

# Queen Mother Sports Centre

## Group Exercise Programme

KEY 1 Studio 1 2 Studio 2 3 Group Cycle Studio 4 Gym 5 Pool  
Please check with reception before attending to avoid disappointment.

| TIME          | MONDAY                    | TUESDAY             | WEDNESDAY                 | THURSDAY               | FRIDAY                | SATURDAY                | SUNDAY                    | TIME          |
|---------------|---------------------------|---------------------|---------------------------|------------------------|-----------------------|-------------------------|---------------------------|---------------|
| 07:00 - 07:45 |                           |                     |                           | BODYPUMP™ Express 1    |                       |                         |                           | 07:00 - 07:45 |
| 07:15 - 08:00 | Stages Cycling 3          | Stages Cycling 3    |                           |                        |                       |                         |                           | 07:15 - 08:00 |
| 07:15 - 08:05 |                           |                     | RPM™ 3                    | RPM™ 3                 |                       |                         |                           | 07:15 - 08:05 |
| 07:30 - 08:00 |                           |                     |                           |                        | RPM 3 V               |                         |                           | 07:30 - 08:00 |
| 08:30 - 09:15 |                           | RPM 3 V             |                           |                        |                       |                         |                           | 08:30 - 09:15 |
| 09:00 - 09:50 |                           |                     |                           |                        |                       |                         |                           | 09:00 - 09:50 |
| 10:00 - 10:30 | RPM 3 V                   | RPM 3 V             | RPM 3 V                   | RPM 3 V                |                       |                         |                           | 10:00 - 10:30 |
| 10:00 - 10:45 |                           |                     |                           |                        | RPM 3 V               |                         | RPM 3 V                   | 10:00 - 10:45 |
| 10:00 - 11:00 |                           |                     |                           |                        |                       | BODYPUMP™ 1             |                           | 10:00 - 11:00 |
| 10:30 - 11:00 |                           | Core Conditioning 1 |                           |                        |                       |                         |                           | 10:30 - 11:00 |
| 10:30 - 12:00 |                           |                     |                           |                        |                       |                         | Yoga 2                    | 10:30 - 12:00 |
| 11:00 - 11:30 | Core Conditioning 2       |                     |                           | Core Conditioning 1    |                       |                         |                           | 11:00 - 11:30 |
| 11:00 - 12:00 |                           |                     |                           |                        |                       | BODYCOMBAT™ 1           |                           | 11:00 - 12:00 |
| 11:00 - 12:00 |                           |                     |                           |                        |                       | Zumba® 2                | BODYPUMP™ 1               | 11:00 - 12:00 |
| 11:30 - 12:00 |                           |                     | Core Conditioning 2       |                        |                       |                         |                           | 11:30 - 12:00 |
| 12:00 - 12:45 | BODYPUMP™ Express 1       |                     |                           |                        |                       |                         | Total Body Conditioning 1 | 12:00 - 12:45 |
| 12:00 - 12:50 | RPM™ 3                    | RPM™ 3              | RPM™ 3                    | RPM™ 3                 | RPM 3 V               |                         |                           | 12:00 - 12:50 |
| 12:00 - 13:00 |                           |                     |                           |                        |                       | BODYBALANCE™ 1          |                           | 12:00 - 13:00 |
| 12:10 - 13:10 |                           |                     |                           |                        |                       | Pilates 2               |                           | 12:10 - 13:10 |
| 12:15 - 13:00 |                           |                     |                           |                        |                       |                         |                           | 12:15 - 13:00 |
| 13:00 - 13:30 |                           |                     |                           |                        | BODYPUMP™ Express 1   |                         |                           | 13:00 - 13:30 |
| 13:00 - 13:45 | BODYBALANCE™ Express 1    |                     | BODYPUMP™ Express 1       | BODYBALANCE™ Express 1 | BODYCOMBAT™ Express 1 | RPM 3 V                 |                           | 13:00 - 13:45 |
| 13:00 - 14:00 |                           |                     |                           |                        | Zumba® 2              |                         |                           | 13:00 - 14:00 |
| 13:00 - 13:30 | Stages Cycling 3          |                     |                           |                        |                       |                         |                           | 13:00 - 13:30 |
| 13:15 - 14:00 |                           |                     |                           |                        |                       |                         | Aqua 5                    | 13:15 - 14:00 |
| 13:30 - 14:15 |                           |                     | RPM 3 V                   |                        |                       |                         |                           | 13:30 - 14:15 |
| 14:00 - 14:30 |                           |                     |                           |                        | RPM 3 V               |                         |                           | 14:00 - 14:30 |
| 14:00 - 14:45 |                           | RPM 3 V             |                           | RPM 3 V                |                       |                         |                           | 14:00 - 14:45 |
| 14:30 - 15:00 |                           |                     | Group Cycling 50+ 3       |                        |                       |                         |                           | 14:30 - 15:00 |
| 15:00 - 15:30 | EA30 4                    |                     | EA30 4                    |                        | EA30 4                |                         |                           | 15:00 - 15:30 |
| 15:00 - 15:45 |                           |                     |                           |                        |                       |                         | RPM 3 V                   | 15:00 - 15:45 |
| 15:00 - 16:00 |                           | Senior Fitness 1    |                           |                        |                       |                         |                           | 15:00 - 16:00 |
| 15:15 - 16:00 |                           |                     | Aqua 50+ 5                |                        |                       |                         |                           | 15:15 - 16:00 |
| 16:00 - 16:45 |                           | RPM 3 V             |                           |                        |                       |                         |                           | 16:00 - 16:45 |
| 17:30 - 18:15 |                           | BODYPUMP™ Express 1 |                           |                        |                       |                         |                           | 17:30 - 18:15 |
| 17:30 - 18:30 | Pilates 1                 |                     |                           |                        |                       |                         |                           | 17:30 - 18:30 |
| 17:45 - 18:35 |                           |                     | RPM™ 3                    |                        |                       |                         |                           | 17:45 - 18:35 |
| 18:00 - 18:45 | BODYBALANCE™ Express 2    |                     |                           |                        |                       | Stages Rookie Cycling 3 |                           | 18:00 - 18:45 |
| 18:00 - 18:50 | RPM™ 3                    |                     |                           | RPM™ 3                 |                       |                         | RPM 3 V                   | 18:00 - 18:50 |
| 18:00 - 19:00 |                           | BODYBALANCE™ 2      |                           |                        |                       | Yoga 2                  |                           | 18:00 - 19:00 |
| 18:15 - 19:15 |                           | BODYATTACK™ 1       | BODYPUMP™ 1               |                        |                       |                         |                           | 18:15 - 19:15 |
| 18:30 - 19:15 |                           |                     | Total Body Conditioning 2 | BODYATTACK™ Express 2  |                       |                         |                           | 18:30 - 19:15 |
| 18:30 - 19:30 | BODYCOMBAT™ 1             |                     |                           | BODYPUMP™ 1            |                       |                         |                           | 18:30 - 19:30 |
| 18:45 - 19:30 | Total Body Conditioning 2 |                     |                           |                        |                       |                         |                           | 18:45 - 19:30 |
| 19:00 - 19:45 |                           | Total Toning 2      |                           |                        |                       |                         |                           | 19:00 - 19:45 |
| 19:00 - 19:50 |                           | RPM™ 3              |                           |                        |                       |                         |                           | 19:00 - 19:50 |
| 19:15 - 20:00 |                           |                     | Zumba® 2                  |                        |                       |                         |                           | 19:15 - 20:00 |
| 19:15 - 20:15 |                           | BODYCOMBAT™ 1       | BODYCOMBAT™ 1             |                        |                       |                         |                           | 19:15 - 20:15 |
| 19:30 - 20:00 | RPM 3 V                   |                     |                           |                        |                       |                         |                           | 19:30 - 20:00 |
| 19:30 - 20:15 | BODYPUMP™ Express 1       |                     |                           | BODYBALANCE™ 2         |                       |                         |                           | 19:30 - 20:15 |
| 19:30 - 21:00 | Yoga 2                    |                     |                           |                        |                       |                         |                           | 19:30 - 21:00 |
| 20:00 - 20:45 |                           |                     | RPM 3 V                   | RPM 3 V                |                       |                         |                           | 20:00 - 20:45 |

# Class Descriptions

### CALORIE KILLERS

**BODYATTACK™** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals – from the weekend athlete to the hardcore competitor!

**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by Martial Arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, Strike, Punch, Kick and Kata your way through calories to superior cardio fitness.

**Stages Cycling** Take on the ultimate indoor cycling experience with Stages Cycling. With stages cycling you will be faced with all kinds of challenges, from challenging climbs, explosive intervals and long haul rides.

**Stages Rookie** Learn how to ride with power; don't be bamboozled with colours and numbers. Join us for these intro rides to understand how to get the best out of every indoor cycling session.

**RPM™** is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

### SPECIALITIES

**Senior Fitness** Gentle low impact activity which helps improve coordination, balance, mobility and functional strength.

**Zumba®** is a spicy hot, hip swivelling workout where African, Caribbean and Latin dance moves are combined with aerobic movements to create a fun and effective work out.

### TONING AND STRENGTH

**BODYPUMP™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for - and fast!

**Core Conditioning** This low impact class uses a range of equipment and your own bodyweight to develop a stronger core.

**Total Body Conditioning** These fun classes combine cardio and conditioning for a high energy workout, targeting the whole body. These classes are suitable for all levels.

**Total Toning** Exactly what it says on the tin! A session that tones up and strengthens all those key areas like your bum, legs and arms whilst challenging your heart and lungs with some fun calorie burning exercises.

### UNWIND & RE-ENERGISE

**BODYBALANCE™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**Pilates** These sessions are designed to concentrate on slow and measured movements in order to create lean and stronger muscles around your torso. A gentle but highly effective session for improving posture, flexibility and preventing injury.

**Yoga** One of the worlds most practiced spiritual disciplines. Developed over thousands of years these sessions concentrate on bringing balance and harmony to both body and mind, through postures and breath. They can help to boost the immune system, encourage relaxation and correct posture alignment.

### WATER WORKOUTS

**Aqua** A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

**Aqua 50+** A fun and invigorating all over body workout in the water designed for 50+ participants, to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

### EXPRESS CLASSES

**Express Class** These workouts are a shortened version of the full session and are ideal for those who have limited time or are new to our group exercise experience.

### VIRTUAL CLASSES

Virtual classes are designed for people who cannot get access to our live classes or who want to get a 'taste' of a class before taking a live class with an instructor. The classes are played on a big video screen, with dimmed lighting and pumping surround sound, and are led onscreen by the people who actually choreograph the classes. There is a variety of virtual programs and class durations available, so check the club's timetable for details and give it a go!

Tell us how your workout went by using the hashtag #feelbetterforit

Timetable correct as of April 2018. Any updates to this timetable will be made online at [www.everyoneactive.com](http://www.everyoneactive.com)

Studio time is available for hire. Please contact the Centre Reception for details.

Book your class using our free app or online at [www.everyoneactive.com](http://www.everyoneactive.com)

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