

Everyone Active

Actively improving your quality of life

At Everyone Active we believe that any activity is better than no activity. Ideally, we should aim for 30 minutes of exercise 5 times per week - wow!

So make a start today.

Turn your world into your gym; walk to the shops, play with the kids, run up the stairs, hide the remote. Or go for a swim, visit the gym, play a game of badminton.

The Everyone Active Card can help. Whether you pay annually or monthly or Pay As You Go, you get special offers, activity advice, advance booking and access to all Everyone Active leisure centres.

We offer unbeatable value and a huge range of activities and facilities. There's more around the country on www.everyoneactive.com.

Best of all you get the support of our dedicated team who will do everything they can to make sure that your activity is fun - so you keep it up.

Be fitter, healthier and happier: get an Everyone Active Card today!

30 mins activity
5 days a week

www.everyoneactive.com

Register now for your free Everyone Active card



everyone ACTIVE

You'll feel better for it

Green Bank Leisure Centre

Information correct at September 2008. You can book your class place by phone, at centre reception or on-line.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:15 - 8:00			Spin* 1				
09:30 - 10:15	Step 4	Aerobics 4	Spin* 1				
09:30 - 10:20				Body Pump 4			
09:50 - 11:45					Yoga 2		
10:15 - 11:00		Aqua 3					
10:20 - 11:00	Body Balance 4						
10:30 - 11:15		Body Pump 4				Spin* 1	Spin* 1
10:30 - 11:30							
11:15 - 12:10	Forever Fit 4	Pilates 4					
12:15 - 13:00							
12:45 - 13:30				Aqua Natal 3			
16:00 - 16:45				Junior Active (Hip hop) 4			
16:45 - 17:30				Dance Active (Hip hop) 4			
17:00 - 17:45		Dance Active (Aerobics) 4					
18:00 - 18:45	Spin* 1			Spin* 1			
18:00 - 18:50	Body Pump 4	Dance 4	Step 4	Body Pump 4	Step 4		
19:00 - 19:45		Spin* 1					
19:00 - 19:50	Body Combat 4		Body Combat 4	Aerobics 4			
19:00 - 20:00			Spin* 1				
20:00 - 20:45				Aqua 3			
20:00 - 20:50	LBT 4			LBT 4			
20:00 - 21:00			Body Balance 4				

CLASS DESCRIPTIONS

CALORIE KILLERS

Aerobics Burn fat without fuss! Allow your everyone active instructor to motivate you with a fun and fat burning workout to music that combines, low, high and mixed impact moves.

Body Combat Combine moves and stances from a range of self defence disciplines like karate, boxing and taekwondo. This session will raise your fitness levels throughout the whole body, while reducing fat and cholesterol.

Spin/Spinning On yer bike! Calorie killing at its best without the stress of any complicated moves. Great music, motivational instructors and a chance to burn up to 450 calories per 30mins will complete your journey to calorie burning heaven.

Step Using simple moves Body Steps/Step allows you to train at the intensity you want without having to think too hard. It features a mixture of interval training followed by muscle conditioning to shape and tone the entire body.

SPECIALITIES

Dance A dance class combined with elements of aerobics.

Junior Active (hip hop) 4-10 Hip hop to the latest sounds with easy to follow dance moves.

Forever Fit A fun low intensity session for those young over 50's. These sessions vary centre to centre and may include badminton.

TONING AND STRENGTH

Body Pump These group training sessions are changing the shape of the nations. A fantastic group training workout that utilizes weights to increase your metabolism and improve your body shape.

LBT Legs, bums and tums. Get to grips with those wobbly bits! A complete lower body workout for all those problem areas, incorporating the use of hand weights, steps, bars & bands

UNWIND & RE-ENERGISE

Body Balance A combination of body and mind, linking the triangle of Yoga, Pilates and Tai Chi to leave you feeling relaxed and re-energised.

Pilates These sessions are designed to concentrate on slow and measured movements in order to create lean and stronger muscles around your torso. A gentle but highly effective session for improving posture, flexibility and preventing injury.

Yoga One of the worlds most practised spiritual disciplines. Developed over thousands of years these sessions concentrate on bringing balance and harmony to both body and mind, through postures and breath. They can help to boost the immune system, encourage relaxation & correct posture alignment.

WATER WORKOUTS

Aqua A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

Aqua Natal This water based session is suitable for all expectant mum's and are led by our resident midwife.

YOUNG ADULT SESSIONS

These sessions normally run term time only. Please check your centre for details.

Dance Active (Aerobics) A fun workout to music that combines low, high and mixed impact moves.

Dance Active (Hip Hop) 11-15 Hip hop to the latest sounds with easy to follow dance moves.

KEY

1 Gym 2 Bar 3 Pool 4 Grove

You can book your class place by phone, at reception or at www.everyoneactive.com

* Need to book

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www.everyoneactive.com