

Group Fitness Timetable

[Commencing 6th of June 2011]

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| MONDAY | SPINNING | 09.30-10.15 | STUDIO 2 | ALL LEVELS |
| | BODY ATTACK* | 09.30-10.30 | STUDIO | ALL LEVELS |
| | 50+ WORKOUT | 11.10-12.10 | STUDIO | BEG / ALL |
| | BODY COMBAT | 12.30-13.10 | STUDIO | ALL LEVELS |
| | BODY ATTACK | 17.45-18.45 | STUDIO | ALL LEVELS |
| | SPINNING | 18.00-18.45 | STUDIO 2 | ALL LEVELS |
| | SPINNING | 19.00-19.45 | STUDIO 2 | ALL LEVELS |
| | BODY PUMP | 19.00-20.00 | STUDIO | ALL LEVELS |
| | TUMS, BUMS & THIGHS | 20.15-21.15 | STUDIO | ALL LEVELS |
| TUESDAY | STEP | 09.30-10.30 | STUDIO | ALL LEVELS |
| | BODY PUMP | 10.45-11.30 | STUDIO | ALL LEVELS |
| | AQUA AEROBICS | 12.00-13.00 | POOL | ALL LEVELS |
| | BODY PUMP | 12.30-13.10 | STUDIO | ALL LEVELS |
| | SPINNING | 12.30-13.15 | STUDIO 2 | ALL LEVELS |
| | BODY COMBAT | 17.45-18.45 | STUDIO | ALL LEVELS |
| | SPINNING | 18.00-18.45 | STUDIO 2 | ALL LEVELS |
| | CIRCUITS | 19.00-20.00 | STUDIO | ALL LEVELS |
| | ZUMBA | 20.15-21.15 | STUDIO | BEG / ALL |
| FITNESS PILATES | 20.15-21.15 | STUDIO 2 | ALL LEVELS | |
| WEDNESDAY | BODY ATTACK | 09.30-10.30 | STUDIO | ALL LEVELS |
| | LATINO AEROBICS | 10.35-11.20 | STUDIO | BEG / ALL |
| | 50+ WORKOUT | 11.20-12.20 | STUDIO | ALL LEVELS |
| | BODY ATTACK | 12.30-13.10 | STUDIO | ALL LEVELS |
| | BODY PUMP | 17.45-18.45 | STUDIO | ALL LEVELS |
| | SPINNING | 18.00-18.45 | STUDIO 2 | ALL LEVELS |
| | ZUMBA | 19.00-20.00 | STUDIO | BEG / ALL |
| | AQUA AEROBICS | 20.00-21.00 | POOL | ALL LEVELS |
| | BODY ATTACK | 20.15-21.15 | STUDIO | ALL LEVELS |
| THURSDAY | SPINNING | 09.30-10.15 | STUDIO 2 | ALL LEVELS |
| | BODY PUMP | 09.30-10.30 | STUDIO | ALL LEVELS |
| | AQUA AEROBICS* | 12.00-13.00 | POOL | ALL LEVELS |
| | BOXERCISE | 12.30-13.10 | STUDIO | ALL LEVELS |
| | BODY ATTACK | 17.45-18.45 | STUDIO | ALL LEVELS |
| | SPINNING | 18.00-18.45 | STUDIO 2 | ALL LEVELS |
| | BODY PUMP | 19.00-20.00 | STUDIO | ALL LEVELS |
| | TUMS, BUMS & THIGHS | 20.15-21.15 | STUDIO | ALL LEVELS |
| | FRIDAY | SPINNING | 07.00-07.45 | STUDIO 2 |
| BODY ATTACK | | 09.30-10.30 | STUDIO | ALL LEVELS |
| ZUMBA | | 10.45-11.45 | STUDIO | BEG./ALL |
| BODY PUMP | | 12.30-13.10 | STUDIO | ALL LEVELS |
| BODY ATTACK | | 17.15-18.15 | STUDIO | ALL LEVELS |
| SATURDAY | CARDIO BLITZ | 09.30-10.30 | STUDIO | INTERMEDIATE |
| | SPINNING | 09.45-10.30 | STUDIO 2 | ALL LEVELS |
| | BODY PUMP | 10.45-11.45 | STUDIO | ALL LEVELS |
| SUNDAY | SPINNING | 09.30-10.15 | STUDIO 2 | ALL LEVELS |
| | BODY ATTACK | 10.30-11.30 | STUDIO | ALL LEVELS |

FOR A FULL LISTING OF ALL CLASSES WITHIN THE LEISURE CENTRES IN WEST BERKSHIRE PLEASE SEE WWW.LEISURECENTRE.COM

*DENOTES A NEW CLASS OR CHANGE TO EXISTING CLASS TIME



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Aqua Aerobics – For all those people that enjoy a workout to music in water. This class is unique in its non-weight bearing approach to exercise using the water as a great resistance to tone up those bodies!

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-fuelled concoction of music and moves.

Body Combat – An athletic and exciting complete body workout which combines powerhouse 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 ten minutes early for your first class.

Cardio Blitz – The ultimate workout! This dynamic fat burning class is great for those who like easy to follow but fun challenging routines. Body Blitz comprises a lively warm-up, 30 minutes of high/low impact aerobics and a series of deep toning for the lower body. Guaranteed to make you sweat!

Circuits – This class consists of a cardiovascular warm-up, following a wide range of selected exercises, using a variety of equipment, working station-to-station. This concentrates on both resistance and cardiovascular work, aiming to improve fitness, and shape and tone the whole body.

Fitness Pilates – This is a systematic and progressive exercise technique, working the body synergistically. Pilates movements will give stability, flexibility, tone and strength back to our bodies. It develops body awareness, whilst working on postural imbalances and core strength.

Spinning – Are you ready for the ride of your life?! Indoor cycling led by a motivational instructor with fantastic sound and light. Bring a towel because you will sweat!

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

Tums, Bums & Thighs – 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 effective exercise routine.

Zumba – Spanish slang for 'move fast and to have fun' – enjoy salsa, samba and merengue music. This is the fastest growing dance based fitness craze in the country with people of all ages falling in love with it's infectious music, easy to follow dance moves, and body-beautifying benefits.

50+ Workout – 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.

Boxercise – A fun, challenging and safe workout where you can experience all the concepts that boxers use to keep fit. Experience shadow boxing, skipping, pad work and punchbags to get you fitter than ever! Ideal for men and women of all ages and any fitness.

