### Class Descriptions

#### Bodybalance™
A safe, structured cardio workshop for building strength and stamina. Through high energy interval training with strength and stabilization exercises, دمشق, we encourage you to push yourself with each exercise and motivate everyone towards their fitness goals. As the weeks progress, you'll be able to see the difference it makes to your body and feel free to bring your own resistance bands.

#### Bodycombat™
The world’s number one ® kickboxing class. A dynamic and powerful cardio workout that burns calories and tones muscles. Experience the emotion and excitement of live-action combat sports, rock music and permanent eye candy to create a unique, intense, and fun workout! There is something for everyone in this empowering, empowering, empowering class.

#### BodyPump™
¿Te gustaría algo que te ayude a quemar calorías? ¡Esta es tu oportunidad! El BodyPump es una clase de entrenamiento de ganancia de masa muscular y fortalecimiento con barbells. En cada clase, te guíamos a través de una serie de movimientos coordinados que te permiten trabajar tus músculos de manera efectiva y eficiente.

#### Bodystep™
Aerobic exercise to music and aerobic dance, a group class that has been specifically designed to match everyone's needs. The class combines athletic aerobic movements that can be performed by people of all ages and fitness levels. It's a fun and energetic way to get fit and healthy.

#### Bodyworkout™
A high intensity workout that combines cardiovascular, strength, and core exercises. It's a full-body workout that will challenge you and help you reach your fitness goals.

#### Cardio Combat
This class combines cardio and combat exercises to get your heart rate up and your body moving. You'll experience a mix of kickboxing, boxing, and strength training all in one workout.

#### Core Conditioning
This class focuses on core strength and stability. You'll work on improving your balance, posture, and overall strength through a series of exercises that target your core.

#### Hatha Yoga
Breathe in and out... letting go of all the stress and tension. Hatha Yoga is a slow-moving form of yoga that focuses on the breath and alignment of the body.

#### RPM™
Race around the track with intense Cycling. RPM is an exciting and challenging group cycling class that will push you to your limits.

#### STRONG by Zumba®
This high-energy barre class combines cardio, strength, and flexibility in one. STRONG by Zumba is a revolutionary new fitness system that will leave you feeling energized and empowered.

#### Total Body Conditioning
This class focuses on working the entire body through a variety of exercises that target different muscle groups. It's a great way to get a full-body workout in a short amount of time.

#### Total Body Workout
This class combines a variety of exercises to target different muscle groups. It's a great way to get a full-body workout in a short amount of time.

#### Tower Workout
These classes combine cardio and strength training in a high-intensity format. Tower Workouts are ideal for those who want to challenge themselves and improve their cardiovascular fitness.

#### UNWIND & RE-ENERGISE

class combines cardio and conditioning for a full body workout. This 60-minute workout challenges your major muscle groups using the latest technology and conditioning techniques.

#### UNWIND & RE-ENERGISE

### Group Exercise Programme

#### Hornchurch Sports Centre

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<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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### Studio Times

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<tr>
<th>TIME</th>
<th>Studio</th>
<th>Function Room</th>
<th>Group Cycling Studio</th>
<th>Gym</th>
<th>Meeting Room</th>
<th>Pool</th>
<th>Small Pool</th>
<th>Sports Hall</th>
<th>Cricke</th>
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<tr>
<td>08:00 - 20:00</td>
<td>Gym</td>
<td>Fitness Centre</td>
<td>Gym</td>
<td>Studio</td>
<td>Pool</td>
<td>Small Pool</td>
<td>Sports Hall</td>
<td>Cricke</td>
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**This activity incurs an additional charge.**

**Suitable for fourteen years and over.**

**Core Conditioning increases posture, develops core muscle strength which will build the strength bases of its sister class, UNWIND & RE-ENERGISE.**

**Unwind & Re-energise classes combine cardio and conditioning for a full body workout. This 60-minute workout challenges your major muscle groups using the latest technology and conditioning techniques.**

**For those who want to challenge themselves and improve their cardiovascular fitness.**

**This class combines cardio and combat exercises to get your heart rate up and your body moving. You'll experience a mix of kickboxing, boxing, and strength training all in one workout.**

**All classes are for those who are new to exercise.**

**Keep your body moving and you can change your body.**

**To burn fat you need to change the resting metabolism, work big muscle groups with strength and stabilization exercises.**

**HIIT is proven to give the best results, combining high intensity exercises followed by rest.**

**FOR those who want to challenge themselves and improve their cardiovascular fitness.**

**水流運動学**

Aquas, Pilates and stretching are all even more enjoyable when performed in the water. This is especially true for those with joint problems or limited mobility. Aquas, Pilates and stretching provide a low-impact way to improve flexibility, strength and balance.

**FOR those who want to challenge themselves and improve their cardiovascular fitness.**

**For those who are new to exercise.**

**Keep your body moving and you can change your body.**

**Eastern & Western**

**Eastern: 50 years and over customers. These classes are usually run at intervals only. Check with your Group Fitness team for more details.**

**Western: 14 to 50 year old customers. These classes are usually run at intervals only. Check with your Group Fitness team for more details.**

**For those who want to challenge themselves and improve their cardiovascular fitness.**

**Keep your body moving and you can change your body.**

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