Watford Leisure Centre - WOODSIDE
Group Exercise Programme

KEY 1 Studio 1 2 Studio 2 3 Studio 3 4 Outside 5 Pool 6 Sports Hall 7 Gym
Crèche available for children under 5 years. 16+ Suitable for fourteen years and over.
** This activity is term time only. £ This activity incurs an additional charge.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:30 - 07:15	BODYBALANCE™ 1			BODYPUMP™ 1				06:30 - 07:15
06:45 - 07:30								06:45 - 07:30
07:00 - 07:25			Metafit™ 1					07:00 - 07:25
07:00 - 07:30		BODYPUMP™ Express 1						07:00 - 07:30
08:00 - 08:45		Hydro Therapy 5		Hydro Aqua 5				08:00 - 08:45
08:45 - 09:25			50+ Forever Fit 1					08:45 - 09:25
08:45 - 09:30	BODYBALANCE™ 2	50+ Forever Fit 1		Pilates 2	50+ Forever Fit 2			08:45 - 09:30
09:00 - 09:55						BODYPUMP™ 1		09:00 - 09:55
09:00 - 09:55						LBT 2 16+		09:00 - 09:55
09:30 - 09:55				Metafit™ 3 16+				09:30 - 09:55
09:30 - 10:00					Metafit™ 2	Metafit™ 2		09:30 - 10:00
09:30 - 10:15		Group Cycling 3 ☺		Mega Mix 1 ☺				09:30 - 10:15
09:30 - 10:25		Aqua 5 ☺	BODYATTACK™ 1 ☺	50+ Aqua 5 ☺	Aqua 5 ☺			09:30 - 10:25
09:30 - 10:25	Group Cycling 3 ☺		Group Cycling 3 ☺		BODYPUMP™ 1 ☺			09:30 - 10:25
09:30 - 10:25	Pilates 2 ☺	50+ Forever Fit 1 ☺	Pilates 2 ☺					09:30 - 10:25
09:30 - 10:25		Pilates 2 ☺						09:30 - 10:25
09:30 - 10:30	BODYATTACK™ 1 ☺						BODYPUMP™ 1	09:30 - 10:30
09:30 - 10:30							Zumba® 2	09:30 - 10:30
09:45 - 10:40				50+ Forever Fit 2 ☺				09:45 - 10:40
10:00 - 10:30						Metafit™ 2		10:00 - 10:30
10:00 - 10:30						Core Blimey 2		10:00 - 10:30
10:00 - 10:55						BODYATTACK™ 1		10:00 - 10:55
10:00 - 11:00					BODYBALANCE™ 2 ☺			10:00 - 11:00
10:30 - 11:25	BODYPUMP™ 1 ☺	BODYBALANCE™ 2 ☺		BODYBALANCE™ 1 ☺	BODYCOMBAT™ 1 ☺	BODYJAM™ 2		10:30 - 11:25
10:30 - 11:30			BODYPUMP™ 1 ☺					10:30 - 11:30
10:30 - 12:00		Parkinsons Group 1 ☺						10:30 - 12:00
10:45 - 11:40							Group Cycling 3	10:45 - 11:40
11:00 - 11:55						Aqua 5 16+	Yoga 1	11:00 - 11:55
11:15 - 12:15						Yoga 1		11:15 - 12:15
11:30 - 12:15	50+ Aqua 5				SH'BAM™ 3			11:30 - 12:15
11:30 - 13:00					Yoga 1			11:30 - 13:00
12:00 - 12:55		50+ Tap 3						12:00 - 12:55
12:00 - 13:00		MS 1						12:00 - 13:00
13:00 - 13.55			Pilates 1					13:00 - 13.55
13:00 - 14:25				Yoga 2				13:00 - 14:25
14:10 - 16:10				Line Dancing 50+ 1				14:10 - 16:10
14:30 - 15:30				Mind & Body Meditation 2				14:30 - 15:30
17:30 - 18:00	BODYPUMP™ Express 1							17:30 - 18:00
17:30 - 18:30					BODYPUMP™ 1			17:30 - 18:30
17:45 - 18:30		BODYJAM™ 1						17:45 - 18:30
18:00 - 18:25			Core Blimey 2					18:00 - 18:25
18:00 - 18:30	Metafit™ 2							18:00 - 18:30
18:00 - 18:45	BODYPUMP™ 1			SH'BAM™ 3				18:00 - 18:45
18:00 - 18:55		BODYATTACK™ 2		LBT 2 16+				18:00 - 18:55
18:00 - 18:55		Group Cycling 3		BODYPUMP™ 1				18:00 - 18:55
18:00 - 19:00			BODYPUMP™ 1					18:00 - 19:00
18:15 - 19:00	Group Cycling 3							18:15 - 19:00
18:30 - 19:00		Metafit™ 1						18:30 - 19:00
18:30 - 19:25			Total Toning 2					18:30 - 19:25
18:30 - 19:30	Circuits 2				BODYJAM™ 1			18:30 - 19:30
19:00 - 19:30	Core Blimey 1							19:00 - 19:30
19:00 - 19:45	Aqua (Shallow) 5 16+	SH'BAM™ 2						19:00 - 19:45
19:00 - 19:55				BODYCOMBAT™ 1				19:00 - 19:55
19:00 - 19:55		Total Toning 1	Total Toning 1					19:00 - 19:55
19:00 - 20:00				Metafit™ 2				19:00 - 20:00
19:15 - 20:00	Group Cycling 3							19:15 - 20:00
19:15 - 20:15		Group Cycling 3	Group Cycling 3	Group Cycling 3				19:15 - 20:15
19:30 - 19:55				Boxercise™ 2				19:30 - 19:55
19:30 - 20:15	BODYATTACK™ 2		Circuits 6					19:30 - 20:15
19:30 - 20:25	BODYCOMBAT™ 1							19:30 - 20:25
19:45 - 20:30	Aqua (Deep) 5							19:45 - 20:30
20:00 - 20:55				Circuits 2				20:00 - 20:55
20:00 - 21:00				Yoga 1				20:00 - 21:00
20:15 - 21:00	Pilates 2							20:15 - 21:00
20:15 - 21:10		Yoga 2	Yoga 1					20:15 - 21:10
20:30 - 21:15				Aqua 5				20:30 - 21:15

Timetable correct as of April 2018. Any updates to this timetable will be made online at www.everyoneactive.com

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

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.

Group Cycling On yer bike! Calories killing at it's best without the stress of any complicated moves. Great music, motivational instructors and a chance to burn up to 450 calories per 30mins will complete your journey to calorie burning heaven.

SPECIALITIES

50+ Line Dancing/Tap Please ask at reception for details.

BODYJAM™ is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and centre, and get high on the feeling of dance.

Boxercise™ A martial art based fitness session that is fun and non-contact, providing a great workout for all fitness levels. Concentrating on boxing moves in a circuit format, this session will effectively tone the upper body and increase stamina and strength.

Forever Fit A fun, low intensity, low impact session for older adults who want to work their heart, muscles and increase flexibility, all in one easy to follow class. These sessions vary centre to centre and may include badminton and other activities.

Line Dancing Popular country and western dancing for all abilities.

Mega Mix This session incorporates aerobics, step and conditioning all in one. A great workout for those who are looking to burn lots of calories and tone up at the same time.

Metafit™ The Metafit™ bodyweight training system is Created by a former Royal Marine Commando and a national gymnast. Metafit™ combines traditional bodyweight exercises with the latest interval training techniques to set the metabolism on fire. To burn fat you need to change the resting metabolism, work big muscle groups with high intensity intervals to get quick results. No expensive or hard to use kit required for this workout, just put your body through natural moves at maximal intensity.

MS / Parkinsons Please ask at reception for more details.

SH'BAM™ Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged! Set to a soundtrack of chart-topping popular hits, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise. Each 45-minute SH'BAM™ class is vibrant, unique and varied – a great way to get fit and have fun!

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 & 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!

Circuits Achieve a full body workout, involving both cardiovascular and resistance exercises to motivating music to get you 'real results'.

Core Blimey Want a six pack? These sessions tighten and tone up those stomach muscles whilst strengthening your back.

LBT Legs, Bums and Tums. Get to grips with those wobbly bits! A complete lower body workout for all those problem areas, incorporating the use of hand weights, steps, bars and bands.

Mind & Body Meditation Enter into a deeper understanding of breathing flexibility and strengthening exercises leaving the body feeling balanced and with a sense of well-being.

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 (Deep) This session is a non impact water based workout run in deep water and is fantastic for all over body conditioning.

Aqua (Shallow) 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.

Hydro Therapy A drop in session with an instructor in the water for those recovering from injury or mobility problems.

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.

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