# Noak Hill Sports Complex
## Group Exercise Programme

<table>
<thead>
<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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<th>TIME</th>
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<tbody>
<tr>
<td>09:30</td>
<td>PiYo</td>
<td>Boxercise™</td>
<td>10:30 - 11:30 Zumba® Gold™</td>
<td>19:00 - 20:00 Boot Camp</td>
<td>19:30 - 20:30 Yoga</td>
<td>09:30 - 10:30 Boot Camp</td>
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**Class Descriptions**

- **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 challenge both the upper body and core, stamina and strength.

- **Clubbercise®**
  - If you like the idea of a fitness class that feels more like a fun night out than a workout then you will love Clubbercise®, a new, dance based fitness class with easy-to-follow routines using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic Corrections using two glow sticks to mimic 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- **PiYo**
  - A unique total body conditioning workout inspired by the muscle-sculpting, core-strengthening benefits of Pilates and the flexibility training of flow yoga movements.

- **Zumba® Gold™**
  - Takes the Zumba® formula and modifies the moves and pacing to suit the needs of the active older participant, as well as anyone just starting their journey to a fitter healthier lifestyle.

**Key**

- **Sports Hall**

**Timetable correct as of September 2017. Any updates to this timetable will be made online at www.everyoneactive.com**

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**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

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