

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

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 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 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

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

@NorthallertonLeisureCentre @NorthallertonLC



Northallerton Leisure Centre



Group Fitness Timetable



Issued January 2024

	6.30	7am	7.30	8	8.30	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	9pm
MON	CS	Indoor Cycling	Virtual Cycling	Virtual Cycling			Core Strength		50+ Total Body Workout		Virtual Cycling		Strength and Conditioning	Kettlebells			Virtual Cycling			Virtual Cycling			HIIT	Pilates	Pilates	Pilates	Pilates			
TUES	CS	HIIT	Indoor Cycling	Virtual Cycling			Virtual Cycling		Virtual Cycling	Indoor Cycling			*Primetime	Pilates									S and C	Kettlebells	Core Strength					
WED	CS	Indoor Cycling	Virtual Cycling			Aquafit (holidays) Core Strength	Yoga	Yoga					Aquafit (term time) Total Body Workout															Boxercise		
THURS	CS		Strength and Conditioning		Pilates	Pilates	Tai Chi						Strong & Steady	Strong & Steady									Kettlebells		Clubbercise	Yoga				
FRI	CS	Indoor Cycling	Virtual Cycling	Virtual Cycling		Pilates	Pilates		Core Strength		Virtual Cycling	Indoor Cycling	Virtual Cycling										Clubbercise	Kettlebells	Aquafit					
SAT	CS			Indoor Cycling	Virtual Cycling	Core Strength	Kettlebells		Virtual Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling					Inclusive Football		Boccia										
SUN	CS			Indoor Cycling	Virtual Cycling	Strength and Conditioning			Virtual Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling							Virtual Cycling										

50+

- ▶ **Total Body Workout** - an all over body conditioning class, great for overall fitness.

Mind and Body

- ▶ **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.
- ▶ **Yoga** - helping to take the stress out of daily life with emphasis on posture and relaxation.

Indoor Cycling

- ▶ **Indoor Cycling** - All fitness levels are welcome, thanks to the unique Coach By Color® system. Coach By Color® is an inclusive and universal method for coaching intensity. These fun color guided workouts are based on members fitness level (FTP), pedal speed, riding technique and color zones. Members will not only get fitter, faster but love every minute of it.
- ▶ **Virtual Cycling** - Members can explore the world while crushing their goals as they ride by canyons, world famous cities and lots more, supported by engaging music with our terrain focused Scenic Coach Series.

Aqua

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

Dance

- ▶ **Clubbercise** - a fusion of dance, toning and combat moves.

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 (*at Hambleton Forum)** - 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

Cardio

- ▶ **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.

Combat

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

Strength and Toning

- ▶ **Core Strength** - A class is designed to build core muscle groups while helping to improve posture through a variety of exercises that strengthen the abdominals, obliques and lower back. The instructor may include a variety of equipment in this great workout.
- ▶ **Kettlebells** - used in a circuit format to improve strength/conditioning, flexibility and fat loss.
- ▶ **Strength and Conditioning (S and C)** - a strength class designed to challenge your entire body using weight training where you get to select the right weight for you.
- ▶ **Total Body Workout** - an all over body conditioning class, great for overall fitness at an intensity that suits you.