### Fitness Class Timetable 23 July - 31 August 2018

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Indoor Cycling 30mins 12:15-12:45</td>
<td>Core Fitness 12:15-13:00</td>
<td>Indoor Cycling 30mins 07:30-08:00</td>
<td>Indoor Cycling 30mins 07:30-08:00</td>
<td>Indoor Cycling 30mins 07:30-08:00</td>
<td>Zumba 10:15-11:00</td>
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<tr>
<td>Yoga 13:00-14:00</td>
<td>Yoga 13:00-14:00</td>
<td>Indoor Cycling 30mins 08:00-08:30</td>
<td>Yoga 12:00-13:00</td>
<td>Body Pump 12:45-13:30</td>
<td>L.B.T. 11:00-11:45</td>
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<tr>
<td>Body Pump 17:15-18:15</td>
<td>Indoor Cycling 45mins 12:30-13:15</td>
<td>Indoor Cycling 30mins 08:00-08:30</td>
<td>Express HIIT 12:15-12:45</td>
<td>Yoga 12:00-13:00</td>
<td>SP 11:00-11:45</td>
</tr>
<tr>
<td>Indoor Cycling 45mins 12:30-13:15</td>
<td>Express HIIT 12:15-12:45</td>
<td>Core Fitness 12:15-12:45</td>
<td>Express HIIT 12:15-12:45</td>
<td>Zumba 17:15-18:00</td>
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<tr>
<td>Indoor Cycling 60mins 18:30-19:30</td>
<td>Express HIIT 18:15-18:45</td>
<td>Indoor Cycling 45mins 18:30-19:15</td>
<td>Indoor Cycling 45mins 18:00-18:45</td>
<td>Aquafit 18:15-19:00</td>
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<tr>
<td>Aqua Aerobics 18:30-19:15</td>
<td>Swimfit 19:00-20:00</td>
<td>Swimfit 18:30-19:15</td>
<td>Indoor Cycling 45mins 18:30-19:15</td>
<td>Circuits 18:15-19:00</td>
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<tr>
<td>Indoor Cycling 60mins 18:30-19:30</td>
<td></td>
<td></td>
<td></td>
<td>JSH</td>
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<tr>
<td>Express HIIT 18:30-19:00</td>
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**Class Types**

- Base Line
- High Intensity
- Mind and Body
- Water Workout

**Locations**

- **Jubilee Sports Centre**
  - JSH: Jubilee Sports Hall
  - ICR: Indoor Cycling Room
  - SP: Swimming Pool
- **SUSU (Highfield Campus)**
  - TSH: Team Southampton Hall
- **Mayflower Gym**
  - MA: Martial Arts Studio

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All classes need to be booked in advance at the Jubilee Sports Centre or Mayflower Gym, or via the online booking system.

Please note timetables are subject to change. Up to date class and closure information can be found on our online timetables at www.southampton.ac.uk/sportandwellbeing and on the MySouthampton, GymJam and SwimIO Apps.
Baseline Classes
These classes are suitable for all. They work on improving and maintaining participants fitness levels.

- Aerobics
- Latin Fusion
- Core Fitness
- Pre-Natal Fitness
- Express Step
- Total Tone
- L.B.T

High Intensity Classes
These cardiovascular workouts are challenging and intense. They are great fat burners and will improve overall stamina.

- Body Pump
- STRONG by Zumba
- Express HIIT
- Zumba
- Circuits

Mind and Body Classes
These workouts are for the mind and body, concentrating on muscular movements using breathing patterns and paying attention to form and alignment, improving the flexibility of the muscles. Suitable for all participants.

- Fitness Pilates
- Total Balance
- Pilates
- Yoga

Water Workout
Classes based in the Swimming Pool.

- Aquafit
- Swimfit
- Aqua Aerobics

Full class descriptions can be found on our website at www.southampton.ac.uk/sportandwellbeing/activities/classes.page

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Price: Off Peak</th>
<th>Price: Peak (16:00-20:00)</th>
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<tbody>
<tr>
<td>Peak Performer</td>
<td>Included in membership</td>
<td>Included in membership</td>
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<tr>
<td>Frequent Fitness</td>
<td>Included in membership</td>
<td>£5.00</td>
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<tr>
<td>Workout Central (Mayflower Classes)</td>
<td>Included in membership</td>
<td>Included in membership</td>
</tr>
<tr>
<td>Workout Central (Jubilee and SUSU classes), Sports Pass and PAYG</td>
<td>£5.00</td>
<td>£5.00</td>
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</tbody>
</table>

Important Information

Please note timetables are subject to change. Up to date class and closure information can be found on our online timetables at www.southampton.ac.uk/sportandwellbeing and on the MySouthampton, GymJam and SwimIO Apps. Please note that not all classes will run outside of term time.

We recommend you check the timetable online before attending a class.

Classes must be paid for before attending. Failure to attend a pre-booked slot without notifying us in advance will result in a fine of £5.00.

Please ensure you arrive on time for your class. Participants arriving late may be turned away if they have missed the warm up.
Please bring a towel and a bottle of water to class.

Extra Classes
As part of our partnership with Active Nation, Student and Staff Peak Performer, Frequent Fitness and Workout Central members can access some of the classes at Active Nation. More information about the classes available, and how to access these, can be found on our website.