

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 10:00	Evergreens 1				Evergreens 1 ☺	Body Combat 2	
09:30 - 10:00		On the Ball Express 1 ☺					
09:30 - 10:15						Body Balance Express 1	
09:30 - 10:30		LBT 2 ☺	Body Step 2 ☺	Aerobics 2 ☺	Body Step 2 ☺		Step 2
09:30 - 10:30				Body Jam 2 ☺			
10:00 - 11:00	Body Attack 1 ☺					Body Pump 2	
10:30 - 11:00				Body Balance Express 1	On the Ball Express 2 ☺		
10:30 - 11:15				LBT Express 2 ☺			Spin 2
10:30 - 11:30		Body Pump 2 ☺			Body Pump 2 ☺		
11:00 - 12:00	Pilates 1	Yoga 1			Pilates 2		
12:30 - 13:00	Spin Express 2		Spin Express 2				
13:00 - 13:30	On the Ball Express 1		LBT Express 2				
16:15 - 16:45	Dance Active 1	Active Sport 2	Bike Active 2				
17:00 - 18:00						Body Step 2	
17:30 - 18:30	Body Step 2	L.B.T 2 ☺					
17:45 - 18:30			Spin Express 2	Spin Express 2			
18:00 - 19:00	Yoga (Beginners) 1	Body Combat 1	Body Jam 1		Body Attack 1		Body Attack 1
18:30 - 19:30	Body Pump 2	Body Step 2	Body Pump 2	Body Step 2	Body Pump 2		
18:45 - 20:00				Yoga 1			
19:00 - 20:00	LBT 1	Body Attack 1	Urban Street Dance 1		Latin Dancing 1		
19:30 - 20:30	Body Combat 2	Spin - High Performance 2	Box-r-circuit 2	Body Attack 2			
20:00 - 21:00	Body Balance 1			Pilates 1			
20:30 - 21:15							
20:30 - 21:30		Yoga (Intermediates) 1					
20:45 - 21:30	Aqua Express 3						

## KEY

- 1 Studio 1
  - 2 Studio 2
  - 3 Pool
- ☺ Crèche available  
Monday - Friday  
9.30am - 12noon  
for children under 5 years.

## 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.

**Body Step/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.

**Spin High Performance** - not for the faint hearted.

### SPECIALITIES

**Body Jam** An intoxicating pot-pourri of movement and music. Body Jam is the worlds greatest dance party with the emphasis on having fun and breaking a sweat, it is an addictive fusion of dance and aerobic moves.

**Box-r-circuit** A martial art based fitness session that is fun and non-contact, providing a great workout for all fitness levels. Concentrating on boxing moves in a circuit format, this session will effectively tone the upper body and increase stamina and strength.

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

**Latin Dancing** Calling all Latin lovers! Learn to salsa, meringue, cha cha and mambo in this fun class. Come on your own or with a partner.

### Urban Street Dance

Ever wanted to shake your booty like J-Lo or move like Justin? This dance based aerobics class will get you moving with the latest funky sounds.

### 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.

**On the Ball Express** Hey presto, flat abs, strong back, come and have a ball using our stability balls.

**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 Express** 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

**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.

**Dance Active** Calling all teenagers who love to dance. Learn all the latest dance moves, to your favourite songs. Suitable for 11-15yrs.

**Sport Active** Suitable for 11-15 year olds. We activate and stimulate your imagination and body. This session will concentrate on different skills and drills every week to ensure you improve in the sport that you play.