



**harpers**  
health & fitness

Vale Farm Sports Centre

# Group exercise programme



Managed by Leisure Connection Ltd on behalf of the London Borough of Brent.

[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)

# Descriptions

## IT'S AS EASY AS: A, B, C!

**a AEROBIC**  
Great for the heart & lungs and designed to get you a little out of breath. Experience fantastic results whilst increasing the efficiency of your heart and lungs as well as burning lots of calories.

**b BODY CONDITION**  
Toning, strength and endurance. These classes are designed to get your muscles working and looking great.

**c CALM**  
Take time out to relax and enjoy these classes, "Life takes it out of you... these classes give it back." Increase your flexibility, take an hour out of your busy schedule and learn to unwind.

The best way to plan your group fitness workout is to aim to do one of each colour within a week.

### \*Group Fitness Intro Class

Upon joining ensure you take up our 45 minute GTS introduction class, we will provide you with the very best opportunity to book your workouts and like what you book!

### \*Swimming Intro Class

Do you know how to use the pool? If yes or no then get the very best from our programmes in the pool and book onto your FREE workout!

**a Body Attack**  
Combining high and low aerobics, this class offers a good cardio and toning workout.

**b Aerotone\*\***  
The right mix of aerobics and legs, bums & tums.

**a Aqua**  
Open water athletes who want to build strength with no impact can dive in for a free floating aerobic programme that builds agility, balance, alignment, flexibility and muscle strength.

**a Ballroom Blitz**  
Sashay the floor like Fred & Ginger in this heart-pumping, cardio class that combines classic ballroom formulas like swing, meringue and foxtrot, dance elegantly around the dance floor in our Ballroom Blitz class.

**c Body Balance**  
Combines the benefits of Yoga and Pilates as well as other eastern disciplines into a challenging and invigorating experience using a unique blend of movement and music.

**b Body Condition/LBT\*\***  
An all over body conditioning class using various pieces of equipment to ensure an increase in muscle tone, strength and endurance.

**b Body Pump**  
Is a non-impact, resistance-training programme, which utilises barbells and adjustable weights helping to improve muscular strength & endurance. It is a studio-based group session, which is led by highly skilled, motivating instructors who receive on-going training to ensure every class is safe, effective and fun.

**b Body Pump Clinic**  
A 15 minute workshop to ensure you get the best out of your Body Pump class.

**a Circuits**  
Multi stationed group exercise class designed to work on all the basic elements of fitness (strength, stamina, flexibility). No co-ordination required and all abilities welcomed.

**a Hi-Lo Aerobics**  
This class is for all abilities incorporating high and low aerobic options for a heart and body workout.

**b Over 50s**  
A comfortable workout to keep you fit and healthy, this class incorporates everything you will require to stay active and full of life.

**c Pilates**  
Developed in the 1920s by Joseph H. Pilates whose aim was to combine the physique of the ancient Greeks with meditative strength of the east. It was originally a favourite of ballerinas and professional dancers, but in the last few years has begun to break through into the main stream.

**a Step**  
A fun exercise to music class based on the use of a step which will help to increase fitness levels as well as increasing fat burning benefits.

## **a** Street Dance

This class mixes it up with street moves tossed with classic dance moves to create a one-of-a-kind hybrid dance workout. From funky and raw. For juniors only.

## **a** Tap

Learn the kick ball change, clap your heel and shim sham shimmy in this fun cardio tap dance class. Tap shoes welcome but not required!

### **B.Active Card Price**

B.Active provides regular users and concessionary groups with up to 40% discount on standard centre activities. For more information, please contact the main reception on **020 8908 6545**.

## **C** Yoga

This yoga class integrates the postures, breathing exercises, relaxation and meditation to harmonise you on every level – body, mind and spirit. It is a delicious, mindful and moving class. All levels welcome.

**You have to attend at least one Body Pump clinic before you attend a Body Pump class.**

\*Only available at certain facilities.



### **Monday**

Pilates (all abilities)	09.00 – 10.00
Hi-Lo Aerobics	09.45 – 11.00
Tap	11.00 – 12.00
Aqua Over 50s	12.30 – 13.30
Ballroom Blitz	12.30 – 14.00
Over 50s	13.00 – 15.00
Body Condition/LBT**	18.15 – 19.15
Hi-Lo Aerobics	19.15 – 20.15
Body Balance	20.15 – 21.30

### **Tuesday**

Aerotone**	09.45 – 11.00
Yoga	10.00 – 11.30
Aqua Over 50s	12.30 – 13.30
Body Attack	18.30 – 19.30
Yoga	19.15 – 20.45
Body Condition/LBT	19.30 – 20.30
Aqua**	20.30 – 21.30
Body Pump	20.30 – 21.30

### **Wednesday**

Pilates	09.00 – 10.00
Hi-Lo Aerobics	09.30 – 10.45
Over 50s	10.45 – 12.15
Body Pump	11.00 – 12.00
Movement and Dance	13.00 – 14.30
Combat	18.15 – 19.15
Step	19.15 – 20.15

### **Thursday**

Aerotone**	09.45 – 11.00
Over 50s	09.45 – 12.00
Body Pump Clinic	18.15 – 18.30
Body Pump	18.30 – 19.30
Body Attack	19.30 – 20.30

### **Friday**

Pilates	08.00 – 09.00
Body Attack	09.45 – 10.45
Yoga	10.00 – 11.30
Body Pump Clinic	10.45 – 11.00
Body Pump	11.00 – 12.00
Aqua Over 50s	12.30 – 13.30
Aqua	18.00 – 19.00

### **Saturday**

Body Condition/LBT**	09.30 – 10.30
Body Balance	10.30 – 11.30
Step	11.30 – 12.30
Junior Street Dance (5 – 9yrs)	12.30 – 13.30
Junior Street Dance (10 – 16yrs)	13.30 – 14.30

### **Sunday**

Yoga	09.15 – 10.45
Body Pump	10.00 – 11.00
Aerotone	11.00 – 12.00

\*\* Women only classes.

## Booking Information

### Save money by becoming a member

If you attend 2 or more classes per week you could be saving money by becoming a Harpers Member. Please speak to one of the membership team on site to find out how much you can save.

### Booking Information

Whilst not essential it is advisable to book your class in advance.

Bookings are made at reception by telephone or in person or online at [www.harpersfitness.co.uk](http://www.harpersfitness.co.uk). Harpers members can book up to 7 days in advance. Non-members can book 7 days in advance and must pay at the time of booking.

Spaces will only be available on the night if the class is not at capacity.

Our Class Instructors are on the Register of Exercise Professionals (REPs) and whilst each individual Instructor may have developed their own teaching style the content of the classes will be broadly comparable.

Fees – Payment may be made by cash, credit card or cheque made payable to 'Leisure Connection Ltd', which must be supported by a valid cheque guarantee card. For more details please contact reception.

### Please note

Refunds will only be given on production of a medical certificate for the participant.

In the event that lessons are cancelled by the Centre, as much notice as possible will be given.

**Vale Farm Sports Centre**  
Watford Road,  
North Wembley,  
Middlesex HA0 3HG

# 020 8908 6545

[vale.farm@harpersfitness.co.uk](mailto:vale.farm@harpersfitness.co.uk)

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## Health & Safety

All items of jewellery, fashion or religious, should be removed whilst participating in activities as they pose a hazard to both the wearer and others.

All classes are open to everyone; however some may be of greater intensity than others. If you are new to a class, please ensure you make the Instructor aware of this so they offer lower intensity alternatives. For safety reasons, participants will not be permitted to enter the class more than 10 minutes after the advertised start time.

### RNID 'type talk'

Please call the facility dialling 18001 plus the full telephone number (including area code) to operate a telephone relay service for people with impaired hearing or speech.

Visit: [www.typetalk.org](http://www.typetalk.org)

