

Group Fitness Timetable

WYCOMBE SPORTS CENTRE

MONDAY	9.45am-10.45am 11.00am-12.00pm 12.00pm-1.00pm 1.00pm-5.00pm 2.00pm-3.00pm 6.00pm-7.00pm 7.00pm-8.00pm 8.00pm-9.00pm	Aerobics & Sculpt Active Hearts** Active Hearts** 50+ 50+ Pilates Step Circuits Mind & Body
TUESDAY	9.30am-10.30am 12.15pm-1.00pm 6.00pm-7.00pm 6.00pm-7.00pm 7.00pm-8.00pm 8.00pm-9.00pm	LBT (TTO) Aqua Sculpt LBT Aerobics Pure Abs
WEDNESDAY	9.30am-10.30am 1.00pm-1.55pm 7.30pm-8.15pm 7.30pm-8.30pm	Sculpt Circuits Aqua Active Hearts**
THURSDAY	9.30am-10.30am 11.00am-12.00pm 12.00pm-1.00pm 1.15pm-2.15pm 7.00pm-8.00pm 8.00pm-8.45pm 8.00pm-9.30pm	Aerobics Active Hearts** Active Hearts** Power Skip LBT Aqua Circuits
FRIDAY	8.30am-1.00pm 10.15am-11.00am 10.30am-11.25am 11.00am-11.45am 12.15pm-1.15pm	50+ Aqua (from 6th May, this class will be 10.00am-10.45am) Aerobics & Circuits Aqua (starts 6th May 2011) Sculpt
SATURDAY	9.30am-10.25am 10.45am-12.15pm	Aerobics Boxing Circuits
SUNDAY	9.30am-10.30am 10.45am-11.45am	Cardio Boxing Circuits Pilates*

*Course
(TTO) - Term Time Only

**Referral classes only

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CLASS DESCRIPTIONS

Aerobics - The original and maybe still the best!

Aqua - A safe and effective workout in water that will keep you fit and toned.

Boxercise - A fantastic fitness workout using techniques inspired by boxing.

Boxing Circuits - A strong circuit class using boxing techniques for this ultimate workout.

Cardiac Rehab - A session of appropriate exercise led by clinical exercise specialists for individuals with coronary heart disease.

Cardio Kick - Apply some light kickboxing for a great legs and bum workout.

Circuits - A class that has it all-fitness, toning, and even a little strength endurance! Every station is a new challenge.

Cardio Boxing Circuits - A cardio combat warm-up followed by boxing moves using punch bags and focus mitts.

LBT (Legs, Bums and Tums!) - A low impact class that focuses on those priority areas!

Mind and Body - Gently stretch and tone your muscles.

Pilates - Focuses on the core postural muscles which help keep the body balanced.

Power Skip - An intensive CV workout with 30 minutes of constructive skipping.

Pure Abs - A class designed to define, shape and flatten those abs fast.

Sculpt - Get fast results using weights to tone and condition.

Spinning - A high-energy indoor cycling class integrating, music, camaraderie and visualisation.

Step - A lively fitness-based class using the step to tone the lower body and burn calories.

Tai-Chi - Improve balance and core stability using your inner energy.

Yoga - Relax and unwind while perfecting your postures.