# Group Exercise Programme

**Marshall Street Leisure Centre**

**Book your class using our FREE app, call the centre on 03330 05 0417 or visit our reception team!**

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

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<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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**Class Descriptions**

**Core Conditioning**

Aerobic (Burn that without a fuss! Allow your instructor to motivate you with fun and burning workout to music that combines, low, high and mixed impact moves. power and stamina. Great music, motivating instructors and a chance to burn calories and strengthen your core.

**Group Cycling**

On yer bike! Calories killing it - fun, fast without the stress of any complicated movements. Great music, awesome instructors and your choice to get more out of your workout and improve your posture, flexibility and preventing injury.]

**TOTAL BODY CONDITIONING**

A high intensity Interval Training session....to get the maximum workout for the minimum amount of time! HIIT is proven to give the best results, combining high and low impact exercises followed by rest, allowing you to work to your own maximum, helping you to get more out of your workout and in less time...and also increases the rate at which you burn calories post workout!

**BODYPUMP™**

Burn fat without fuss! Allow your instructor to motivate you with fun and burning workout to music that combines, low, high and mixed impact moves. power and stamina. Great music, awesome instructors and a chance to burn calories and strengthen your core.

**Box Fitness**

A fun, non-contact boxing class providing a workout for both the upper body and improve your balance, co-ordination and strength.

**Yoga**

One of the worlds most practiced spiritual disciplines. Developed over thousands of years these exercises concentrate on bringing balance and harmony to both body and mind, through physical, mental and spiritual disciplines. Developed over thousands of years these exercises concentrate on bringing balance and harmony to both body and mind, through physical, mental and spiritual disciplines.

**Circuits**

Fitness levels. Concentrating on boxing moves in a circuit format, this session will effectively tone the upper body and increase stamina in less time.....and also increases the rate at which you burn calories post workout!

**EA 30 HIIT**

A fun, 30 minute High Intensity Interval class providing a great workout for all fitness levels. Concentrating on boxing moves in less time.....and also increases the rate at which you burn calories post workout!

**Latin Dancing**

Calling all Latin lovers! Learn to salsa, meringue, cha cha and mambo in this fun class. Come on your journey to calorie burning heaven. 30 minutes. All fitness abilities welcome.

**Pilates**

Achieve a full body workout, involving both cardiovascular and resistance exercises to motivating music to get you sweat yourself out! Canary in a crowded gym? No problem! These workouts are a effective and fun ways of training in just 30 minutes. All fitness abilities welcome.

**BODYPUMP™ Express**

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**EA Boot Camp**

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

**Express Classes**

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