

Group Fitness Timetable

Group Fitness Classes at The Mountbatten Leisure Centre

MONDAY

09.30-10.00	Studio Cycling	Fitness Suite
10.00-10.55	Aerobics	Main Hall
10.30-11.30	Pilates	Studio
12.00-12.45	Aqua Fit	Pool
17.30-18.00	Studio Cycling	Fitness Suite
17.45-18.45	Body Pump	Studio
18.15-18.55	Step	Main Hall
19.00-19.55	Aerobics	Studio
19.00-19.55	Body Combat	Main Hall
20.00-21.00	Yoga	Studio

TUESDAY

09.30-10.00	Studio Cycling	Fitness Suite
10.00-10.55	Step	Main Hall
10.00-11.00	Yoga	Studio
12.00-12.45	Aqua Fit	Pool
17.30-18.30	Fitball	Studio
18.00-18.55	Circuits	Main Hall
19.00-19.55	Body Combat	Main Hall
20.00-21.00	Zumba <i>Flow</i>	Main Hall
20.00-21.00	Body Balance	Studio

WEDNESDAY

10.00-10.55	Aerobics	Main Hall
11.00-11.55	Double Whammy	Studio
12.00-12.45	Aqua Run	Pool
17.30-18.00	Studio Cycling (Beg)	Fitness Suite
18.00-18.45	Studio Cycling	Fitness Suite
18.00-18.55	Body Pump	Studio
18.00-19.00	Pilates (Imp) *	
19.00-19.30	Studio Cycling (Imp)	Fitness Suite
19.00-20.00	Pilates (Imp) *	
19.00-20.00	Aqua Fit	Pool
19.30-20.30	Body Conditioning	Studio
20.00-21.00	Pilates (Beg) *	

THURSDAY

10.00-11.00	Zumba <i>Flow</i>	Main Hall
11.00-11.30	Studio Cycling	Fitness Suite
12.00-12.45	Aqua Fit	Pool
17.15-17.45	Studio Cycling	Fitness Suite
18.00-18.45	Fitball	Studio
18.00-18.55	Circuits	Main Hall
19.00-19.55	Body Combat	Main Hall
19.00-20.00	Aqua Fit	Pool
20.00-21.00	Body Balance	Studio

FRIDAY

10.00-10.55	Aerobics	Main Hall
10.30-11.30	Pilates	Studio
12.00-12.45	Aqua Fit	Pool
18.15-19.15	Body Pump	Studio

SATURDAY

09.30-10.00	Studio Cycling	Fitness Suite
10.30-11.30	Body Combat	Studio
16.00-17.00	Circuits	Studio

SUNDAY

09.30-10.30	Body Combat	Studio
10.30-11.30	Body Pump	Studio
19.00-20.00	Body Balance	Studio

*Pilates classes are held at the Gymnastics Centre, to book please call 023 9266 0589

The Mountbatten Leisure Centre

Alexandra Park, Portsmouth, Hampshire
PO2 9QA
Tel: 023 9262 6500

Are you doing more than 1 class per week? If you are, you could be saving money. To discuss various membership packages please speak with a membership advisor by contacting reception or calling 023 9262 6500.



Class Descriptions

Aerobics - An energising choreographed class to music with a combination of moves to improve your fitness levels.

Aqua Fit - An aerobic workout to music in water, for all levels of fitness.

Aqua Run - Series of running exercises in the pool whilst suspended by a float belt.

Body Balance - Incorporating the fundamental principles and practises of Yoga, Pilates and Tai Chi.

Body Pump - This choreographed work out with weights is one of the best forms of toning up. It's suitable for men and women of all ages as you are able to work at your own level throughout the class.

Body Combat - A pre-choreographed class combining energetic martial arts moves from karate, Tai Chi, Kickboxing and Tae Kwando.

Body Conditioning - Ideal for strengthening and toning up your body with moves which include light weights and energetic moves to music.

Boxercise - Circuit-style class with a boxing theme. Work on technique and poise before embarking on a challenging cardiovascular circuit. No previous boxing experience necessary. Please note this is a fitness class not a boxing session.

Circuits - A large combination of exercises put into small stations. A complete body workout helping you tone, strengthen and burn calories.

Double Whammy - The second part of our Aerobics class, this time concentrating on toning. From legs to bums to tums, you're sure to feel the benefits of this class.

Fitball - A fun class using Swiss Balls.

A whole body workout, focusing on core stability.

Pilates - Focusing on core stability and posture, Pilates aims to improve flexibility, agility and strengthen muscles.

Step - A choreographed class similar to aerobics but with use of a step box to add intensity. Ideal for fat burning and fitness improvement.

Studio Cycling - Providing an increase in lower body strength and a vast improvement in fitness levels, this energetic, choreographed class is ideal for everyone.

Yoga - Soothes the soul and tones the body with an emphasis on posture and breathing techniques. The perfect combination for a relaxing but effective workout.

Zumba - Zumba dance fitness fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness programme that will blow you away. Zumba is a full body workout using salsa, reggaeton, cumbia, merengue, hip hop, tango, flamenco and samba dance steps.

Please Note:

1. Non-members can book up to 2 days in advance, however payment must be made at the time of booking.

This also includes Social Members & PCC Leisure Card holders. Full and Booking Privilege Members can book 6 days in advance and pay on the day of the booking. The 6-day booking privilege commences at 6pm, on day one of the advance booking period e.g. Tues 6pm can book for following Monday but no further.

2. We require 24 hours notice should you wish to cancel any class. If cancelled you will then be given the option to move to another class, in line with our current booking policy. All cash payers who fail to give 24 hours notice will not be given the option to move to another class or receive a refund.
3. Please ensure you hand your receipt to the instructor prior to the commencement of each class.
4. You should be arriving at least 5 minutes prior to the start of each class. Should you arrive late you will not be permitted entry.
5. Should less than 4 people be booked in, management may decide to cancel the class.
6. Please advise the instructor prior to the start of each class if you suffer from any medical condition or if you need to refrain from any element of the class activity.
7. Appropriate footwear and clothing must be worn and bring a drink to keep hydrated.
8. All participants must be aged 16 or over.
9. Please note that the management reserve the right to amend the programme at any time.
10. Sometimes a class may need to be covered by a replacement instructor. This may mean that the class content may be different.
11. If a full expressions member books a class and does not turn up or if they cancel at short notice and the space is not resold then they will be charged the class fee.