

Marshall Street Leisure Centre

Group Exercise Programme

KEY 1 Studio 1 2 Stamina Zone 3 Main Pool 4 Hot Yoga Studio
Please check with reception before attending to avoid disappointment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
07:15 - 07:45	Group Cycling 2		Group Cycling 2					07:15 - 07:45
08:00 - 08:30		Circuits 2		Circuits 2	Circuits 2			08:00 - 08:30
08:00 - 08:45				Yoga 4	Pilates 4			08:00 - 08:45
08:00 - 09:00		Yoga 4						08:00 - 09:00
10:00 - 11:00						BODYPUMP™ 1		10:00 - 11:00
12:15 - 13:00	BODYPUMP™ Express 1	Group Cycling 2	Total Body Conditioning 1	Group Cycling 2	BODYPUMP™ Express 1			12:15 - 13:00
12:15 - 13:00		Box Fitness 1		Yoga 4				12:15 - 13:00
13:00 - 13:30	EA 30 HIIT 2	HIIT 2	EA 30 HIIT 2	HIIT 2				13:00 - 13:30
13:15 - 14:00	Circuits 1	Total Body Conditioning 1	Circuits 1	Total Body Conditioning 1	Box Fitness 1			13:15 - 14:00
13:15 - 14:00	Pilates 4							13:15 - 14:00
17:45 - 18:30	LBT 1							17:45 - 18:30
18:00 - 18:45		Circuits 1	Total Body Conditioning 1					18:00 - 18:45
18:00 - 19:00				Circuits 1	Yoga 4			18:00 - 19:00
18:00 - 19:00				Latin Dancing 4				18:00 - 19:00
18:00 - 18:45		Group Cycling 2						18:00 - 18:45
18:15 - 19:00			Group Cycling 2	Group Cycling 2				18:15 - 19:00
18:30 - 19:15	Group Cycling 2							18:30 - 19:15
18:30 - 19:15	Aerobics 1							18:30 - 19:15
18:45 - 19:30		Dance Aerobics 1	BODYPUMP™ Express 1					18:45 - 19:30
19:00 - 20:00				BODYPUMP™ 1				19:00 - 20:00
19:00 - 20:00				Pilates 4				19:00 - 20:00
19:15 - 19:45				EA Boot Camp 2				19:15 - 19:45
19:15 - 20:00	Total Body Conditioning 1	HIIT 2						19:15 - 20:00
19:30 - 20:15		Core Conditioning 1	Box Fitness 1					19:30 - 20:15

Timetable correct as of January 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

Aerobics Burn fat without fuss! Allow your instructor to motivate you with a fun and fat burning workout to music that combines, low, high and mixed impact moves.

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

Box Fitness A fun, non-contact boxing class 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.

HIIT 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 intensity 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!

Latin Dancing Calling all Latin lovers! Learn to salsa, meringue, cha cha and mambo in this fun class. Come on your own or with a partner.

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!

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

Core Conditioning improves posture, develops core muscle strength which will boost the effectiveness of workouts and reduce the risk of injuries that side-line our efforts to stay in shape.

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.

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.

UNWIND & RE-ENERGISE

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.

EA30

Instructor-led classes showing you different, effective and fun ways of training in just 30 minutes. All fitness abilities welcome.

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](https://twitter.com/feelbetterforit)



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