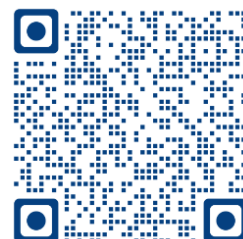


# Class Timetable...

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
<b>Tuesday</b>					
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
<b>Wednesday</b>					
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
<b>Thursday</b>					
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
<b>Friday</b>					
615am	NEW Body Conditioning	Joe	**	Studio/Outdoor	45
615am	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
<b>Saturday</b>					
800am	NEW HIIT & ABS	Janette	*	Studio/Outdoor	30
930am	STRONG	Janette	**	Studio/Outdoor	60
1030am	BURN (F)	Janette	*	Studio/Outdoor	45
<b>Sunday</b>					
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  
 IVERIDGE HEALTH CLUB, Wakefield Road, Oulton, Leeds. LS268EU  
 Web: iveridge.co.uk Tel: 01132887666 Mail: info@iveridge.co.uk



# 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.

### BOXFIT

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**

1 Class or Gym Pass  
10 Class / Gym Pass  
Spa Recovery Hour

### **Price**

£10  
£90 (90 days expiry)  
£25 (£15 members)

### **Gym Opening Hours**

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

### **Training Plans** (no contracts)

	<b>Month</b>
Club	£40pm (Gym only) (Spa £15ph)
Club + Coaching	£80pm (Gym & Classes)
Club + Chill	£80pm (Gym & Spa Access)
Club + Coaching + Chill	£120pm (Gym, Classes & Spa Access)

### **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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