

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: A dynamic, physically demanding practice synchronising breathing and movement to produce an internal heat designed to purify the body. Ashtanga yoga, with its many vinyasas, is great for building core strength and toning the body.

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.

CIRCUIT TRAINING: High energy traditional circuit training class combining running with body weigh based exercises.

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: Beginners class to build your confidence using barbells, dumbbells in a small group PT environment.

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 functional class, using assault bikes, rowers, ski ergs, sled push, tyre flips, plyo boxes and functional equipment such as skipping, slam balls, battle ropes, wall balls and much more.

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.

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)

YOGA (VINYASA FLOW): A strong and flowing style of Yoga, harmonising breathing and movement, encouraging the natural lengthening of the spine. Increases strength and flexibility. (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.
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



ADULT TIMETABLE


April - June 2025

THE HEALTH CLUB
TRIBBY HALL VILLAGE

HEALTH CLUB OF THE YEAR

BOOK ONLINE

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





AWARDS
2024
FINALIST



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.

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