

Southam Leisure Centre

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

Group exercise programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
09:30 - 10:30				Aerobics* 1		
10:00 - 10:45						Spin* 2
10:00 - 11:00			Body Pump 1		Forever Fit 1	Karate** 1
10:15 - 11:15	Total Toning 1					
11:00 - 12:00		Yoga 1				
12:15 - 13:15		AFH Activity for Health* 1				
14:00 - 14:45		Walking Club* 6				
14:00 - 14:45		Aqua 3			Pilates 1	Body Pump* 1
16:00 - 16:45	Gym Active* 4		Gym Active* 4		Gym Active* 4	
16:00 - 17:00	Karate** 1					
17:30 - 18:15						
18:00 - 19:00			LBT 1	Pilates 1		
18:15 - 19:00	Step 1					
18:30 - 19:15						
18:30 - 19:30		Aerobics 1		Spin* 2		
19:00 - 19:45	Spin 2				Circuits 1	
19:00 - 20:00	Body Pump 1		Body Pump 1	Cardio Combat 1		
19:00 - 20:30	Yoga 5					
19:30 - 20:30		Core Blimey* 1				
20:00 - 20:45				Aqua 3		
20:00 - 21:00	LBT 1		Pilates 1			

KEY

- 1 Studio 1 2 Studio 2
- 3 Pool 4 Gym
- 5 College 6 Outside

* New Class

** Contact reception for more details

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.

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

Cardio Combat This session will improve your fitness. A combination of martial arts and boxing with high energy aerobics to music.

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

AFH Activity for Health Join us for these simple, fun, uplifting, sing-a-long exercise with music sessions incorporating elements of all your favourite sessions - circuit training, low-impact aerobics, dancing, etc. designed to help you get fitter, burn fat, tone-up and feel good.

Karate Sessions for both children and adults. Please contact reception for more details.

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.

Total Toning Exactly what it says on the tin! A session that tones up and strengthens all those key areas like your bum, legs and arms whilst challenging your heart and lungs with some fun calorie burning exercises.

UNWIND & RE-ENERGISE

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.

YOUNG ADULT SESSIONS

These sessions will normally run term-time only. Please contact your site for more details.

Gym Active Suitable for 11-15 year olds. Gym & Studio based session to improve general fitness and promote a healthy lifestyle.