

Revised JAN 2007 and regularly updated. Please check with Leisure Centre staff for more details.
 *AquaFit is NOT included in the Class Only Membership. Classes subject to change please check.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fit For Life 9.30am 10.30am	Body Attack 9.30am 10.30am	The Ride 9.30am 10.15am	Rock Bottom 9.30am 10.30am	Body Pump 9.30am 10.30am		
Body Pump 10.45am 11.45am	YOGA 10.35am 11.45am	Body Balance 10.15am 11.15am	Body Combat 10.30am 11.30am	PowerRide/ Circuit 10.30-11.30	Body Attack 10.00am 11.00am	Step 10.00am 10.55am
AquaFit* 11.30am - 12.30pm				AquaFit* 1.00pm - 2.00pm	Body Balance 11.00am - 12.00pm	Body Pump 11.00am - 12.00pm
Line Dancing 1.00pm - 2.00pm	Rock Bottom 6.00pm 6.45pm			Sreet Dance 2.00pm - 3.00pm		Splash Time 2.00pm - 3.00pm
Step 6.00pm - 6.55pm	Body Pump 6.45pm - 7.45pm	YOGA 6.00pm - 7.10pm	Body Sculpt 6.00pm - 6.45pm	Kids Judo 4.00pm - 4.45pm 5-8yr		
Body Balance 7.00pm - 7.55pm	AquaFit* 7.00pm - 8.00pm	Body Attack 7.15pm - 8.15pm	Body Combat 6.45pm - 7.45pm	Kids Judo 4.45pm - 5.30pm 9-16yr		
Body Attack 8.00pm - 9.00pm	Power Ride 7.50pm - 8.30pm					

Class Descriptions

FIT FOR LIFE

Exercise class done at a slightly easier level. Works on keeping mobility, balance, strength and fitness. If your starting off your fitness campaign, this might be a good class to start with.

POWER RIDE / THE RIDE

A calorie guzzling fat burning workout on stationary bikes suitable for all levels of fitness. Sweat like never before in a fun, athletic motivating class environment.

Power Ride - 45mins

The Ride - 30mins

STEP

A cardiovascular workout using interesting choreography, offering you different levels of intensity. Sweat and smile at the same time, fun yet challenging.

ROCK BOTTOM

Get the bottom half you've always wanted. Conditioning class suitable for all fitness levels.

BODY ATTACK

Bodyattack is simply the ultimate cardiovascular challenge, encouraging you to reach the limits of your endurance. It is a rapid fat

burning workout that provides an endorphin stimulus promoting feelings of alertness, vigour and vitality.

BODY COMBAT

Combines powerhouse moves and stances developed from a range of disciplines including Karate, kickboxing, Tai Chi and Tae Kwondo into a 'take no prisoners' adrenaline-pumping routine. It is an empowering athletic workout that will have you fighting fit in record time!

BODY PUMP

An endurance class utilising barbells and adjustable weights set to pumping music. Each track works a different muscle group. Re-shape your body like nothing else! Suitable for all fitness levels.

BODY BALANCE

Body Balance is a dynamic yoga-based stretch programme. It combines the principles from yoga, pilates, tai-chi and feldenkrais to bring you a workout combining strength, training and stretching that brings the body, mind and soul into a state of balance and harmony. You will look a size smaller and three inches taller!

YOGA

Find your inner peace. De-stress, unwind and relax. This class will improve your flexibility, gives you better posture, helps you develop correct breathing and leaves you feeling at peace.

AQUAFIT*

Water based exercise class using water as resistance to work the muscles. As the water provides support this class has hardly any impact on the joints.

BODY SCULPT

Get the body you have always wanted! Tone the top half and shape he bottom. Burn the calories - everything you need in one class.

KIDS JUDO

Kids Judo lessons for beginners at any level
 Non members welcome to Judo at a charge

SPLASHTIME

Fun hour in the pool for all ages

STREET DANCE

Funky dance exercise class for kids aged 12 -16 years
 Non members welcome to Street dance at a charge