

Sunbury 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	SATURDAY	SUNDAY
07:30 - 08:15	Pilates 1		Aerobics 4				
09:00 - 09:30			Walking Club 5				
09:15 - 10:00					Aqua 3		Body Step 1
09:30 - 10:00						Punch Workshop 4	
09:30 - 10:30						LBT 1	
10:00 - 10:30					Balance Workshop 4		
10:00 - 10:45	Aqua 3						Body Attack 1
10:00 - 11:00							
10:30 - 11:15						Body Balance 1	
11:00 - 11:15							Body Pump Taster* 1
11:15 - 12:00						Belly Dancing* 1	
11:15 - 12:15							Body Pump 1
13:00 - 13:30				Balance Workshop 4			
15:45 - 16:30				Sport Active 1			
17:00 - 17:45			Yoga 1				
17:15 - 18:00				Pilates 1			
17:45 - 18:30		LBT 1	Body Step 1				
17:45 - 18:45	Yoga 1						
18:00 - 18:30			Strength Workshop 4				Strength Workshop 4
18:00 - 18:45	Body Attack 2						
18:00 - 19:00				Body Pump 1			
18:00 - 18:30	Cardio Workshop 4						
18:30 - 19:15			LBT 1				
18:30 - 19:30		Body Pump 1					
18:45 - 19:30	Body Step* 1						
18:45 - 19:45							
19:00 - 19:30	Body Balance Workshop 1	Balance Workshop 4	Punch Workshop 4	Cardio Workshop 4			
19:00 - 19:45	Aqua 3						
19:00 - 20:00				Body Balance 1			
19:15 - 20:00			Latin Dancing 1	Aqua 3			LBT 1
19:30 - 20:15	LBT 1						
19:45 - 20:30	Aqua 3	Body Balance 1					
20:00 - 20:45						Body Attack* 1	
20:15 - 21:00	Pilates* 1			Body Jam 1			
20:30 - 21:30		Circuits 1					

KEY

- 1 Studio
- 2 Main Hall
- 3 Pool
- 4 Gym
- 5 Outside

* New Class

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.

WORKSHOPS

Workshops are shorter sessions dedicated to offering more specialist help and advice. Limited numbers are available. These sessions are free to members. Please book your place in advance.

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 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

Belly Dancing Great fun workout. Contact reception for details.

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.

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.

Walking Club A leisurely walk enjoying the local surroundings. This is a great opportunity to increase your activity levels whilst enjoying the social aspect.

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.

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.

YOUNG ADULT SESSIONS

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

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.