

zest memberships

Sign up TODAY

ALL CLASSES ARE FREE when you are a zest freedom member



Membership also includes...

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

Ask at reception for further details or visit zest-leisure.co.uk

FITNESS AT YOUR FINGERTIPS WITH OUR ZEST LEISURE APP

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



Search



Bookings

Bookings for members can be made eight days in advance at your preferred centre in person at Reception, over the telephone, or online via the website

zest-leisure.co.uk

Log in details are available from Reception.



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 16 years 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.

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

Bedale Leisure Centre (01677) 427272	Northallerton Leisure Centre (01609) 777070	Stokesley Leisure Centre (01642) 711140	Thirsk & Sowerby Leisure Centre (01845) 522447
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zest-leisure.co.uk

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Stokesley Leisure Centre



Group Fitness Timetable



Issued April 2024

	7	7.30am	8	8.30am	9	9.30	10	10.30	11	11.30	12noon	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	9
MON	Virtual Group Cycle		Virtual Group Cycle			Group Cycle Free Beat	Functional HIIT														Virtual Group Cycle	meta fit		Group Cycle Free Beat					
TUES			Virtual Group Cycle		Core Stability		Group Cycle Free Beat	Strong & Steady				Virtual Group Cycle									Yoga (vinyasa & hatha)		Pilates		Group Cycle Peak				
WED	Virtual Group Cycle		Virtual Group Cycle		Group Cycle Peak	Circuits		Pilates		Gym It!		Yoga	Tai Chi								Kettle bells		Boxercise		Yoga		Virtual Group Cycle		
THURS			Pilates (Beginner/Intermediate)	Virtual Group Cycle	Group Cycle Free Beat	Yoga (hatha)	Yoga (yin)					Virtual Group Cycle									Functional HIIT		Group Cycle Peak	Boccia					
FRI	Virtual Group Cycle		Virtual Group Cycle	Kettle bells	Group Cycle Peak	Aquafit																Virtual Group Cycle							
SAT				Virtual Group Cycle	ZUMBA			Virtual Group Cycle																					
SUN				meta fit	Group Cycle Free Beat			Virtual Group Cycle													Virtual Group Cycle								

Aqua

- ▶ **Aquafit** - work out in the water to music without the high impact stresses.

Cardio - in the Activity Room

- ▶ **Circuits** - challenging exercises to improve fitness level and muscle strength using a variety of equipment.
- ▶ **HIIT** - a class consisting of short high intensity bursts followed by recovery or active recovery. An amazing way to increase your fitness and get rid of unwanted body fat.
- ▶ **metafit** - combines traditional bodyweight exercises with the latest interval and Tabata techniques.

Indoor Cycling

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.

Strength and Toning - in the Activity Room

- ▶ **Core Stability** - to increase strength and stability, concentrating on abdominals and muscles around your trunk and pelvis to build and improve strength.
- ▶ **Gym It!** - takes place in the gym, a circuit class that utilises the gym equipment and functional exercises
- ▶ **Kettlebells** - used in a circuit format to improve strength/conditioning, flexibility and fat loss.

Mind and Body - in the Activity Room

- ▶ **Pilates** - controlled movements, help strengthen and tone your core muscles.
- ▶ **Tai Chi** - improve your health and fitness while relaxing your mind and body, helping to combat stress. Low energy workout.
- ▶ **Yoga** - helping to take the stress out of daily life with emphasis on posture and relaxation.
- ▶ **Hatha yoga** is slow deliberate movements focusing on breathing, improved flexibility, improved strength, mindfulness and relaxation.
- ▶ **Yin yoga** is ultra slow practice with deep meditation allowing the Facia, muscles, and joints to be targeted.
- ▶ **Hatha and vinyasa** slow deliberate movements focusing on breathing, improved flexibility, improved strength, and mindfulness building up to flowing sequence to connect to body breath and mind.

Combat

- ▶ **Boxercise** - an effective form of cross training, combining aerobic and strength exercise. Fun, energetic and addictive!

Dance - in the Activity Room

- ▶ **ZUMBA** - Latin-inspired, easy to follow, calorie-burning dance fitness party. Feel the music and let loose.

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