

**AEROBICS, STEP & TONE:** Low impact class combining aerobics movement with step routines and light toning exercise.

**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 Beginners, Intermediate and Advanced Practitioners as modifications are offered to less experienced Yogis. Not suitable during pregnancy.

**BADMINTON COACHING: (12+):** Guides players of all levels, from beginners to high-performance athletes, by teaching techniques, strategies, and tactics, while also fostering a positive and supportive environment to improve skills and achieve goals. (16 people per class)

**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.

**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.

**CORE FUSION:** A fusion of Pilates core work and yoga stretches using small equipment creating a full body strength and stretch session.

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

**FITSTEPS:** Created by former Strictly Come Dancing Professionals, FitSteps combines the graceful steps of the Ballroom with up-tempo Latin steps to provide a fun and effective workout!

**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.

**OUTDOOR BOOTCAMP:** A high energy, full body workout held outdoors (weather permitting), combining running with circuits to build endurance and strength. Meeting point is in the sports hall.

**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+.**

**POWER YOGA:** A fast-paced, strength building yoga style that combines breath with dynamic movement to energize body and mind.

**REIKI RELAXATION:** Re-balance and unblock the seven energy centres in the body known as chakras during a guided meditation. Each class will focus on a certain chakra which corresponds to a specific location in the body, colour, and aspect of our lives, you will leave feeling calm and relaxed.

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

**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.

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

**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.

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

**YOGALATES:** A fusion of Yoga and Pilates, combining the strength and core focus of Pilates with the flexibility, balance and mindfulness of yoga. This low impact class is designed to improve posture, tone muscles, increase flexibility and reduce stress

**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 <b>Body Analysis.</b> 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). <b>20mins.</b> Blood pressure checks available on request. Book with the Gym Team or at Health Club Reception.
Member exclusive <b>Lifestyle Consultation.</b> 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. <b>45 mins.</b> Book at Reception or in The Lifestyle Lounge.
Personalised <b>Health Coaching.</b> 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 complimentary discovery 30min session at reception. 50% reduced rate for adult members. For further details please email <a href="mailto:Natalie.westgate@ribbyhall.co.uk">Natalie.westgate@ribbyhall.co.uk</a>
<b>Physiotherapy Private Booking</b> Please contact Annie Steadman 07484 227972
<b>Physiotherapy, Sports Therapy &amp; Sports Massage Private Booking</b> Please contact James Boardman 07903 263769
<b>Bowen Therapy Private Booking</b> Please contact Judith Kilgallon 07505 000724
<b>Reflexology &amp; Indian Head Massage Private Booking</b> Please contact Jane Holden 07397 747744
<b>Dietician &amp; Nutrition Private Booking</b> Please contact Matt Ponde 07866 929985

Call 01772 682000

Download your timetable at [www.ribbyhall.co.uk/healthclub](http://www.ribbyhall.co.uk/healthclub)

ADULT TIMETABLE

July - September 2025

THE HEALTH CLUB

TRIBBY HALL VILLAGE

HEALTH CLUB OF THE YEAR

BOOK ONLINE

All classes bookable from 7am-11pm 1 day in advance

UK active

AWARDS 2024

FINALIST

NATIONAL FITNESS AWARDS 2023

WINNER

## Your Password



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



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.

OFF PEAK MONDAY-FRIDAY (6:30am - 4:30pm)					PEAK (6:30am - CLOSE)						
MONDAY	INDOOR CYCLING 6:30am-7:15am	POWER 9:15am-10:00am	AQUA 10:35am-11:20am	HATHA YOGA 10:45am-11:45am	INDOOR CYCLING 5:15pm-6:00pm	POWER 5:15pm-5:50pm	BODY PUMP 6:00pm-7:00pm	TRI CLUB RUN CLUB 6:00pm-7:00pm	AEROBICS, STEP & TONE 7:00pm-7:30pm	ASHTANGA YOGA 7:00pm-8:00pm	
	INDOOR CYCLING 9:15am-10:00am	HATHA YOGA 9:30am-10:30am	ZUMBA 10:45am-11:30am	SOCIAL TENNIS 1:00pm-3:00pm		BOXERCISE 5:30pm-6:15pm	OUTDOOR BOOTCAMP 6:00pm-6:45pm	THIGHS, BUMS, TUMS 6:15pm-6:55pm	INDOOR CYCLING 7:00pm-7:45pm	BEGINNERS SWIM 8:00pm-8:30pm	
TUESDAY	POWER 6:30am-7:00am	BODY PUMP 9:15am-10:15am	HATHA YOGA 9:30am-10:45am	TRIGGER POINT PILATES 10:50am-11:30am	PILATES 5:00pm-5:45pm	TRIGGER POINT PILATES 5:45pm-6:15pm	POWER 6:00pm-6:45pm	PILATES 6:15pm-7:00pm	TRI CLUB BRICK 6:15pm-7:45pm	ZUMBA 7:00pm-7:45pm	
			REIKI RELAXATION 11:30am-12:00pm		INDOOR CYCLING 5:15pm-6:00pm		From Tue 29th April BADMINTON COACHING 6:00pm-7:00pm	AQUA 6:15pm-7:00pm	TRIGGER POINT PILATES 7:00pm-7:30pm	SOUNDBATH 7:50pm-8:50pm	
WEDNESDAY	INTERVALS STRENGTH 6:30am-7:00am	INTERVALS STRENGTH 9:15am-10:00am	PILATES 11:30am-12:30pm	TRIGGER POINT PILATES 12:30pm-1:00pm	GROUP CONDITIONING 5:15pm-5:50pm	PILATES 5:30pm-6:15pm	BODY PUMP 6:00pm-7:00pm	TRIGGER POINT PILATES 6:15pm-7:00pm	CORE FUSION 7:00pm-7:45pm	FIT STEPS 7:00pm-7:45pm	
	BOXERCISE 9:15am-10:00am	CHAIR YOGA 10:15am-11:15am	AQUA 11:35am-12:20pm	SOCIAL TENNIS 1:00pm-3:00pm	INDOOR CYCLING 5:15pm-6:00pm					TRI CLUB SWIM 7:30pm-8:30pm	
THURSDAY	POWER 6:30am-7:00am	TRI CLUB BRICK 9:15am-10:15am	ZUMBA 9:45am-10:30am	TRIGGER POINT PILATES 10:30am-11:15am	PILATES 4:30pm-5:15pm	TRIGGER POINT PILATES 5:15pm-5:45pm	SALSA & JUNIORS 5:15pm-6:00pm	PILATES 5:45pm-6:30pm	TRI CLUB BIKE TRAINING 6:15pm-7:15pm	VINYASA FLOW YOGA 6:30pm-8:00pm	
	BODY PUMP 9:15am-10:15am	VINYASA FLOW YOGA 9:30am-10:30am		PILATES 11:15am-12:00pm	KARATE 5:00pm-6:00pm	INDOOR CYCLING 5:15pm-6:00pm	ADULT SQUASH COACHING 5:40pm-7:00pm	STRENGTH TRAINING 6:00pm-6:45pm			
FRIDAY	BODY PUMP (EXPRESS) 6:30am-7:15am	ADULT TENNIS COACHING 9:00am-10:00am	SALSACISE & JUNIORS 9:45am-10:30am	AQUA 10:35am-11:20pm	POWER FAMILY 5:15pm-6:00pm	INDOOR CYCLING 5:15pm-6:00pm					
	TRI CLUB BRICK 6:30am-7:30am	INDOOR CYCLING 9:15am-10:00am	STRETCH & FLEXIBILITY 10:00am-10:30am	YOGA MEDITATION 11:30am-12:00pm							SOCIAL TENNIS 1:00pm-3:00pm
SATURDAY	POWER YOGA 8:05am-8:50am	INDOOR CYCLING 9:15am-10:00am	POWER 9:15am-10:00am	CORE STRENGTH 10:00am-10:30am	SOCIAL TENNIS 1:00pm-3:00pm	PILATES 2:00pm-2:45pm	BODY PUMP 2:45pm-3:45pm	INDOOR CYCLING 3:45pm-4:30pm			
SUNDAY	TRI CLUB TRI TRAINING 8:00am-9:30am	POWER 9:15am-10:00am	STRETCH & CORE 10:00am-10:30am	YOGALATES 10:00am-11:00am	KARATE 10:30am-11:30am						