

Key: Aerobic / Cardiovascular / Fat-burning exercise Muscular toning / Strengthening exercise Stretching / Mind-body exercise Crèche available

Please note that there will be changes to this timetable during the 3 week Easter vacation period:
Saturday 27 March - Sunday 18 April inclusive

MONDAY	ACTIVITY	VENUE	LEVEL
07:30 - 08:15	Studio Cycling	Sports Studio	
10:00 - 11:00	Cardiac Rehab	Sky Studio & Seminar Room	By Referral
10:05 - 10:55	Evergreens Exercise (over 60's)	Sports Hall 2 & 3	
12:10 - 12:50	Step	Sky Studio	
12:10 - 12:55	Studio Cycling	Sports Studio	
13:15 - 13:45	Ultimate Abs	Sky Studio	
17:30 - 18:30	Boxfit	Sports Studio	
17:45 - 18:45	Fitness Yoga	Sky Studio	
18:45 - 19:45	20/20/20	Sports Studio	
19:00 - 20:00	Bodysculpt	Sky Studio	
TUESDAY	ACTIVITY	VENUE	LEVEL
10:00 - 11:00	Well-being Circuit	Sky Studio	By Referral
10:00 - 10:40	Evergreens Aqua Fun (over 60's)	King's Swimming Pool	
11:10 - 11:50	Bodysculpt	Sky Studio	
12:10 - 12:50	BLT	Sky Studio	
13:10 - 13:50	Fitness Pilates	Sky Studio	
13:15 - 13:45	Bleep Test (1st & 3rd Tuesday of each month)	Indoor Athletics	
17:30 - 18:30	Studio Cycling	Sports Studio	
17:45 - 18:45	Total Fitness	Sports Hall 2 & 3	
18:00 - 19:00	Yoga* (4 week courses)	Sky Studio	
18:45 - 19:45	Studio Cycling	Sports Studio	
19:10 - 19:55	Dance* (4 week courses)	Sky Studio	
WEDNESDAY	ACTIVITY	VENUE	LEVEL
10:00 - 11:00	Evergreens Swimming (over 60's)	King's Swimming Pool	All Levels
11:00 - 12:00	Pilates* (9 week courses)	Sky Studio	
12:10 - 12:50	Stability Fit	Sky Studio	
13:10 - 13:50	Bodysculpt	Sky Studio	
13:10 - 13:50	Boxfit	Sports Studio	
17:30 - 18:30	Aerobics	Sky Studio	
18:45 - 19:45	Pilates* (9 week courses)	Sky Studio	
20:00 - 20:30	Ultimate Abs	Sky Studio	
THURSDAY	ACTIVITY	VENUE	LEVEL
07:45 - 08:30	Tai Chi* (4 week courses)	Sky Studio	
10:00 - 11:00	Well-being Circuit	Sports Studio	By Referral
10:05 - 10:55	Evergreens Fitness Pilates (over 60's)	Sky Studio	
12:15 - 12:45	BLT Blast	Sky Studio	
13:10 - 13:50	Fitness Yoga	Sky Studio	
17:20 - 18:20	Sports Conditioning	Sports Hall 2 & 3	
17:45 - 18:45	Step	Sky Studio	
19:00 - 19:30	Ultimate Abs	Sky Studio	
19:00 - 19:30	Adult Swimming* (4 week courses)	King's Swimming Pool	All Levels
FRIDAY	ACTIVITY	VENUE	LEVEL
07:30 - 08:15	Studio Cycling	Sports Studio	
10:00 - 11:00	Cardiac Rehab	Sky Studio & Seminar Room	By Referral
10:05 - 10:55	Evergreens Exercise (over 60's)	Sports Hall 2 & 3	
12:10 - 12:50	Combat Aerobics	Sky Studio	
12:10 - 12:55	Studio Cycling Plus	Sports Studio	
16:10 - 17:00	Weekend Circuit	Sky Studio	
17:15 - 18:15	Combat Aerobics	Sky Studio	
SATURDAY	ACTIVITY	VENUE	LEVEL
10:00 - 11:00	Step	Sky Studio	
11:15 - 12:15	Body Conditioning	Sky Studio	
SUNDAY	ACTIVITY	VENUE	LEVEL
10:00 - 11:00	Aerobics	Sky Studio	
11:15 - 12:15	20/20/20	Sky Studio	

*Exercise Courses: Pilates, Yoga, Tai Chi, Adult Swimming and Dance (Cheer Dance, Hip-Hop & Jazz) are all progressive 4 or 9 week courses, and should be booked in advance at www.aberdeensportsvillage.com. Please note that these specialist courses are not included as part of the ASV Health & Fitness Membership, although peak members are entitled to discounts on the course fee.

Key:  *Aerobic / Cardiovascular / Fat-burning exercise*  *Muscular toning / Strengthening exercise*  *Stretching / Mind-body exercise*

By offering a wide range of Exercise Classes throughout the day, to suit different tastes and fitness levels, our team of highly qualified teachers aim to motivate and educate you that extra step towards a fitter you!

Each exercise class description is coded using the above symbols, which give an indication of the intensity of each element of fitness. This should help you choose which exercise class you would like to try - so give it a go!

Exercise Classes (all FREE to ASV Peak Health & Fitness Members):

Aerobics



A traditional class, not to be missed. This multi-impact, choreographed workout of user friendly moves will challenge your body to another level.

Bleep Test



This multi-stage fitness test is used to estimate a persons VO2 max (maximum oxygen uptake). The test is a particularly good indicator of fitness for players of sports such as football, hockey, rugby and tennis.

Body Conditioning



This is a studio-based unique body conditioning class, where old and new exercise techniques are merged to harness a fulfilling whole body workout.

Bodysculpt



Join us with this highly popular training concept that uses adjustable weights and motivational music to sculpt and shape your whole body.

Boxfit



Punch your way to a perfect physique. This knock-out session combines boxing movements and circuit exercises for a great workout and stress-buster. You'll be "hooked" for sure! Short of time? - try our 40 minute lunchtime 'blast' session.

BLT / BLT Blast



A pure conditioning class with effective exercises which target the "Bums, Legs and Tums". Choose from our 40 minute workout, or 30 minute 'blast' class.

Cardiac Rehab



A BACR-accredited phase IV cardiac rehabilitation exercise class, by referral only.

Combat Aerobics



This dynamic blend of aerobic and combat-based moves combine to give you a high energy and fun workout - an exhilarating, stress-busting and total-body cardio class!

Evergreens



Our popular Evergreens classes are for the over 60's, or individuals beginning exercise for the first time. We offer 2 Exercise to Music classes, a Fitness Pilates class, an Aqua Fun class and a Swimming class.

Fitness Pilates



A pilates-based exercise class which will increase muscular balance and strength, and improve posture by focusing on strengthening the muscles at the centre of the body.

Fitness Yoga



This class uses the postures and stretches of yoga in a group exercise format to develop strength, stability and flexibility.

Sports Conditioning



The ultimate athletic workout! A unique class with serious results! This high intensity workout for athletes and games players will undoubtedly improve your performance. It will hurt... but it's worth it!

Stability Fit



Treat yourself to a new workout challenge with this dynamic, equipment based conditioning class. Target movement stability, strength, agility and core awareness, all in one effective 40 minute programme!

Step



Creative moves, choreographed around the step, for an effective fat-burning and toning workout. Choose from our lunchtime 40 minute energy blast, to more demanding 60 minute classes.

Studio Cycling / Studio Cycling Plus



Cycle your way to improved aerobic fitness, and toned muscles throughout the lower body. Classes include a moderately demanding 45 minutes, a high energy 60 minutes, and a 'Plus' class with added abdominal conditioning.

Total Fitness



If you think you're fit, then think again - we dare you to try this class! It uses dynamic exercises and sprints to develop overall fitness. You won't find a class like it anywhere else!

Ultimate Abs



A 30 minute focus on the abdominals, introducing effective exercises to give you maximum core stability. Feel the burn!

Weekend Circuit



Are you ready for the weekend? This dynamic circuit challenge is both fun and hard-work ... now you're ready!

Well-being Circuit



A feel-good circuit class, by referral only.

20/20/20



Looking for something with a bit of variety? 20/20/20 is a new and exciting class that allows you to sample a little bit of everything. 20 minutes of cardio training, 20 minutes of body toning and 20 minutes of core training in one class!

Exercise Courses

Progressive Courses, requiring online booking in advance at www.aberdeensportsvillage.com

These specialised courses are not included as part of the ASV Health & Fitness Membership, although peak members are entitled to discounts on the course fee.

Adult Swimming

(All levels)

4 week courses start 4 Feb, 4 Mar, 22 Apr & 20 May. This class will cater for all swim abilities, ranging from water confidence building and stroke development, to stroke technique improvement.

Dance



4 week courses start 2 Feb, 2 Mar, 20 Apr & 18 May. Whether you're keen to learn some new moves, or perfect some existing ones, you'll have so much fun at Dance, you won't realise how hard you're working! Choose from:
Cheer Dance (begins 2 Feb)
Hip-Hop (begins 2 Mar & 18 May)
Jazz (begins 20 Apr)

Tai Chi



4 week courses start 7 Jan, 4 Feb, 4 Mar, 22 Apr & 20 May. A Chinese Martial Art that utilises the body in a moving meditation with the mind focussed on inner and outer aspects of the movements. Practice helps combat stress, improve balance, flexibility and ultimately results in increased health and longevity. These sessions introduce participants to Wudang Style Tai Chi Chuan (Yin Yang Fist).

Yoga



4 week courses start 5 Jan, 2 Feb, 2 Mar, 20 Apr & 18 May. Come along to this traditional style yoga class, aimed at maximising each individual's physical capabilities, with lots of fun! Incorporates stress release, co-ordination, balance techniques and partner work.

Pilates



9 week courses start 13 Jan & 14 Apr. This mind-body workout out will develop your strength, flexibility and endurance while challenging your core. The combination of controlled breathing and co-ordinated movements will improve your posture and muscle tone, and re-engage you with muscles you had long since forgotten!