

Group Fitness Timetable

Monday	09.30-12.00	Adult Sport & Exercise		Sports Hall
	09.30-10.30	Body Pump	Laura	Minor Hall
	09.40-10.40	Trim & Tone	Paul	Sports Hall
	10.45-11.30	Spinning	Simon	Dance Studio
	13.30-15.30	49ERS Sports Group	Kelly	Sports Hall
	18.00-19.00	Step & Shape	Paul	Minor Hall
	18.30-19.30	Beg Yoga Course	Gill	
	19.00-20.00	Terrific Trio	Paul	Minor Hall
	19.45-21.15	Improver Yoga Course	Gill	
	19.00-19.45	Spinning	Simon	Dance Studio
Tuesday	09.30-10.30	Spinning	Simon	Dance Studio
	10.30-11.15	Aqua Fit	Paul	Pool
	10.45-11.30	Fitness 4 Life	Laura	Minor Hall
	18.00-19.00	Body Combat	Laura	Minor Hall
	19.00-20.00	Body Pump	Laura	Minor Hall
	19.30-20.30	Zumba*	Paul	Dance Studio
Wednesday	09.30-12.00	Adult Sport & Exercise		Sports Hall
	09.40-10.40	Tone & Trim	Paul	Sports Hall
	13.30-15.30	49ERS Sports Group	Kelly	Sports Hall
	18.00-19.00	Total Balance	Laura	Dance Studio
	18.00-19.00	Aqua Fit	Paul	Pool
	18.00-19.00	Zumba* Starts 01.02.12	Kelly	Minor Hall
	19.00-20.00	Circuits	Grant	Sports Hall
	19.00-20.00	Step & Shape	Paul	Minor Hall
	19.00-20.30	Improver Yoga Course	Gill	
	20.15-21.00	Spinning	Simon	Dance Studio
Thursday	09.30-10.30	Aqua Fit	Paul	Pool
	09.30-10.30	Body Combat	Laura	Minor Hall
	10.30-11.30	Kettleercise#	Deanie	Minor Hall
	13.30-15.30	Sway Sequence Dance	Eileen	Minor Hall
	13.30-15.30	49ERS Sports Group	Kelly	Sports Hall
	18.00-19.00	Pump	Karen	Minor Hall
	19.00-20.00	Zumba*	Paul	Minor Hall
	19.30-20.15	Spinning	Kelly	Dance Studio
Friday	09.30-11.00	Yoga	Jenny	Dance Studio
	09.30-10.30	Fitness 4 Life	Laura	Minor Hall
	09.40-10.40	Dancercise	Paul	Sports Hall
	09.30-12.00	Adult Sport & Exercise		Sports Hall
	11.00-11.45	Aquafit	Paul	Pool
	17.45-18.30	Spinning	Kelly	Dance Studio
18.00-19.00	Zumba*	Paul	Minor Hall	
Saturday	09.00-09.45	Spinning	Kelly	Dance Studio
	10.00-11.00	Body Combat	Laura	Minor Hall
	11.00-12.00	Body Pump	Laura	Minor Hall
Sunday	18.00-19.00	Zumba*	Paul	Minor Hall

🔥 Creche available. * There is a surcharge for Zumba of £1 for Expressions members.

Chargeable to all at £5 per session

Timetable correct at time of going to print. Instructors may change without notice.



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Spinning

Spinning is perfect for anyone and you can work at your own pace. Spinning helps you to tone muscles, decrease tension and improve sleep. This is a great fat burning workout, which will increase your heart health and general stamina.

Tone & Trim

A class specifically designed to tone and improve overall body shape, strengthen muscle and burn fat.

Step & Shape

This class offers a 45 minute cardiovascular step session followed by abdominal exercises.

Terrific Trio

An aerobic and toning session targeting legs, bums and tums.

Body Combat

An aerobic workout routine incorporating combat style moves and abdominal exercises. A high energy all over body workout.

Aquafit

A fun and complete body workout in water for all abilities.

Fitness 4 Life

Light weights to start, then cardio to get the heart going and finish with a good stretch.

Pump FX

This class will help sculpt your body, concentrating on toning and conditioning, using weights.

Total balance

A mixture of Tai Chi, yoga and Pilates to tone and firm all muscle groups, improving core strength.

Circuits

A whole body workout, using some resistance equipment and your own body weight to tighten and tone.

Yoga

A dynamic stretch class incorporating flowing postures for an athletic and energising workout for all levels.

Dancercise

A fun and energetic dance exercise class, with a fusion of salsa, hip hop, pop and rock 'n' roll flavas

Body Pump

Body Pump is the fastest way to shape up and lose fat. It's a toning and conditioning class, using weights.

Zumba

A fun and energetic latin style fitness class

Sway Dance

Sway dance delivers a new and exciting street dance programme, open to all ages, genders and abilities. It is fun, funky, energetic, creative and hot.

Kettlercise

A full body fat burning programme using kettle bells, combining a low intensity high volume workout which has many benefits.

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