

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



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You'll feel better for it

Hinckley 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
09:00 - 09:45							Body Pump 1
09:25 - 10:25						Body Attack 1	
09:45 - 10:30	Body Combat 1 ☺						
09:55 - 10:55				Body Combat 1 ☺			
10:00 - 10:45					LBT 1 ☺		
10:00 - 11:00		Body Pump 1 ☺	Spin 1 ☺				Spin 1
10:30 - 11:15	Body Balance 1 ☺						
10:30 - 12:30	Forever Fit 2 ☺			Forever Fit 2 ☺			
10:35 - 11:35						Power Chi Yoga 1	
10:45 - 11:30							
11:00 - 11:45	Aqua 3 ☺						
11:00 - 11:50		Forever Fit 2 ☺					
11:00 - 12:00				Aqua 3 ☺			
12:05 - 12:50	Aqua 3 ☺						
12:05 - 12:55		Bike Active 4					
16:00 - 16:30							
17:15 - 18:00	Body Pump Express 1			Body Step 1			
17:25 - 18:10					Body Combat Express 1		
17:25 - 18:25						Body Pump 1	
18:00 - 18:45	Core Blimey 5			Spin 1			Aerobics 1
18:00 - 19:00	Body Pump 1	LBT 1					
18:15 - 18:30					Body Combat taster 4		
18:15 - 19:00					Body Pump Express 1		
18:35 - 19:20						Spin 1	
18:45 - 19:45		Circuits 2		Circuits 2			
19:00 - 20:00	Aqua 3	Body Attack 1	Power Chi Yoga 5	Beginners Pilates 5		Yoga 5	
19:10 - 20:00	Aerobics 1		Aqua 3	Aqua 3			
19:15 - 20:15			Body Balance 1		Body Attack 1		
19:25 - 20:10						Circuits 1	
19:45 - 20:00	Body Balance Taster 4	Body Pump Taster 4					
20:05 - 21:00	Body Balance 1	Body Pump 1	Body Combat 1				
20:15 - 21:15	Antenatal Aqua 3			Pilates 1			

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 Attack An interval training programme that combines high intensity aerobics, strength and stabilisation exercises. Body Attack is a rapid calorie burner that delivers fast improvements in general endurance and an increase in overall body strength.

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.

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.

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.

SPECIALITIES

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

TONING & 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.

Circuits Achieve a full body workout, involving both cardiovascular and resistance exercises to motivating music to get you 'real results'.

Core Blimey Want a six pack? These sessions tighten & tone up those stomach muscles whilst strengthening your back.

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 practiced 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.

Power Chi Yoga Stretch away stress, fight fatigue, tone, shape and strengthen every muscle. It's powerful, emotive and uplifting.

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.

Antenatal Aqua 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.

Bike Active Suitable for 11-15 year olds. Want to be the next Chris Hoy or Lance Armstrong? Great indoor cycling session that will improve your ability to climb hills, race on the flat and improve your overall fitness. Participants must be over 4'10" to take part.

KEY

- 1 Studio 1
- 2 Main Hall
- 3 Aqua Pool
- 4 Gym
- 5 Conference Room

☺ Crèche available for children under 5 years.

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