |          |
| 0900am    | BURN (F)               | Team      | **    | Studio/Outdoor | 45       |
| 0930am    | Gentle YOGA            | Team      | *     | YOGA Space     | 45       |
| 1000am    | STRONG                 | Team      | **    | Studio/Outdoor | 45       |

KEY:\*=Suitable for beginners \*\*=Experience recommended  
(F) =Family Class (Suitable for 8-16 years with an adult)  
(P) =Suitable for Pregnancy 12-36 weeks (Open) = Open Level  
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# Group Exercise Timetable



## INTENSIVE Workouts

### 🔥 BURN 🔥

Thrilling cardio-based workouts including High Intensity, Bodyweight, Bike and Ski Erg, Assault Bikes, Kettlebell, Sled and Rowing exercises to increase your level of fitness and elevate those endorphins. Every 2 weeks, you'll be given a new challenge guaranteed to make your body burn.

### 💪 STRONG 💪

Classes including Barbells, Dumbbells, Kettlebells, Balls and Bodyweight workouts to increase your level of strength and get you into your best shape ever. Every 2-weeks, you'll try out a new and challenging workout guaranteed to get you strong fast. **PUMP IT UP** uses a range of barbell exercises to help switch it up.

### 🥊 BOXPIT 🥊

This session includes a boxing and fitness session. Gloves can be provided or you can bring your own, no experience needed. (Pad work included)

### Body Conditioning

A mix of Cardio and Strength blocks to give a great all over workout. Using barbells, bodyweight and our high end erg machines.

### 🥊 CardioCOMBAT 🥊

This session includes boxing, kickboxing and thai boxing cardio combinations to fast paced music. Includes some bodyweight work. A great calorie burner.

### Strong for LIFE

This session helps develop strength for life! Working with different kinds of resistance equipment and bodyweight, you will gently be coached to develop your strength, balance, core and endurance to support everyday life and tasks. Perfect to stay on top of your game!

### Fit for LIFE

This feel-good class combines whole-group and circuit-style exercises in the 30-20-10 method! Work 30 seconds at steady pace, 20 seconds a bit harder, 10 seconds hard work! Just as effective as HIIT for improving cardio fitness, but with less of the intensity. High and low-impact alternatives to support joint health.

### Zumba Strong

This class targets all major muscle groups to the beat. A great energising workout for all levels. This is cardio, combat and bodyweight training session and modifications can be offered for all levels. A superb class.

### H.I.I.T & ABS

Try this amazing high intensity interval training class for that fitness boost. A great way to feel mentally stronger as well with plenty of feel-good endorphin release! This is followed by a great Abdominal workout.

### Step & Tone

This session combines step box combinations with metabolic strength activities for a full body workout. Some experience of step is recommended. An amazing calorie burning workout with Richard & Julie.

## MIND / BODY Sessions

### 🧘 Gentle YOGA 🪶

Yoga for all levels. This session covers the basics of yoga so is suitable for any level. A range of poses and postures to suit all levels with modifications offered for more experienced students. A perfect class to make a start on your yoga journey.

### 🧘 Hatha YOGA 🪶

A slower more focused type of class, holding postures for longer, connecting with breath and challenging strength of body and mind. This is ideal for beginners and those wanting to work on postures. The practice then follows with 15-minute meditation. (Pre-natal ladies welcome 12-32 Weeks)

### 🧘 Pilates 🪶

Pilates is a great way to improve stability at the joints and help to restore the natural function of the body. This gives you a gentle yet challenging workout that's tough on the muscles yet gentle on the joints. Easy to follow, flowing movements making it suitable and enjoyable for all ages and abilities!

### 🧘 Restorative YOGA 🪶

Yoga (YIN) that encourages physical, mental, and emotional relaxation for all levels. It is practiced at a slow pace, focusing on long holds, stillness, and deep breathing often using props bolsters and blankets. A great class to take after a busy week!

### 🧘 Vinyasa YOGA 🪶

This dynamic form of yoga will move you from posture to posture, creating heat and total body strength and flexibility. Classes vary with attention to different areas of the body, different peak postures or different ways of focusing your attention. All levels welcome. (Pre-natal ladies welcome 12-32 Weeks)

### Parents & Tots. Weekdays 1045am

Gentle exercise for mummy/daddy and baby. From 3-18 months. A range of simple standing and floor exercises suitable for all levels. FREE 1<sup>st</sup> Class for members. Contact Steph on 07540946373 to book.

### Tone & Stretch

Traditional floor and gentle standing exercises to help improve posture, strength and joint stability. Perfect for those wanting a strong and functional body. Includes a range of flexibility exercises after the stability work. A great class for all levels.

## PRICE GUIDE...

### Pay as you train

|                     | Price                |
|---------------------|----------------------|
| 1 Class or Gym Pass | £10                  |
| 10 Class / Gym Pass | £90 (90 days expiry) |
| Spa Recovery Hour   | £25 (£15 members)    |

### Gym Opening Hours

|         |             |
|---------|-------------|
| Mon-Fri | 615am-830pm |
| Sat-Sun | 800am-100pm |

### Training Plans (no contracts)

|                         | Month                              | Annual (2 months FREE) |
|-------------------------|------------------------------------|------------------------|
| Club                    | £40pm (Gym only) (Spa £15ph)       | £400                   |
| Club + Coaching         | £80pm (Gym & Classes)              | £800                   |
| Club + Chill            | £80pm (Gym & Spa Access)           | £800                   |
| Club + Coaching + Chill | £120pm (Gym, Classes & Spa Access) | £120                   |

### Annual (2 months FREE)

|      |
|------|
| £400 |
| £800 |
| £800 |
| £120 |

### Club Snippets

\*Spa Entry Times for chill members or recovery hour: Tues-Fri 1130am-830pm for 60-minutes.

\*8-Week Fitness & Inch Loss Plan including assessments on week 1 & 8 PLUS all INTENSIVE WORKOUTS – Just £30 per week for 8-Weeks.

\*We only take 25 new people every 8-weeks – See reception for dates of when the next plan starts!

\*IVERIDGE Walking Club, FREE to all the community. TEXT Walking to 07803143679 to join the whatsAPP group.

\*Teen GYM – Every Sat/Sun 1100-100pm – Bring your 10 to 16 year olds for FREE with an adult member to the GYM.

\*Get a recovery hour in the SPA for just £15 per hour for non SPA MEMBERS. Click SPA GARDEN ACCESS on the timetable to book.

\*Members Get 10% off all our spa experiences. Simply enter MEMBERS10 on checkout of our spa experiences. (Excludes Events).

\*Personal Training available. 45-minutes appointments £45 or 1.2 £25pp.

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