

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
- group 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



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

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

@ThirskandSowerbyLeisureCentre @ThirskSowerbyLC



02/24 584009464



Thirsk & Sowerby
Leisure Centre

Group Fitness Timetable



Issued February 2024

	6.45am	7	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	8.30pm
MON		Virtual Group Cycle				Aquafit MP		Pilates		Virtual Group Cycle Circuits		Core Stability		Clubbercise										Yoga	Core Stability		Aquafit TP	Virtual Group Cycle	
TUES		Group Cycle		Total Body Workout			Virtual Group Cycle																	HIIT Virtual Group Cycle	Yoga				
WED		Virtual Group Cycle		Yoga			Virtual Group Cycle					Core Stability												Boxercise Virtual Group Cycle	Body Blast		Aquafit MP	Virtual Group Cycle	
THURS				Yoga							Pilates	Group Cycle												Kettlebells Virtual Group Cycle	HIIT		Virtual Group Cycle	Yoga	
FRI		Virtual Group Cycle		Aquafit MP Circuits			Virtual Group Cycle			Tai Chi	Yoga													Virtual Group Cycle	Virtual Group Cycle				
SAT				Virtual Group Cycle		Yoga		Yoga				Virtual Group Cycle																	
SUN				Virtual Group Cycle								Virtual Group Cycle																	

Aqua

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

Cardio

- ▶ **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.

Combat

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

Indoor Cycling

- ▶ **Group Cycling** - this high energy class brings outdoors indoors. A motivating group setting, energising music and inspiring instructors make this class an incredible 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.

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.

Strength and Toning

- ▶ **Body Blast** - a strength class designed to challenge your entire body using weight training where you get to select the right weight for you.
- ▶ **Core Stability** - improve posture, optimise sporting performance and promote injury prevention with this core stability class.
- ▶ **Kettlebells** - used in a circuit format to improve strength/conditioning, flexibility and fat loss.
- ▶ **Total Body Workout** - an all over body conditioning class, great for overall fitness at an intensity that suits you.

Dance

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

KEY

MP Main Pool

TP Teaching Pool