











Group Fitness Timetable

Scotch Horn Group Fitness Classes Timetable


Monday	 9.30 - 10.30am	Aerobics/Body Tone	2	Carol
	 10.30 - 11.30am	Body Vive	2	Carol
	6.00 - 7.00pm	Pilates	2	Trish
	7.00 - 8.00pm	Aerobics	3	Trish
	7.00 - 8.00pm	Body Combat	2	Ed
Tuesday	8.15 - 9.15pm	Circuits	2	Ed
	 9.30 - 10.30am	Pilates Course	1	Trish
	 9.30 - 10.30am	Legs, Bums & Tums	2	Jane
	 10.30 - 11.30am	Pilates	2	Trish
	6.00 - 7.00pm	Pilates Course	1	Trish
	7.00 - 8.00pm	Legs, Bums & Tums	2	Ed
	7.00 - 8.00pm	Pilates	2	Trish
8.00 - 9.00pm	Body Combat	2	Ed	
Wednesday	 9.30 - 10.30am	Aerobics	2	Jane
	 10.30 - 11.30am	50+	2	Jane
	6.00 - 7.00pm	Circuits	2	Ed
	7.00 - 8.00pm	Body Combat	2	Ed
Thursday	 9.30 - 10.30am	Legs, Bums & Tums	2	Trish
	 10.30 - 11.30am	Pilates	2	Trish
	7.00 - 8.00pm	Legs, Bums & Tums	2	Trish
Friday	 9.30 - 10.30am	Energy XS	2	Chelle
	 10.30 - 11.30am	Body Combat	2	Chelle
Saturday	9.30 - 10.30am	Total Body Conditioning	2	Ed
	10.30 - 11.00am	Ab Attack	2	Ed

Backwell Leisure Centre Aerobics Timetable

Monday	8.00 - 9.00pm	Aqua Aerobics	All levels
Thursday	12.30 - 1.10pm	Aqua Aerobics	All levels

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

 - Creche available



Group Fitness Timetable

Class Descriptions

50+: Low impact class to improve flexibility, muscular strength and Cardiovascular system.

Ab Attack: Increase core strength and stability and blast your stomach.

Aerobics: Combining original aerobics dance steps offering a fun full body / cardio vascular workout

Aerobics / Body Tone: This combines traditional aerobics with body toning exercises

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 those bodies.

Body combat: An exhilarating workout, combining powerhouse moves and stances developed from a range of self defense disciplines, including karate, taichi and ta know-do.

Body Vive: Body Vive is a low impact workout that lets you choose just how hard you work, using vive balls/tubes and optional hand weights. 'Uplifting & inspiring music'.

Circuits: 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 and tone the whole body.

Energy XS: Great weights workout to define, shape and tone your body to perfection.

Legs, bums & tums: Intensive conditioning for tightening your abdominals, legs and bum.

Pilates: Gentle exercise for the lower back and abdomen (Beginners Pilates are 8 week courses and are free to members)

Total body condition: Shape up and tone using light, hand weights to exercise every muscle group in body.

Please note:

If you are attending a class for the first time, we advise you to arrive 5 minutes early to introduce yourself to the instructor. If you are new to exercise or have any doubts about your suitability you are advised to take advice from your GP.

All class times include set up/take down time.

