

# zest memberships

Sign up TODAY

**ALL CLASSES ARE FREE** when you are a zest freedom member

## Membership also includes...

- gym session
- general swimming
- group fitness
- racquet sports
- fitness journey
- sauna
- aquafit
- equipment hire
- 10% off personal training
- 20% off 1:1 swimming lessons
- priority booking - 8 days



Ask at reception for further details or visit [zest-leisure.co.uk](http://zest-leisure.co.uk)

## FITNESS AT YOUR FINGERTIPS WITH OUR ZEST LEISURE APP

View **timetables** and make easy online class **bookings**



Search



## Inclusive Sports Activities

- Boccia, Multi Sports and football** sessions are offered in Centres and are suitable for people with a disability, mobility issues or long-term health conditions. We offer a variety of activities each week, which aim to develop skills and confidence in a friendly, safe, and supportive environment.
- Strong and Steady** are suitable for people with mobility issues, those aged 65 years and above, and those who can only walk short distances. Our sessions aim to improve strength and balance to help people feel more confident and stable when walking.
- Primetime** sessions are open to anyone but particularly for people looking for social interaction. Participants take part in boccia and curling activities. These fun and adaptive sports are perfect for people of any ability.

For further information please contact reception or email [communities.ham@northyorks.gov.uk](mailto:communities.ham@northyorks.gov.uk)

## Cancellation of Activities

Don't forget to cancel - there might be many reasons why you can't make a class that you have booked - that's not a problem, we just need to know so we can offer someone else the space.

All activities that are paid for in advance are subject to a cancellation policy:-

Classes: No refund within 2 hours of the activity start time

Courses: No refund after 5 days prior to the first session

Sessions can be cancelled online, in-centre and via the Zest app up to 2 hours before the class commences.

## General Information

- Classes are open to both members and pay per class customers.
- All fitness classes are included in the zest freedom membership.
- All fitness classes are open to everyone 16yrs and over.
- Booking a class is advisable due to demand.
- Mobile phones should not be used during classes.
- Please wear appropriate clothing and footwear.
- Every effort will be made to minimise alterations to the class timetable.
- Changes to the class timetable will be displayed in and around the centre.
- We review our programme regularly as part of the group fitness monitoring process - leaflets will be amended as required.
- Fitness classes will be for a maximum of 45 minutes.

**Bookings** - members can book eight days in advance at your preferred centre in person at Reception, over the telephone, or online via the website [zest-leisure.co.uk](http://zest-leisure.co.uk) Log in details are available from Reception.

We review our timetables regularly and amend the leaflet as required

The centres are accessible to people with a wide range of disabilities.

You can request this information in another language or format at [northyorks.gov.uk/accessibility](http://northyorks.gov.uk/accessibility)

<b>Bedale Leisure Centre</b> (01677) 427272	<b>Northallerton Leisure Centre</b> (01609) 777070	<b>Stokesley Leisure Centre</b> (01642) 711140	<b>Thirsk &amp; Sowerby Leisure Centre</b> (01845) 522447
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[zest-leisure.co.uk](http://zest-leisure.co.uk)

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**Bedale**  
Leisure Centre



# Group Fitness Timetable



Issued April 2024

	7am	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 <sub>noon</sub>	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9pm
MON				Yoga		Fitness Mix		Pilates														Pilates		Body Blast		Aquafit P			Virtual Group Cycle
TUES			Virtual Group Cycle			Group Cycle		Tai Chi		Aquafit P														Dance Fitness		Group Cycle		Virtual Group Cycle	
WED	Group Cycle						Fitness Mix								Hydrofit P							Advanced Pilates	Dance Fitness SH		Yoga		Yoga		
THURS						Pilates		Yoga		Aquafit P															Body Blast SH				
FRI						Dance Fitness		Pilates					Virtual Group Cycle										Group Cycle		Virtual Group Cycle				
SAT						Total Body Workout		Stretch Therapy		Dance Fitness SH																			
SUN						Group Cycle		Virtual Group Cycle																					

## Aqua

- ▶ **Aquafit** - work out in the water to music without the high impact stresses.
- ▶ **Hydrofit** - A full body workout with a combination of deep water exercises engaging the core using woggles and dumbbells. This improves posture and flexibility. Support with an aquabelt is available.

## Indoor Cycling

Discover a new kind of group cycling riding experience. One that combines music, visual effects and performance data to create interactive training that inspires you to move. **Classes will include:**

- ▶ **Group Cycle Peak** – for those who love performance training, the class highlights key workout metrics to always keep you in your peak training zone, all this combined with great music and effects.

- ▶ **Group Cycle Free beats** – the rhythm of the music guides you as your pedals spin and the good vibes flow. Immerse yourself in a complete sensory experience.
- ▶ **Virtual Group Cycling** - members can enjoy rides bursting with entertainment, inspirational videos and music to set the mood and the beat with virtual instructors.

## Dance

- ▶ **Dance Fitness** - Lift your mood & your fitness levels with a fun dance-based workout! Move with the music, learn some new dance steps with some party style vibes! The class offers a great cardio workout with dynamic movements that can aid co-ordination, balance and strength.

## Mind & Body

- ▶ **Pilates (mat based)** - controlled movements, help strengthen and tone your core muscles.
- ▶ **Stretch Therapy** - a mixture of Pilates moves and Yoga poses to enhance flexibility, prevent injury and overcome chronic tightness and pain.

- ▶ **Tai Chi** - improve your health and fitness while relaxing your mind and body, helping to combat stress.
- ▶ **Yoga** - helping to take the stress out of daily life with emphasis on posture and relaxation.

## Strength & Toning

- ▶ **Body Blast** - high energy strength and endurance class using free weights, gain results fast!
- ▶ **Fitness Mix** - enjoy a variety of low-impact group exercise, gentle but effective workout in a friendly sociable environment.
- ▶ **Total Body Workout** - an all over body conditioning class, great for overall fitness at an intensity that suits you.

## KEY

- P** Pool
- SH** Sports Hall