Which class is for me?

The Active health and fitness membership scheme offers over 120 fitness classes per week!

Intensity ranges from gentle to advanced level.

Check out the Active Know Your Class explanations under the Active Class timetables section on the website and use the following key to establish which intensity is best for you.

Classes are designed to suit a variety fitness levels and can vary from Centre to Centre.

6 categories of classes:
1. Aqua (Les Quennevais only)
2. Combat (Fort Regent only)
3. Dance Rhythms – 3 types of classes including Zumba
4. High Energy – 4 types of classes including Spinning
5. Mind and Body – 11 different Yoga classes
6. Toning – 20 different classes including Pilates

Participants should always inform teachers prior to the start of class about their relevant medical history. Keep hydrated and bring a small towel with you to classes.

What does it cost?
Classes are free for members and £7.35 for non-members.

How long is a class?
Classes vary between 45 minutes (Aqua and Zumba) and 1 hour (BODYATTACK) and 1 hour 30 minutes (Yin Yoga).

Which age groups attend classes?
Students aged 16 years to adults aged 85 plus attend Active classes.

Are classes mainly for women?
Many classes attract a mix of men and women from Spinning and Circuits to Pilates and Yoga. BODYATTACK is great for people who want to be aerobically challenged and Pilates is brilliant for core strength.

How many classes can I attend?
If you’re a member there is no limit, you can attend as many classes as you want to.

Children’s classes
The Active class programme has been designed with adults in mind. Some classes may be appropriate for 14 - 16 year olds if accompanied by an adult. The programme is not designed for under 14’s. Specific classes for this age range are offered by Sport Development.

To book a class call Active Centres direct.

Fort Regent - Tel 449836
Springfield - Tel 449615
Les Quennevais - Tel 449880

Active membership office
Opening hours at Les Quennevais and Fort Regent:
Monday - Wednesday 10am – 7pm
Thursday - Friday 10am – 5pm
Saturday 9am – 1pm
Closed 2 - 3pm Monday - Friday.
Bank holidays closed.
T: 449888 or email active@gov.je

Active membership is great value for money. 3 Sports Centres for the price of 1!

Visit: www.active.je/membership for the latest membership prices.