

CLASS DESCRIPTIONS

ACTIVE X – It's our signature, in house functional fitness class. Built around predictable, repeating stations, the workout alternates between running efforts and functional movements such as sled pushes, sandbag lunges, rowing, ski ergonomics, and wall balls. This dynamic class builds total-body stamina, functional strength.

ADVANCE SWIM GROUP – This is a group swim – swimmers who want to improve technique and speed through various drills in the water. Please note you need to pass a competency test to join this session.

ADULT SWIM LESSONS – BEGINNER PROGRAMME 16+

In the beginner adult swim lessons, you will gain confidence in the pool environment, learn the basic techniques of the front crawl and backstroke, as well as to tread water confidently. Additional fee required.

ADULT INTERMEDIATE SWIM – The intermediate swim group is aimed to those members who can already swim lengths and want to improve their technique and stamina.

AQUA AEROBICS – Enjoy a low impact exercise class in water, to music. Two lanes allocated for aqua aerobics and one reserved for lane swimming.

BARRE CORE FITNESS – A unique class combining Ballet and Pilates conditioning exercises, resulting in improved postural muscles and muscle tone.

BODY BALANCE – A unique Les Mills class that gets the best bits from Taiichi, Pilates and Yoga. This is a great class to improve circulation, posture and breathing.

BODY CONDITIONING – A fast way to shape up and lose body fat. A whole body approach, cardio and muscular endurance training class for all levels.

BODY PUMP – A fast way to shape up and lose body fat. It is a toning and conditioning class with weights. Les Mills official.

BOOTCAMP CIRCUIT – A circuit class designed by personal trainers. It will consist of both cardio vascular and resistance exercises – be prepared to work hard!

DANCEFIT – Dance your way fit with this high energy, non-stop, feel-good class! With an epic playlist full of Latin, Pop, Bollywood & International beats, you will find yourself having the best time ever! A fun workout for all ages and abilities... bring your sweat towel and let's go!

DANCE WITH SHERRY – Come and learn a new dance routine every 4 weeks! We cover all styles such as jazz, Bollywood, contemporary, musical theatre and much more. Beginners welcome!

KIDS ACTIVE DANCEFIT – An energetic and fun dance class, where children will learn fundamental dance moves, as well as getting active and social and learning funky moves. Suitable from 5 -11 years old.

FAST PILATES – A slightly advanced version of the original Pilates fitness class, focusing more on movement and using props at a dynamic pace.

FURY – Fury will take you to your max! Challenge yourself with our new high intensity class, a combination of high intensity cycle and resistance interval training that will push you to the limit and will unleash your inner FURY!

HATHA YOGA – Uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dhyana) with the goal of bringing about a sound, healthy body and a clear peaceful mind.

HIIT CARDIO – A high interval training session focusing on your heart rate reaching 70-80% of its max through a variation of cardio exercises, with short periods of recovery.

HIIT STRENGTH – A high intensity interval training session focusing on full body strength using weights for short, intense work periods followed by recovery.

IYENGAR YOGA – Iyengar yoga improves muscle strength, balance and postural alignment through a changing sequence of postures. Practice helps to reduce stress of the mind and body whilst increasing a sense of calm. Iyengar Yoga is accessible to all

KUNDALINI YOGA – This type of yoga offers ancient teachings focusing on breathing, physical movements and postures with mantra to help focus the mind.

L.B.T (LEGS, BUMS AND TUMS) – Get ready to strengthen your Body, Legs, Bum(s) and Tums. Great for staying active and toning your lower body.

MEMBERS FOOTBALL – The beautiful game, played on our state of the art indoor court. All levels welcome, ages 16+.

POWER PILATES – is similar to traditional Pilates but with more controlled movements, intensity, and variations. It sometimes involves incorporating weights, bands, and balls with regular mat Pilates exercises. Besides, it is still as low impact as traditional Pilates but instead of repeated movements, it requires a flow motion by forming movement sequences. This class is more suitable to people who have already experienced traditional Pilates.

PILATES – A series of floor exercises with proper alignment and correct breathing to give a leaner and more sculpted body. Suitable for all levels.

SENIOR AEROBICS – Low impact aerobics with easy to follow movements, designed for improvements in cardiovascular fitness. Followed by a whole body stretch to maintain flexibility.

STRENGTH & TONE – A fast way to shape up and lose body fat. It is a toning and conditioning class with weights and barbells.

SPINNING / INDOOR CYCLING – Indoor cycling based on outdoor riding. Low impact, high calorie burn and fun for all levels.

SUPPLE STRETCH – Focuses on full body stretching to improve flexibility, mobility. The class helps reduce muscle tension and promote better posture and balance. It's a great way to unwind and finish the week feeling refreshed and restored.

VINYASA FLOW – This is a yoga style which focuses on movements and transitions to form one fluid sequence.

YIN YOGA – Yin Yoga is a perfect complementary to Vinyasa – one style active, dynamic and fast paced, the other style passive, embracing stillness and relaxing

ZUMBA – Easy to learn moves combined with Latin rhythms, such as Salsa and Merengue, resulting in an action packed workout.

1st September – 30th
November 2026



SUMMER GROUP CLASSES TIMETABLE

ucsactive.org.uk

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Active

SUMMER GROUP CLASSES TIMETABLE

1st September – 30th November

All classes, except for courses indicated by an (***), are included in your membership at no additional cost.

MONDAY

TIME	CLASS	INSTRUCTOR	AREA	LEVEL	MYZONE
5-15-5:55pm	LBT*	MARZENA	STUDIO	ALL	YES
6 -6.50pm	HIIT CARDIO	MARZENA	STUDIO	ALL	YES
6 -6.50pm	SENIOR AEROBICS	CHERYL	6 TH FORM CTR	SENIOR	
7 -7.50pm	INDOOR CYCLING	CHLOE	STUDIO	ALL	YES
7 -7.50pm	PILATES	CINZIA	SPORTS HALL	ALL	
8-8.50pm	BARRE CORE	CINZIA	STUDIO	ALL	
9-9.30pm	BOX FIT	BRIAN	STUDIO	ALL	

*Please note, no use of the car park and changing room facilities before 6pm

TUESDAY

TIME	CLASS	INSTRUCTOR	AREA	LEVEL	MYZONE
5.15-6pm	FAST PILATES*	HONG	STUDIO	ALL	YES
6.05-6.55pm	PILATES**	HONG	SPORTS HALL	ALL	
6.10-7.00pm	FURY	ANNA	STUDIO	ALL	YES
7.10-8.00pm	BODY PUMP	MARK	STUDIO	ALL	YES
7-7.50pm	BOOTCAMP/CIRCUIT	MILENA	SPORTSHALL	ALL	
8.10-9.10pm	BODY BALANCE	MILENA	STUDIO	ALL	

*Please note, no use of the car park and changing room facilities before 6pm
**One booking per member per day

WEDNESDAY

TIME	CLASS	INSTRUCTOR	AREA	LEVEL	MYZONE
5.40-6.30pm	BARRE CORE**	CINZIA	STUDIO	ALL	
6.40-7.30pm	BARRE CORE**	CINZIA	STUDIO	ALL	
7.00-7.50pm	VINYASA FLOW YOGA	MARG	6 th FORM CTR	ALL	
7.35-8.35pm	HIIT CARDIO	CHLOE	STUDIO	ALL	YES
8.00-9.00pm	MEMBERS FOOTBALL	N/A	SPORTS HALL	ALL	
8-8.50pm	YIN YOGA	MARG	6 TH FORMCTR	ALL	

*Please note, no use of the car park and changing room facilities before 6pm
**One booking per member per day

CLASS/COURSE DESCRIPTIONS

Beg: Beginners | Int: Intermediate | Adv: Advanced | All: All Levels

TEEN CLASSES	AMBIANCE LIGHTING	FLASHING LIGHTS
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THURSDAY

TIME	CLASS	INSTRUCTOR	AREA	LEVEL	MYZONE
5.15-6pm	POWER PILATES*	JES	STUDIO	ALL	YES
6.05-6.55pm	AQUA AEROBICS	ANNA	POOL	ALL	
6.05-7.05pm	BODY BALANCE	MILENA	STUDIO	ALL	
6.10-7.00pm	POWER PILATES	JES	SPORTS HALL	ALL	
6.30-8pm	IYENGAR YOGA	MAGS	6 TH FORM CTR	ALL	
7-7.50pm	ADVANCED SWIM	PAUL	POOL	ADV	YES
8-8.50pm	BEGINNER SWIM COURSE***	KONSTANTINOS	POOL	BEG	
7.10-8.10pm	BODYPUMP	MILENA	STUDIO	ALL	
8.15-9.15pm	ZUMBA	EMMA	STUDIO	ALL	YES

*Please note, no use of the car park and changing room facilities before 6pm
**One booking per member per day
***BEGINNERS SWIM Additional charges applies

FRIDAY

TIME	CLASS	INSTRUCTOR	AREA	LEVEL	MYZONE
6-6.50pm	BODYCONDITIONING	MARZENA	STUDIO	ALL	YES
7-7.50pm	INT SWIM	CAROLINA	POOL	INT	
7-7.50pm	SUPPLE STRETCH	MARZENA	STUDIO	ALL	

*Please note, no use of the car park and changing room facilities before 6pm

SATURDAY

TIME	CLASS	INSTRUCTOR	AREA	LEVEL	MYZONE
7.30-9am	ADV SWIM	PAUL	POOL	ADV	
7.50-8.40am	SPINNING	GERARD	STUDIO	ALL	YES
9.00-9.50am	BARRE CORE**	CINZIA	STUDIO	ALL	
10.00-10.55am	BARRE CORE**	CINZIA	STUDIO	ALL	
11.10-12.10pm	BODY PUMP	LETERIS	STUDIO	ALL	YES
12.20-1.20PM	BODY BALANCE	LETERIS	SPORTS HALL	ALL	
12.20-1.20pm	PILATES	SHARON	STUDIO	ALL	
12.30-1.15pm	AQUAAEROBICS	ROBIN	POOL	ALL	
1.30-2.30pm	BODY PUMP	MARK	STUDIO	ALL	
2.40-3.30pm	KIDSACTIVEDANCEFIT	SHERRY	STUDIO	5-10 YRS	
3.40-4.40pm	DANCE WITH SHERRY	SHERRY	STUDIO	ALL	
4.50-5.50pm	DANCE WITH SHERRY	SHERRY	STUDIO	ALL	

**One booking per member per day

MYZONE CLASSES

Myzone is a chest strap that monitors your heart rate, calories, time and effort during your workout. It can be viewed throughout your physical activity. For these classes, participants wearing a myzone strap will see their effort tiles displayed on the display screen in the studio during the workout.



SUNDAY

TIME	CLASS	INSTRUCTOR	AREA	LEVEL	MYZONE
8.40-9.40am	KUNDALINI YOGA	COLIN	STUDIO	ALL	
9.30-10.20am	ACTIVE X	BRIAN	SPORTS HALL	ALL	
9.50-10.50am	HIIT STRENGTH	LETERIS	STUDIO	ALL	YES
11-12pm	BODY PUMP	LETERIS	STUDIO	ALL	YES
12.10-1.10pm	PILATES**	CINZIA	STUDIO	ALL	
1.20-2.20pm	PILATES**	CINZIA	STUDIO	ALL	
2.30-3.30pm	STRENGTH & TONE	BRIAN	STUDIO	ALL	YES
5-6pm	ZUMBA	EMMA	STUDIO	ALL	
6.10-7.40pm	HATHA YOGA	SHAHROKH	STUDIO	ALL	

**One booking per member per day

BOOKINGS AND CANCELLATIONS

You can book 7 days in advance for all classes. A minimum of 2hours notice must be given for cancellation of a booking. Should the booking be cancelled less than 2hours of the class start time, the member will be subject to a strike on their account. Failing to attend 3 times within a month, will result in the member being unable to book for a one week period.

Anyone new to a class or with a medical/physical condition should make this known to the instructor prior to the start of the class. Please note in order to participate in any classes except for KA you need to be 16 years old.

To enable the classes to start on time please arrive at the studio/pool, changed and ready 5 minutes prior to the start of the class. Members who arrive 5 minutes after the class start time, will not be permitted into the class and their place will be given to a person on the waiting list..

Classes highlighted with ** indicate a one booking per member per day rule. Classes highlighted with *** indicate additional charge.

SCAN QR CODE TO BOOK CLASSES ON OUR MEMBERS CLUB HUB

