

# DEREHAM LEISURE CENTRE

## GROUP FITNESS TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
Body Pump 07:00-08:00 Michaela	Zumba 10:30-11:30 Becks	Circuit Training 09:30-10:30 Leah	Body Pump 09:00-10:00 Zenobia	Zumba 10:00-11:00 Becks	Body Attack 08:00-09:00 Jeremy	Zumba 09:30-10:30 Jeanette
Clubbercise 10:00-11:00 Becks	Aqua Aerobics 14:00-14.45 Bryony	Aqua Aerobics 12:00-12:45 Bryony	Abs & Core 10:00-11:00 Zenobia	Yoga 17:30-18:30 Lina		
Yoga 13:00-14:00 Susan	Tabata 18:00-19:00 Matt	Yoga 15:30-16:30 Susan	Kettlebells 11:00-12:00 Leah	Spin 17:45-18:30 Zenobia		
Body Combat 18:35-19:35 Michaela	Body Attack 19:00-20:00 Jeremy	Yoga 16:45-17:45 Lina	Body Attack 18:00-19:00 Michaela	Body Pump 18:40-19:40 Zenobia		
Body Step 19:35-20:35 Michaela		Body Pump 18:00-18:45 Laura	Body Pump 19:00-20:00 Michaela	Aqua Aerobics 19:30-20:15 Bryony		
		Body Balance 19:00-19:45 Laura				
		Sh'Bam 19:45-20:30 Laura				

**KEY**  
 STUDIO  
 MAIN POOL

## DESCRIPTIONS

- ABS & CORE**  
 A fast paced core workout designed to attack your abdominal region. Work your back, butt, abs and obliques to build a rock solid core which can help to ease lower back pain and prevent injury.
- AQUA AEROBICS**  
 Aqua aerobics classes involve all the usual exercises you would complete in a studio based aerobics session, just in water. Exercising in water provides a great low-impact way to improve fitness without causing stress to your joints and muscles.
- BODY ATTACK**  
 A sports-inspired cardio workout for building both strength and stamina. It combines athletic aerobic movements with strength and stabilisation exercises to create a killer workout that gets results.
- BODYBALANCE™**  
 BODYBALANCE™ is the yoga-based class that will improve your mind, body and life. During BODYBALANCE™, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and elements of Tai Chi and Pilates.
- BODYSTEP™**  
 Is a step aerobics class where you complete simple movements on, over and around a height-adjustable step. Routines vary from high intensity cardio moves to resistance and muscle-conditioning exercises.
- BODY COMBAT**  
 Punch and kick your way to fitness with this high energy martial arts inspired workout. Your instructor will challenge you to up the intensity and make the most of every round.
- BODY PUMP**  
 This addictive workout shapes, tones and strengthens your entire body. Focusing on high repetition movements with low weight loads, BODYPUMP will help you to achieve strength and introduce lean body muscle conditioning.
- CIRCUIT TRAINING**  
 A high intensity fitness class which can be adapted for all fitness levels. Working from station to station you will improve strength, cardiovascular fitness, muscular endurance, and core strength to help work the whole body.
- CLUBBERCISE**  
 Part aerobic, part dance, it's taught in a room with disco lighting set to a soundtrack of uplifting club anthems.
- KETTLEBELLS**  
 Kettlebells are cast iron weights that resemble a cannonball with a handle. They're lifted using a swinging motion to provide a total body workout.
- SH'BAM**  
 Sh'Bam™ is a sassy fun workout that will have you finding your inner pop prince/princess. Sh'Bam™ is a 45 minute class that features simple but seriously hot dance moves; it's the perfect way to shape up and let out your inner star.
- TABATA**  
 This high intensity weight class includes Dumbbell, Barbell and bodyweight exercises. It consists of 8 rounds with different exercises performed for 20 seconds with 10 seconds rest. A sure way to increase cardiovascular fitness, strength and calorie burn.
- YOGA**  
 Yoga increases muscle strength, flexibility, balance, core stability and is an excellent activity to improve posture and enhance your breathing technique. It has been proven to have positive effects on our mental well-being; decreasing stress and anxiety whilst promoting attention and concentration.
- ZUMBA**  
 A total aerobic workout, combining all the elements of fitness in movements inspired by various styles of Latin American dance. This fun dance class is a great way to burn fat and work your cardiovascular system.

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**LeisureCentre.com**