

Group Coaching Timetable



Monday		Session	Trainer	Level	Zone	Duration
615am	NEW	BURN	Janette	**	Studio/Outdoor	45
715am	NEW	STRONG	Janette	**	Studio/Outdoor	45
845am	NEW	STRONG	Janette	**	Studio/Outdoor	45
945am	NEW	BURN	Joe	**	Studio/Outdoor	45
1045am		Gentle YOGA	Binny	*	YOGA Space	60
1045am	NEW	Parents & Tots	Steph	*	Studio/Outdoor	45
1145am	NEW	Monthly Workshop	Linzi		Reception	45
430pm	NEW	STRONG	Della	**	Studio/Outdoor	45
530pm		BOXFIT	Richard	**	Studio/Outdoor	45
530pm	NEW	ZUMBA Strong	Nicola M	**	YOGA Space	45
630pm	NEW	BURN	Della	**	Studio/Outdoor	45
630pm		DanceFIT	Richard & Janette	**	YOGA Space	45
700pm	NEW	Monthly Workshop	Joe	*	Reception	45
730pm		Pilates	Cesca	*	YOGA Space	45
Tuesday						
615am	NEW	STRONG	Richard	**	Studio/Outdoor	45
845am	NEW	Strong for Life	Nicola S	*	Studio/Outdoor	45
945am		Step	Julie	**	YOGA Space	45
945am	NEW	BURN	Richard	**	Studio/Outdoor	45
1045am		Pilates	Julie	*	YOGA Space	45
1045am	NEW	Parents & Tots	Steph	*	Studio/Outdoor	45
530pm	NEW	STRONG	Richard	**	Studio/Outdoor	45
615pm		Vinyasa YOGA (P)	Alison	**	YOGA Space	60
630pm	NEW	BURN	Richard	**	Studio/Outdoor	45
730pm	NEW	Strong for Life	Linzi	*	Studio/Outdoor	45
Wednesday						
615am	NEW	BURN	Nicola S	**	Studio/Outdoor	45
715am	NEW	STRONG	Laura	**	Studio/Outdoor	45
930am		Gentle YOGA	Lucy	*	YOGA Space	45
945am	NEW	STRONG	Nicola S	**	Studio/Outdoor	45
1045am		Tone & Stretch	Nicola S	*	YOGA Space	45
1145am	NEW	Monthly Workshop	Nicola S		Reception	45
500pm		Gentle YOGA	Sheila	*	YOGA Space	45
530pm	NEW	BURN	Nicola S	**	Studio/Outdoor	45
630pm		BOXFIT (F)	Paddy	**	Studio/Outdoor	45
630pm		Pilates & Barre	Julie	*	YOGA Space	45
730pm	NEW	STRONG	Nicola S	**	Studio/Outdoor	45
730pm	NEW	Strong YOGA	Julie	*	YOGA Space	60
Thursday						
615am	NEW	PUMP	Laura	**	Studio/Outdoor	45
845am	NEW	Strong for Life	Nicola S	*	Studio/Outdoor	45
930am		Gentle YOGA	Amy	*	YOGA Space	45
945am	NEW	BURN	Richard & Nicola	**	Studio/Outdoor	60
1030am		Pilates	Cesca	*	YOGA Space	45
1045am	NEW	Parents & Tots	Steph	*	Studio/Outdoor	45
500pm		Gentle YOGA	Amy	*	YOGA Space	45
530pm		PUMP	Laura	**	Studio/Outdoor	45
615pm		Vinyasa YOGA (P)	Alison	**	YOGA Space	60
630pm	NEW	BURN	Laura	**	Studio/Outdoor	45
730pm		Hatha YOGA (P)	Binny	*	YOGA Space	60
730pm	NEW	Strong for Life	Linzi	*	Studio/Outdoor	45
Friday						
615am		BOXFIT	Richard & Paddy	**	Studio/Outdoor	45
715am	NEW	STRONG	Richard	**	Studio/Outdoor	45
930am	NEW	Gentle YOGA	Lucy	*	YOGA Space	45
945am	NEW	STRONG	Richard	**	Studio/Outdoor	45
1045am		Vinyasa YOGA (Open)(P)	Alison	*	YOGA Space	60
430pm	NEW	BURN	Janette	**	Studio/Outdoor	45
500pm		Gentle YOGA	Binny	*	YOGA Space	45
530pm	NEW	STRONG	Janette	**	Studio/Outdoor	45
600pm		Restorative YOGA	Binny	*	YOGA Space	60
Saturday						
800am	NEW	STRONG	Janette	**	Studio/Outdoor	45
930am	NEW	BURN	Janette & Richard	**	Studio/Outdoor	60
1130am	NEW	FAMILY BURN (F)	Janette	*	Studio/Outdoor	45
Sunday						
0900am	NEW	BURN (F)	Team	**	Studio/Outdoor	45
1000am		Gentle YOGA	Team	*	YOGA Space	60
1000am	NEW	STRONG	Team	**	Studio/Outdoor	45
1200am	NEW	Monthly Workshop	Linzi		Reception	60

KEY:*=Suitable for beginners **=Experience recommended

(F)=Family Class (Suitable for 10-16 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 - IVERIDGES' 8-Week Fitness Plan.

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. Each week, you'll be given a new challenge guaranteed to make your body burn.

STRONG - IVERIDGES' 8-week Strength Plan.

Classes including Barbells, Dumbbells, Kettlebells, Balls and Bodyweight workouts to increase your level of strength and get you into your best shape ever. Each week, you'll try out a new and challenging workout guaranteed to get you strong fast.

BOXFIT

This session includes a boxing and fitness session. The workout includes circuit based exercises and includes Boxing Bags, Ski Ergs, Assault Bikes and Pad Work. Gloves can be provided or you can bring your own, no experience needed.

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!

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.

HYROX – (Coming March 25)

These sessions include training drills to help get that body super fit for future HYROX events at Iveridge. Drills include shuttle runs, sled training, lunges, burpees, wall balls, ski ergs and everything else to get you in tip top shape.

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 experience.

DanceFIT

Awesome dance moves to pumping 80's & 90's, Zumba and current pop and dance classics. A great workout to help you stay on top of your fitness and coordination. Experience is recommended.

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 the detail of postures and the effect on the mind. 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

Gentle exercise for mummy/daddy and baby. From 3-18 months. A range of simple standing and floor exercises suitable for all levels. FREE 1st 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	£20 (£15 members)

Training Plans (no contracts)

	Month	Annual (2 months FREE)
Club	£40pm (Gym only)	£400
Club and Coaching	£80pm (Gym plus upto 7 group sessions per week)	£800
Club, Coaching + Chill	£120pm (Gym, upto 7 group sessions and 4 spa visits per week)	£1200

NEW STARTERS

8-Week Fitness & Inch Loss Plan including assessments on week 1 & 8 PLUS all INTENSIVE WORKOUTS – Just £197!

We only take 50 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. Click SPA GARDEN ACCESS on the timetable to book.

Spa Entry Times for chill members or recovery hour: Tues 430-830pm or Wed-Fri 1130am-830pm (Fri. 6pm) for 60-minutes.

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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