

## Class Descriptions

### Body Attack

Intense cardiovascular workout for a great cross training

### Body Balance

Holistic workout with Yoga, Tai Chi & Pilates principles to stretch and strengthen & bring your mind, body & soul into balance

### All Step

Cardiovascular workout with choreographed routines stepping on and off a platform

### Box-it-Fit

Conditioning using boxing skills & pads for maximum effect

### Circuits

No fancy footwork, just a combination of cardio favourites knitted together with the best bits of resistance exercise

### Fitball

Full body workout with Swiss balls and your own body resistance

### Gentle Circuits

An uplifting and friendly class with a wide range of gentle activities for an invigorating workout

### Gentle Movement Class

A gentle, fun class that promotes improved flexibility, strength and health

### Legs Bums & Tums

Resistance training for lower body using linked low impact moves

We also offer 'Heartease'.  
A Cardiac Rehabilitation class that is subject to GP Referral only.

### Body Pump

Strength and endurance training class using barbells and weights

### Body Jam

This class uses a variety of dance styles to improve your body's ability to burn fat and improve cardiovascular fitness

### Pilates

This technique is a wonderful way to develop deep postural muscle strength whilst lengthening & toning the whole body

### Spinning

Indoor cycling with endurance, speed, interval & strength rides

### Total Body Conditioning

A muscle toning and strengthening workout with use of weights, bodybars, exotubes and your own body weight

### Yoga

Holistic class concentrating on breathing, relaxed movements, focal concentration and meditation

### Zumba Fitness®

Dance class with pulsating Latin rhythms and red-hot dance steps, Zumba is Spanish slang for "to move fast and have fun"

The minimum age for most classes is 16 years old, with the exception of Body Jam and Zumba, which can be enjoyed from age 14 and upwards.



## Fitness Classes



## Fitness Class Timetable Winter 2011/12

## Class Timetable

Day	Class	Instructor	Location	Intensity
<b>Monday</b>				
06.45-07.45	Spinning**	Caroline	Spin Room	♥♥♥♥
09.30-10.30	Body Balance*	Jo	Studio 2	♥♥
10.30-11.30	Legs, Bums and Tums	Jo	Studio 1	♥♥♥
12.00-13.00	Body Pump	Caroline	Studio 1	♥♥♥♥
17.45-18.45	Total Body Conditioning	Debbie	Studio 1	♥♥♥
18.45-19.45	All Step	Jan	Studio 1	♥♥♥
18.45-19.45	Spinning**	Sandra	Spin Room	♥♥♥♥
19.45-20.45	Circuits	Martin	Main Hall	♥♥♥♥
20.00-21.00	Body Pump*	Sandra	Studio 1	♥♥♥♥

Day	Class	Instructor	Location	Intensity
<b>Tuesday</b>				
09.30-10.30	Body Balance*	Jo	Studio 2	♥♥
10.30-11.30	Total Body Conditioning	Cara	Studio 1	♥♥♥
11.15-12.15	Pilates	Becs	Studio 2	♥♥
12.30-13.30	Spinning**	Elaine	Spin Room	♥♥♥♥
18.00-19.00	Body Balance*	Lorraine D	Studio 2	♥♥
18.00-19.00	Spinning**	Tom	Spin Room	♥♥♥♥
18.00-19.00	Body Jam	Debbie	Studio 1	♥♥♥
19.00-20.00	Body Attack	Debbie	Studio 1	♥♥♥♥
19.30-20.30	Spinning**	Natalie	Spin Room	♥♥♥♥
20.15-21.15	Zumba	Cassie	Studio 1	♥♥♥

Day	Class	Instructor	Location	Intensity
<b>Wednesday</b>				
07.00-07.45	Spinning**	Milly	Spin Room	♥♥♥♥
09.30-10.30	Gentle Circuit	Davinder	Main Hall	♥
10.00-11.00	Body Attack	Jen	Studio 1	♥♥♥♥
11.30-12.30	Spinning**	Jane	Spin Room	♥♥♥♥
11.30-12.30	Gentle Movement Class	Gemma	Studio 1	♥
17.15-18.00	Fit Ball	Caroline	Studio 2	♥♥
18.30-19.30	All Step	Natalie	Studio 1	♥♥♥
18.45-19.45	Spinning**	Nikki	Spin Room	♥♥♥♥
19.45-20.45	Body Pump*	Caroline	Studio 1	♥♥♥♥
20.00-21.00	Yoga	Beth	Studio 2	♥♥

Day	Class	Instructor	Location	Intensity
<b>Thursday</b>				
09.30-10.30	Box-it-Fit	Mark	Studio 1	♥♥♥♥
09.30-10.30	Body Balance*	Jo	Studio 2	♥♥
10.30-11.30	Legs, Bums & Tums	Elaine	Studio 1	♥♥♥
12.30-13.30	Spinning**	Jane	Spin Room	♥♥♥♥
18.00-19.00	Fit Ball	Caroline	Studio 2	♥♥
18.15-19.15	Zumba	Rochelle	Studio 1	♥♥♥
18.30-19.30	Spinning**	Jane	Spin Room	♥♥♥♥
19.30-20.30	Circuits	Laura C	Studio 1	♥♥♥♥

Day	Class	Instructor	Location	Intensity
<b>Friday</b>				
06.45-07.45	Spinning**	Milly	Spin Room	♥♥♥♥
09.30-10.30	Gentle Circuit	Davinder	Main Hall	♥
10.00-11.00	Body Attack	Debbie	Studio 1	♥♥♥♥
11.00-12.00	Zumba	Claire B	Studio 1	♥♥♥

Day	Class	Instructor	Location	Intensity
<b>Saturday</b>				
09.00-10.00	Box-it-Fit	Andrew	Studio 1	♥♥♥
10.00-11.00	Spinning**	Natalie	Spin Room	♥♥♥♥
10.00-11.00	All Step	Jan	Studio 1	♥♥♥
11.30-12.30	Body Pump*	Caroline	Studio 1	♥♥♥♥
12.45-13.45	Yoga	Jacqui	Studio 2	♥♥

Day	Class	Instructor	Location	Intensity
<b>Sunday</b>				
09.45-10.45	Circuits	Tom/Roy	Studio 1	♥♥♥♥
10.00-11.00	Body Balance*	Milly	Studio 2	♥♥
11.00-12.00	Body Attack	Lorraine D	Studio 1	♥♥♥♥
11.30-12.30	Spinning**	Jane	Spin Room	♥♥♥♥

The Leisurezone Class Timetable is regularly reviewed and subject to change. Please note a reduced programme is in operation during the Summer, Bank Holidays and Christmas week. Please ring 01279 621500 in advance to check.

\*Please note if you're new to Body Balance or Body Pump Classes, you must book a technique class first. Speak to a member of our team who will arrange this for you.

\*\*Pre booking advisable

If you're new to Spinning ensure you arrive at least 10mins prior to the start time and report to the class instructor. Please arrive promptly to all classes. If you are over 10mins late you may be refused entry. The decision whether to allow you to join the class will be at the instructor's discretion.