

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
07:15 - 07:45	Spin Express 1		Spin Express 1			09:00 - 09:30	Step taster* 1
07:15 - 08:00						09:30 - 10:30	Body Pump 2
09:00 - 09:30		On the Ball 1			Body Pump Taster 2 😊	09:30 - 10:30	Step 1
09:30 - 10:15		Spin 1 😊				10:30 - 11:30	Body Balance 1 & 2
09:30 - 10:30	Body Pump 2 😊		Aerobics 2 😊	Body Pump 1 😊	Body Pump 2 😊		
09:30 - 10:30	LBT 1 😊	Body Vive* 2 😊	Body Combat 1 😊		Aerobics 1 😊		
10:00 - 11:00							
10:30 - 11:15	Walk/Run Club 3 😊		Walk Club* 3 😊				
10:30 - 11:30	Aqua 5 😊	Body Balance 1 😊	Body Pump 1 😊	Body Balance 4 😊	Step 2 😊		
10:30 - 11:30			Body Vive* 1 😊				
10:45 - 11:30	Spin 1 😊						
11:00 - 12:00		Yoga 1 & 2					
11:30 - 12:30				Body Vive* 2			
12:30 - 13:30		Bike Active* 1		Junior Dance (5-7yrs) 2			
16:00 - 16:40			Street Active 1	Junior Dance (8-11yrs) 2			
16:00 - 16:45				On the Ball* 1			
16:30 - 17:30					Body Vive Taster* 2		
17:00 - 17:45		On the Ball 1					
17:15 - 17:45							
17:20 - 17:50							
17:30 - 18:00							
17:45 - 18:45	Spin 1			Spin 1			
18:00 - 18:45				Body Combat 2			
18:00 - 19:00	Aerobics 2	Body Pump 1 & 2	Body Balance 1		Spin 1		
18:00 - 19:00			Aerobics 2		Body Vive* 2		
18:30 - 19:00			Body Combat Taster 6				
18:30 - 19:30		Circuits 4					
19:00 - 20:00				Aerobics 1	Body Balance 1 & 2		
19:00 - 20:00	Body Pump 1 & 2	Body Combat 1 & 2	Body Combat 2	Aqua 5			
19:30 - 20:00	Body Balance Taster 6			Body Pump 2			
20:00 - 20:45		Spin 1					
20:00 - 21:00	Aqua 5		Dance Fusion 2				
20:00 - 21:00	Body Balance 1 & 2						

TIME	SUNDAY
10:00 - 11:00	Spin 1
11:00 - 12:00	Body Pump 1 & 2

KEY

- 1 Studio 1
- 2 Studio 2
- 3 Outside
- 4 Sports Hall
- 5 Pool
- 6 Gym

😊 Crèche available
Monday - Friday 9.30am - 12noon
for children under 5 years.

*** New Classes**

Taster sessions Don't want to look like a fruitcake but fancy doing something new? Try our new short intro sessions that are designed to teach good technique and confidence before trying the real thing.

Express workouts These workouts are a shortened version of the full session and are ideal for those who have limited time or are new to our group exercise experience.

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 Fusion A modern dance mix, fun oriented and fat burning. For all ages and levels of fitness.

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

Walk/run club 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'.

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.

Body Vive This low impact training session uses vave balls and bands to add focus and resistance to create a fun but effective workout that will leave you wanting more. Especially suited to those who are in their 40's, 50's and 60's or those who are new to group exercise.

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

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.

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.

Bike Active Suitable for 11-15years. Want to be the next Chris Hoy? 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.

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