Group Exercise Programme
Stratford Park Leisure Centre

Book your class using our FREE app, call the centre on 01453 766771 or visit our reception team!

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

Aerobics built-in without fail! Allow your instructor to motivate you with fun and a burning workout to music that combines, low, high and mixed impact moves.

BODYCOMBAT® is the empowering cardio workout where you are totally unlimited. This highly energetic programme is inspired by Tai Chi and brings you your own personal journey to becoming a better fighter, puncher, kickboxer and finally a master model instructor. Strike, Punch, Kick and your way through challenges to superior cardio and climb!

BODYSTEP® on the energising road to your fitness goals. Using a height adjustable step and your own bodyweight, this session will allow you to get great motivation from the ring along with music and inspiring instructions. Combos, block push, burst training systems into high gain followed by muscle conditioning training that bulk up your body.

Group Cycling on per cent Calories are burned in this unique class, full of interval training and challenging bar charts to burn up to 486 calories per 30min set complete your journey to cycling heaven.

BODYPUMP™ is the original barbell class that strengthens your entire body. This 40 minute workout challenges all your major muscle groups using the big weight-room equipment exercises like Squats, Pushes, Lifts and Curls. Great music, awesome instructors and your own personal journey to becoming a better fighter, puncher, kickboxer and climb!

HIIT – High Intensity Interval Training is a non-stop, no resting, no stopping class. The session is designed to be fun and challenging at the same time. Sessions will last 30 minutes.

The original barbell class that strengthens your entire body. This 40 minute workout challenges all your major muscle groups using the big weight-room equipment exercises like Squats, Pushes, Lifts and Curls. Great music, awesome instructors and your own personal journey to becoming a better fighter, puncher, kickboxer and climb!

Total Toning is a full body workout, involving both cardiovascular and resistance exercises like Squats, Presses, Lifts and Curls. Muscle groups by using the best weight-room gear followed by muscle conditioning training that builds and tones your stomach muscles.

Pure Abs is a short fun session aimed at strengthening your core. You can come to the right session. These sessions are designed to be fun and challenging at the same time. Sessions will last 30 minutes.

BODYPUMP™ is the original barbell class that strengthens your entire body. This 40 minute workout challenges all your major muscle groups using the big weight-room equipment exercises like Squats, Pushes, Lifts and Curls. Great music, awesome instructors and your own personal journey to becoming a better fighter, puncher, kickboxer and climb!

Total Toning is a full body workout, involving both cardiovascular and resistance exercises like Squats, Presses, Lifts and Curls. Muscle groups by using the best weight-room gear followed by muscle conditioning training that builds and tones your stomach muscles.

Yoga of the world's most practiced postures, the Gentle and beginner friendly yoga sessions are also available for those that have never been to a yoga class before.

Group Cycling is the energising step where African, Caribbean and Latin dance moves are combined with aerobic movements to create a fun and effective workout.

**Key**

- Studio 1
- Studio 2
- Gym
- Pool
- Sports Hall
- Outside

Creative available for children under 5 years.

This course incurs an additional charge.