

# Group Fitness Timetable

## HUTTON MOOR LEISURE CENTRE

### MONDAY

9.30-10.30AM	BODY PUMP (2)
10.30-11.30AM	BODY BALANCE (2)
10.45-11.30AM	CYCLE WORKOUT (2)
11.30-12.30PM	PRE & POST NATAL CLASS (1)
6.00-7.00PM	BODY COMBAT (3)
6.00-7.00PM	BODY PUMP (2)
6.15-7.00PM	CYCLE WORKOUT (2)
7.00-8.00PM	AQUA AEROBICS (1)
7.15-8.15PM	CIRCUIT TRAINING (3)
7.15-8.00PM	CYCLE WORKOUT (2)
8.15-9.00PM	CYCLE WORKOUT (2)
8.15-9.15PM	LEGS, BUMS & TUMS (2)

### TUESDAY

9.30-10.30AM	LEGS, BUMS & TUMS (3)
10.30-11.30AM	50+ (1)
10.45-11.30AM	CYCLE WORKOUT (2)
11.30-12.30PM	PILATES (2)
12.30-1.30PM	STROKE EXERCISE GROUP (1)
6.00-7.00PM	BODY ATTACK (3)
6.00-7.00PM	STEP (2)
6.30-7.00PM	CYCLE WORKOUT (1)
7.00-8.00PM	BODY PUMP (2)
7.15-8.00PM	CYCLE WORKOUT (2)
8.15-9.15PM	BODY BALANCE (2)
8.15-9.00PM	CYCLE WORKOUT (2)

### WEDNESDAY

7.15-8.00AM	CYCLE WORKOUT (2)
9.30-10.30AM	BODY COMBAT (3)
10.30-11.30AM	ZUMBA (2)
11.30-12.30PM	YOGA (2)
6.00-7.00PM	BODY COMBAT (2)
6.00-7.00PM	ZUMBA (2)
6.15-7.00PM	CYCLE WORKOUT (2)
7.00-8.00PM	BODY BALANCE (2)
7.00-8.00PM	CIRCUIT TRAINING (3)
7.15-8.00PM	CYCLE WORKOUT (2)
7.30-8.30PM	AQUA AEROBICS (1)
8.15-9.15PM	LEGS, BUMS & TUMS (2)
8.15-9.00PM	CYCLE WORKOUT (2)

### THURSDAY

9.30-10.30AM	BODY PUMP (2)	SARAH T
10.30-11.30AM	50+ (1)	CORINNE
10.45-11.30AM	CYCLE WORKOUT (2)	SARAH T
11.45-12.45PM	LEGS, BUMS & TUMS (2)	CORINNE
12.45-1.45PM	PILATES (2)	CORRINE
6.00-7.00PM	LEGS, BUMS & TUMS (2)	SARAH T
6.00-7.00PM	BODY BALANCE (2)	SAM D
6.15-7.00PM	CYCLE WORKOUT (2)	MARK
7.00-8.00PM	PILATES (2)	SAM D
7.15-8.00PM	CYCLE WORKOUT (2)	CHRIS
8.15-9.00PM	CYCLE WORKOUT (2)	MARK
8.15-9.15PM	CIRCUIT TRAINING (3)	CHRIS

### FRIDAY

9.30-10.30AM	BODY ATTACK (3)	CHERYL
10.30-11.30AM	BODY BALANCE (2)	SAM D
11.30-12.30PM	ZUMBA (2)	CHERYL
5.30-6.15PM	CYCLE WORKOUT (2)	SAM L
6.00-7.00PM	BODY ATTACK (3)	SARAH T
6.30-7.15PM	CYCLE WORKOUT (2)	CHERYL
7.30-8.15PM	CYCLE WORKOUT (2)	LIZA
7.00-8.00PM	MILITARY FITNESS (2)	GARY
7.15-8.15PM	BODY PUMP (2)	SARAH T

### SATURDAY

9.00-10.00AM	BODY PUMP (2)	CHERYL
9.00-10.00AM	CYCLE WORKOUT (3)	MARK
10.00-11.00AM	BODY ATTACK (3)	CHERYL
10.15-11.00AM	CYCLE WORKOUT (2)	MARK
6.00-7.00PM	BODY COMBAT (3)	JACKIE

### SUNDAY

9.15-10.00AM	CYCLE WORKOUT (2)	KURTIS
10.00-11.00AM	BODY ATTACK (3)	TORI

☉ - Creche available

☺ - New Class

#### Fitness Level:

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

# Group Fitness Timetable

## HANS PRICE SPORTS CENTRE

Available to expressions members & pay per visit customers

### MONDAY

6.45-7.45PM ZUMBA (2)  
7.45-8.45PM ZUMBA (2)

LIZA  
RHIAN

### THURSDAY

6.00-7.00PM ZUMBA (2)  
7.00-8.00PM ZUMBA (2)  
7.30-8.30PM CORE CONDITIONING (2)

CHERRY  
CHERRY  
DANNY

### WEDNESDAY

6.00-7.00PM BOXERCISE (2)  
7.30-8.30PM CIRCUITS (2)

HARRY  
DANNY

### FRIDAY

6.15-7.15PM ZUMBA (2)  
7.30-8.30PM STRENGTH CONDITIONING (2)

RHIAN  
HARRY

### FITNESS LEVEL:

- 1 - Low impact class suitable for beginners to exercise
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# Group Fitness Timetable

**50+:** A class designed for all those over 50 as well as those who prefer a lighter aerobic content, whilst getting a good safe & effective workout for the whole body. There is no such thing as too old or too unfit for this class, so come & join the fun & 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 non-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 & stabilising exercises. Hard driving music provides the background to a program of jumping, kicking & running routines. Get ready to experience a rocket-fueled concoction of music and moves.

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

**Body Combat:** An athletic & exciting complete body workout which combines power house moves & 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 & women. A motivating class incorporating the use of a barbell, weights & great music. Brilliant for all over body toning and conditioning.

**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 & cardiovascular work aiming to improve fitness, shape & tone the whole body.

**Cycle Workout:** A motivating instructor led group class on stationary bikes. For the ride of your life! 18 spinning bikes available booking is advisable. (Bookings taken 48 hours in advance from 8am)

**Cycle Workout (Level 1):** A cycle workout class designed to incorporate all aspects of the 45-minute class into a manageable 30 minutes. Suitable for beginners & those that just want a quick burst of cardio in their workout. (Booking taken 48 hours in advance from 8am)

**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 & the aerobic enthusiast looking for a varied and effect fitness regime.

**NEW!**

**Military Fitness:** Train like the Royal Marines & commit to this 60 minute work out. Includes all over body exercises, strength & stamina training & cardio vascular routine. Former Royal Marine Instructor will guarantee to push you to the limit.

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

**Step:** A fantastic fat burning workout, which is also brilliant for toning the legs & 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.

**Boxercise:** This class combines non contact boxing style exercises using focus pads, mits & other boxing equipment. An explosive cardiovascular workout, improving overall fitness & muscle tone.

**Strength Conditioning:** This is not a traditional group fitness class. This instructor led class teaches weight lifting techniques, body weight exercises in a cross fit exercise programme.

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

**Core Conditioning:** A 45 minute class designed to work all of your core. Improving your core stability will not only tone your tummy but greatly improve your sporting performance.

**Pre & Post Natal Class:** If you are pregnant or have recently had a baby this specialised class is designed just for you. A qualified instructor will assess & provide you with a low impact fitness class. You can even bring your little bundle of joy with you.

**Zumba:** A fun filled dance orientated aerobic class. Mixing music & dance from various cultures, which will enable you to dance yourself fit. A cardiovascular workout, which will improve your overall muscle tone & core stability.

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

The minimum age for all group fitness classes is 14yrs

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

All class times include set up / take down time.

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

**Cancellation Policy:**  
All group fitness classes – 24 hours notice required

## HUTTON MOOR LEISURE CENTRE

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

## HANS PRICE SPORTS CENTRE

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