

Group Fitness Timetable

MONDAY

9.30 - 10.30AM	BODY PUMP	LEVEL 2	CHERYL
10.30 - 11.30AM	BODY BALANCE	LEVEL 2	KAT
6.00 - 7.00PM	BODY COMBAT	LEVEL 3	SARAH T
6.00 - 7.00PM	BODY PUMP	LEVEL 2	CHERYL
7.00 - 8.00PM	AQUA AEROBICS	LEVEL 1	CAROLYN
7.15 - 8.15PM	CIRCUIT TRAINING	LEVEL 3	SARAH T
7.15 - 8.00PM	CYCLE WORKOUT	LEVEL 2	CHERYL
8.15 - 9.15PM	LEGS, BUMS & TUMS	LEVEL 2	SARAH T

TUESDAY

9.30 - 10.30AM	LEGS, BUMS & TUMS	LEVEL 2	SARAH F
10.30 - 11.30AM	50+	LEVEL 1	CORINNE
11.30 - 12.30PM	PILATES	LEVEL 2	CORINNE
12.30 - 1.30PM	STROKE EXERCISE GROUP	LEVEL 1	CORINNE
6.00 - 7.00PM	BODY ATTACK	LEVEL 3	CHERYL
6.00 - 7.00PM	STEP	LEVEL 2	CHRIS
7.00 - 8.00PM	BODY PUMP	LEVEL 2	CHRIS
8.15 - 9.15PM	BODY BALANCE	LEVEL 2	ANN

WEDNESDAY

9.30 - 10.30AM	STEP	LEVEL 2	SIZZLE
10.30 - 11.30AM	BODY COMBAT	LEVEL 3	CHERYL
11.30 - 12.30PM	YOGA	LEVEL 2	ANN
6.00 - 7.00PM	BODY COMBAT	LEVEL 3	SARAH T
6.00 - 7.00PM	STEP	LEVEL 2	KAT
6.00 - 7.00PM	CYCLE WORKOUT	LEVEL 2	TERRY
7.00 - 8.00PM	BODY BALANCE	LEVEL 2	SAM
7.00 - 8.00PM	CIRCUIT TRAINING	LEVEL 3	SARAH T
7.30 - 8.30PM	AQUA AEROBICS	LEVEL 1	CAROLYN
8.15 - 9.15PM	LEGS, BUMS & TUMS	LEVEL 2	SARAH T

THURSDAY

9.30 - 10.30AM	BODY PUMP	LEVEL 2	SARAH T
10.30 - 11.30AM	50+	LEVEL 1	CORINNE
11.30 - 12.30AM	LEGS, BUMS & TUMS	LEVEL 2	CORINNE
12.30 - 1.30PM	PILATES	LEVEL 2	CORINNE
6.00 - 7.00PM	LEGS, BUMS & TUMS	LEVEL 2	JO
6.00 - 7.00PM	BODY BALANCE	LEVEL 2	SAM
7.00 - 8.00PM	PILATES	LEVEL 2	SAM
7.00 - 8.00PM	CYCLE WORKOUT	LEVEL 2	CHRIS
8.00 - 9.00PM	CIRCUIT TRAINING	LEVEL 3	CHRIS

FRIDAY

9.30 - 10.30AM	BODY ATTACK	LEVEL 3	CHERYL
10.30 - 11.30AM	BODY BALANCE	LEVEL 2	SAM
6.00 - 7.00PM	BODY ATTACK	LEVEL 3	SARAH T
6.00 - 7.00PM	CYCLE WORKOUT	LEVEL 2	CHERYL
7.15 - 8.15PM	BODY PUMP	LEVEL 2	SARAH T

SATURDAY

9.00 - 10.00AM	BODY PUMP	LEVEL 2	CHERYL
10.00 - 11.00AM	BODY ATTACK	LEVEL 3	CHERYL
6.00 - 7.00PM	BODY COMBAT	LEVEL 3	CHERYL

SUNDAY

9.30 - 10.30AM	BODY ATTACK	LEVEL 3	TORI
10.30 - 11.30AM	BODY BALANCE	LEVEL 2	KAT

Ⓢ - Creche available

Fitness Level:

- 1 - Low impact class suitable for beginners to exercise
- 2 - Low impact class suitable for beginners to advanced levels of fitness
- 3 - Combination of low & high impact suitable for intermediate to advanced levels of fitness



Class Descriptions

50+: A class designed for all those over 50 as well as those who prefer a lighter aerobic content, whilst getting a good safe and effective workout for the whole body. There is no such thing as too old or too unfit for this class, so come and join the fun and improve your quality of life.

Aqua Aerobics: For all those people that enjoy a workout in water to music. This class is unique in its none weight bearing approach to exercise using the water as a great resistance to tone up your body.

Body Attack: This is the most athletic but easy to follow class you will ever do, an intense calorie burning workout that pushes you to the limit. A cardiovascular interval training class, combining high intensity aerobics with strength and stabilising exercises. Hard driving music provides the background to a program of jumping, kicking and running routines. Get ready to experience a rocket-fueled concoction of music and moves.

Body Balance: Core strength and flexibility training, combined with breathing and relaxation techniques developed from yoga, pilates and tai chi all added to a moving soundtrack.

Body Combat: An athletic and exciting complete body workout which combines power house moves and stances developed from a range of self defence disciplines. An exhilarating 'take no prisoners', adrenaline pumping session that will get you fighting fit in record time.

Body Pump: WARNING this workout will seriously change the shape of your body! A revolutionary workout that appeals to both men and women. A motivating class incorporating the use of a barbell, weights and great music. Brilliant for all over body toning and conditioning. Please arrive at least 10 minutes early for your first class.

Circuit Training: This class consists of an aerobic warm-up followed by a wide range of exercises working station-to-station concentrating on both resistance and cardiovascular work aiming to improve fitness and shape & tone the whole body.

Cycle Workout: A motivating instructor led group class on stationary bikes. For the ride of your life!

Legs, Bums & Tums: This class targets all those areas we love to hate. A combination of fat burning aerobics followed by intensive conditioning work. This class will appeal to both the complete beginner and the aerobic enthusiast looking for a varied and effect fitness regime.

Pilates: This is a systematic and progressive exercise technique, working the body synergistically. Pilates movements will give you stability, flexibility and strengthen your body.

Step: A fantastic fat burning workout, which is also brilliant for toning the legs and bum. Inspiring choreography followed by challenging abdominal exercises.

Stroke Exercise Group: This group is not solely for people who have suffered a stroke. Anyone who wishes to take part in physical activity who would find the gym or normal classes too demanding may attend.

Yoga: Gentle exercise to enhance the union of mind and body for better health.

Please Note: If you are attending a class for the first time, we advise you arrive 10 minutes early to introduce yourself to the instructor.

The minimum age for Body Training system classes is 16yrs. All other classes is 14yrs.

If you are new to exercise or have any doubts about your suitability you are advised to take advice from your G.P.

All class times include set up / take down time.

All classes are subject to Instructor change when covering staff sickness or holiday.

Hutton Moor Leisure Centre

Hutton Moor Road : Weston-super-Mare : BS22 8LY
(T) 01934 425900 (E) huttonmoor@parkwood-leisure.co.uk

