

AQUA: Water based aerobics class suitable for all fitness levels.

ASHTANGA YOGA: Ashtanga Yoga is a graceful athletic type of Yoga that encourages the essential connection of breath and movement. You will build natural strength physically and mentally. This class is suitable for Intermediate and Advanced Practitioners as modifications are offered to less experienced Yogis. Not suitable during pregnancy.

BODY PUMP (16+): The original barbell class. Light weight, high reps great for toning and sculpting those muscles. Please attend a technique class before attending. (Not suitable during pregnancy).

BOXERCISE: Classes combine the principals of professional boxing training and functional fitness to create a unique training system, delivering safe, fun and effective boxing for fitness sessions.

BROADWAY BOOGIE: Broadway boogie is a high energy dance fitness workout inspired by musical theatre from stage to screen.

CHAIR YOGA: A gentle yoga class done seated or using a chair for support. Ideal for all levels, especially those with limited mobility. Improve flexibility, strength and relaxation - no floor work required.

CIRCUIT: A lively mix of stations combining strength , cardio and core moves - keep moving , switch it up and have fun while you sweat for full body challenge.

CORE: Strengthen the core with our abs class. (Not suitable during pregnancy).

GROUP CONDITIONING: A small group PT style class designed to improve your confidence in weight training.

INDOOR CYCLING: Indoor group cycling class designed to increase your fitness. Control your class intensity with your resistance dial and leg speed with a combination of sprints, climbs and flats. Please attend a technique class before attending. (Suitable for age 14+ or 12-13yr old member's can attend with an adult member. Not suitable during pregnancy)

INTERVALS STRENGTH: Using a combination of dumbbells, barbells and body weight exercises designed to strengthen and tone muscle whilst increasing your aerobic fitness.

KARATE: Non contact family martial arts class suitable for all levels.

PILATES: Strengthen the core, improve posture and flexibility. Suitable for all abilities. (Not suitable during pregnancy).

POWER: Equipment based, circuit style class that combines functional exercises with cardio to improve strength, endurance and overall fitness. Using ski ergs, rowers, torque tank, wall balls and much more. **FAMILY POWER 8+.**

QIGONG: A traditional Chinese health practice combining gentle, flowing movements with mindful breathing to cultivate energy, vitality, and relaxation. Qigong promotes flexibility, balance, inner calm, and overall wellbeing.

SALSACISE: Aerobic dance class incorporating Cuban dances such as mambo, pachanga, and rumba.

SHIFT: A dynamic mix of cardio and strength. Shift from cardio/hiit to full body strength training to push your fitness, build strength and endurance all in one class!

SOUNDBATH: A sound bath is a meditative experience where participants are "bathed" in resonant sounds from singing bowls, gongs, and chimes, to promote relaxation, stress reduction, and mindfulness. Sound healing is not recommended for individuals with a pacemaker, auditory epilepsy, or those in the first trimester of pregnancy.

STEP: Low impact cardio workout using a step. Suitable for all abilities.

STRENGTH TRAINING: A full body workout focusing on building muscle and improving strength and technique through multiple sets of exercises. Suitable for all abilities.

CHEN-STYLE TAI CHI: A traditional form of internal martial art and popular health practice which blends slow and graceful sequences with spiral energy, promoting balance, coordination and a calm mind. chen style emphasises correct posture, soft strength, energy releases and flowing movement.

TRI CLUB: Beginners swim for those looking to start swimming for tri or race, looking to improve water confidence or increase their swim ability.

Run club is suitable for anyone running 5k to a marathon.

Brick is bike and run included and can be indoors or outdoors.

Tri Training covers all 3 disciplines of triathlon swim, bike and run.

TRIGGER POINT PILATES: Combining Pilates core moves to help alleviate chronic pain conditions and restructure the body. Foam rollers, spiky balls and soft Pilates balls are used to release tight muscles.

TTB: This low impact class targeting the Tummy, Thighs and Butt will reshape your mid and lower body in a balanced way, with exercises aimed at toning and shaping these particular areas of the body.

YIN & YANG YOGA: This is a practice that combines the slow-paced, meditative aspects of relaxing stretches (Yin) with the dynamic, strength-building elements of Vinyasa Yoga poses, (Yang) promoting balance and harmony in both body and mind. To attend Yang Yoga, it is recommended you have some vinyasa yoga experience.

YOGA (HATHA): A series of physical and mental exercises to help you achieve a healthy harmonious life. (Not suitable during 1st trimester of pregnancy)

VINYASA YOGA: Vinyasa yoga offers a balanced smooth transition between yoga postures with awareness to the breath. This can offer numerous health benefits such as improved cardiovascular health, increased strength and flexibility, reduced stress and enhanced mental clarity . This class is suitable for beginners, intermediate and advanced practitioners. Not suitable during pregnancy.

ZUMBA: An aerobic fitness programme featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

Health & Safety

- Participants will not be permitted to enter a class once it has started.
- To help prevent injury please don't leave a class prior to the cool down ending.
- Appropriate clothing and footwear must be worn at all times.
- Instructors may ask participants not to take part in a class if they don't seem physically well.
- Please advise your instructor if you are pregnant.
- Please bring a water bottle with you to all classes.
- Aqua participants are required to shower before entering the pool.

Lifestyle Lounge Schedule

Member exclusive **Body Analysis.**
Our Gym Team will assist you on our Tanita scales that measure weight, BMI (body mass index), body fat, muscle mass, hydration level, metabolic age and your BMR (basal metabolic rate basic calorie intake).
20mins.
Blood pressure checks available on request.
Book with the Gym Team or at Health Club Reception.

Member exclusive **Lifestyle Consultation.**
A confidential service with our Wellness Team, who will discuss your body analysis in more detail and look at advanced readings including obesity degree, metabolism levels, basic nutrition, healthy lifestyle advice and goal setting.
45 mins.
Book at Reception or in The Lifestyle Lounge.

Personalised **Health Coaching.**
Would you like to build a more positive relationships with food? Manage your time more efficiently for exercise? Reduce stimulants including sugar, caffeine, or alcohol, improve your sleep? If prioritising your health is a goal for you, please book your session with reception. This is included in your membership.
For further details please email Natalie.westgate@ribbyhall.co.uk

Physiotherapy Private Booking
Please contact Annie Steadman 07484 227972

Physiotherapy, Sports Therapy & Sports Massage Private Booking
Please contact James Boardman 07903 263769

Bowen Therapy Private Booking
Please contact Judith Kilgallon 07505 000724

Reflexology & Indian Head Massage Private Booking
Please contact Jane Holden 07397 747744

Dietician & Nutrition Private Booking
Please contact Matt Ponde 07866 929985

Call 01772 682000

Download your timetable at
www.ribbyhall.co.uk/healthclub

Your Password

Your Password



Join our members Facebook group to stay up to date with the latest news.



New Booking Procedure:

Health Club members' can book classes 1 day in advance 7am-11pm.

Classes can be booked online at:



Please make sure you have registered your email address with us and have received your password from our memberships team to book online. Classes can also be booked in person at the Health Club reception desk or by calling 01772 682000.

Non-members' can book classes 1 hour before they are due to start.

Please ensure you book in for all classes.

MONDAY		
INDOOR CYCLING	6:30am - 7:15am	3
INDOOR CYCLING	9:15am - 10:00am	3
POWER	9:15am - 10:00am	1
HATHA YOGA	9:30am - 10:30am	2
CORE	10:05am - 10:35am	1
AQUA	10:35am - 11:20am	P
BROADWAY BOOGIE	10:45am - 11:30am	1
HATHA YOGA	10:45am - 11:45am	2
SOCIAL TENNIS	1:00pm - 3:00pm	T
TAI CHI	3:00pm - 4:00pm	1
QIGONG	4:15pm - 5:15pm	2
YIN YOGA	5:15pm - 5:45pm	2
INDOOR CYCLING	5:15pm - 6:00pm	3
YANG YOGA	5:45pm - 6:30pm	2
CIRCUITS	5:45pm - 6:30pm	H
BODY PUMP	6:00pm - 7:00pm	1
RUN CLUB	6:00pm - 7:00pm	3
THIGHS, BUMS & TUMS	6:30pm - 7:10pm	2
INDOOR CYCLING	7:00pm - 7:45pm	3
BEGINNERS SWIM	8:00pm - 8:30pm	P

TUESDAY		
POWER	6:30am - 7:00am	1
BODY PUMP	9:15am - 10:15am	1
HATHA YOGA	9:30am - 10:45am	2
ZUMBA	10:30am - 11:15am	1
TRIGGER POINT PILATES	10:50am - 11:30am	2
MEDITATION	11:30am - 12:00pm	2
PILATES	5:00pm - 5:45pm	2
INDOOR CYCLING	5:15pm - 6:00pm	3
STEP	5:20pm - 5:50pm	1
TRIGGER POINT PILATES	5:45pm - 6:15pm	2
SHIFT	6:00pm - 6:45pm	1
BADMINTON CLUB	6:00pm - 7:00pm	H
PILATES	6:15pm - 7:00pm	2
AQUA	6:15pm - 7:00pm	P
BRICK	6:15pm - 7:45pm	3
ZUMBA	7:00pm - 7:45pm	1
SOUNDBATH	7:50pm - 8:50pm	2

WEDNESDAY		
INTERVALS STRENGTH	6:30am - 7:00am	1
BOXERCISE	9:15am - 10:00am	2
INTERVALS STRENGTH	9:15am - 10:00am	1
CHAIR YOGA	10:15am - 11:15am	2
BROADWAY BOOGIE	10:30am - 11:15am	1
PILATES	11:30am - 12:30pm	2
AQUA	11:35am - 12:20am	P
TRIGGER POINT PILATES	12:30pm - 1:00pm	2
SOCIAL TENNIS	1:00pm - 3:00pm	T
GROUP CONDITIONING	5:15pm - 5:50pm	1
INDOOR CYCLING	5:15pm - 6:00pm	3
PILATES	5:30pm - 6:15pm	2
BODY PUMP	6:00pm - 7:00pm	1
TRIGGER POINT PILATES	6:15pm - 7:00pm	2
SWIM	7:30pm - 8:30pm	P

THURSDAY		
POWER	6:30am - 7:00am	1
BODY PUMP	9:15am - 10:15am	1
BRICK	9:15am - 10:15am	3
VINYASA YOGA	9:30am - 10:30am	2
ZUMBA	9:45am - 10:30am	H
TRIGGER POINT PILATES	10:40am - 11:15am	2
PILATES	11:15am - 12:00pm	2
YIN YOGA	12:00pm - 12:40pm	2
PILATES	4:30pm - 5:15pm	2
KARATE	5:00pm - 6:00pm	H
TRIGGER POINT PILATES	5:15pm - 5:45pm	2
INDOOR CYCLING	5:15pm - 6:00pm	3
SHIFT	5:30pm - 6:15pm	1
SQUASH COACHING	5:40pm - 7:00pm	T
PILATES	5:45pm - 6:30pm	2
STRENGTH TRAINING	6:15pm - 7:00pm	1
BIKE TRAINING	6:15pm - 7:15pm	3
VINYASA YOGA	6:30pm - 8:00pm	2
BROADWAY BOOGIE	7:00pm - 7:45pm	1

FRIDAY		
BODY PUMP (EXPRESS)	6:30am - 7:15am	1
BRICK	6:30am - 7:30am	3
TENNIS COACHING	9:00am - 10:00am	T
YANG YOGA	9:15pm - 10:00am	2
INDOOR CYCLING	9:15am - 10:00am	3
POWER	9:15am - 10:00am	1
SALSACISE	9:45am - 10:30am	H
STRETCH	10:00am - 10:30am	1
ASHTANGA YOGA	10:00am - 11:30am	2
AQUA	10:35am - 11:20am	P
CHAIR YOGA	11:45am - 12:45pm	2
SOCIAL TENNIS	1:00pm - 3:00pm	T
FAMILY POWER	5:15pm - 6:00pm	1
INDOOR CYCLING	5:15pm - 6:00pm	3

SATURDAY		
ASHTANGA YOGA	8:05am - 8:50am	2
INDOOR CYCLING	9:15am - 10:00am	3
POWER	9:15am - 10:00am	1
CORE STRENGTH	10:00am - 10:30am	1
FAMILY POWER	10:45am - 11:30am	1
SOCIAL TENNIS	1:00pm - 3:00pm	T
PILATES	2:00am - 2:45pm	2
BODY PUMP	2:45pm - 3:45pm	1
INDOOR CYCLING	3:45pm - 4:30pm	3

SUNDAY		
TRI TRAINING	8:00am - 9:30am	3
POWER	9:15am - 10:00am	1
STRETCH & CORE	10:00am - 10:30am	1
KARATE	10:30am - 11:30am	1
YANG YOGA	4:00pm - 4:45pm	2
YIN YOGA	4:45pm - 5:15pm	2

- Cardio

Strength

Raquet Sports

Mind and Body

Dance / Aqua
- P: Aqua

H: Sports Hall

1: Main Studio

2: Relaxation / Yoga Studio

3: Cycling Studio