

Northolt Leisure Centre

Group Exercise Programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:45 - 07:30		Group Cycling 5 ▼		Group Cycling 5 ▼	Group Cycling 5 ▼			06:45 - 07:30
08:10 - 08:55						Aqua (Shallow) 3 OA		08:10 - 08:55
09:00 - 09:45					EA Series 1	Group Cycline 5	Group Cycling 5 ▼	09:00 - 09:45
09:00 - 09:30	EA Series 1		EA Series 1					09:00 - 09:30
09:00 - 09:45			EA Series 1		EA Series 1		Aerobics 2	09:00 - 09:45
09:30 - 10:00	EA Series 1							09:30 - 10:00
09:30 - 10:00	Pure Abs 1				Group Cycline 5			09:30 - 10:00
09:30 - 10:15	Group Cycling 5 ▼							09:30 - 10:15
09:30 - 10:25	Zumba® 2 OA			LBT 2				09:30 - 10:25
09:30 - 10:25	50+ Supervised Gym 1 OA	BODYBALANCE™ 4						09:30 - 10:25
09:30 - 10:30			Yoga 2			Aqua 50+ 3 OA		09:30 - 10:30
09:40 - 10:25								09:40 - 10:25
09:50 - 10:35							LBT 2	09:50 - 10:35
09:50 - 10:50						Armageddon 4		09:50 - 10:50
10:00 - 10:45		Pilates 2		Group Cycline 5 ▼				10:00 - 10:45
10:00 - 11:00				Yoga 50+ 2 OA			BODYBALANCE™ 4	10:00 - 11:00
10:00 - 11:25					Pure Abs 1			10:00 - 11:25
10:15 - 10:45	Group Cycling 5 ▼	HIIT 2	Group Cycling 5		Group Cycling 5 ▼	BODYPUMP™ 4		10:15 - 10:45
10:30 - 11:15	Pilates 2 OA		Pilates 4 OA		Pilates 2 OA	Group Cycline 5		10:30 - 11:15
10:30 - 11:25								10:30 - 11:25
10:30 - 11:30								10:30 - 11:30
10:45 - 11:30		Forever Fit 50+ 2						10:45 - 11:30
11:00 - 12:00							Yoga 4 OA	11:00 - 12:00
11:00 - 12:25								11:00 - 12:25
11:15 - 12:00	Keep Fit 50+ 2 OA		Keep Fit 50+ 4 OA	Zumba® 4				11:15 - 12:00
11:30 - 12:25								11:30 - 12:25
11:30 - 12:30				Yoga 4		Pilates 4		11:30 - 12:30
11:30 - 13:00	Group Cycling 5 ▼							11:30 - 13:00
12:00 - 12:45	Aqua 3							12:00 - 12:45
12:00 - 12:45		Aqua 50+ 3 OA	GP Circuits 2	Keep Fit 50+ 4 OA				12:00 - 12:45
12:00 - 13:00						Aqua 50+ 3 OA		12:00 - 13:00
12:10 - 12:55		50+ Supervised Gym 1 OA						12:10 - 12:55
12:15 - 13:00								12:15 - 13:00
12:30 - 13:25	Yoga 2							12:30 - 13:25
12:30 - 13:30								12:30 - 13:30
13:00 - 13:45			Aqua 50+ 3 OA		50+ Supervised Gym 1 OA			13:00 - 13:45
13:00 - 13:55			50+ Supervised Gym 1 OA		Zumba® 50+ 2 OA		Group Cycling 5 ▼	13:00 - 13:55
13:00 - 13:55				Pilates 2				13:00 - 13:55
13:00 - 14:00								13:00 - 14:00
14:00 - 14:45				50+ Supervised Gym 1 OA		Group Cycling 5 ▼		14:00 - 14:45
14:00 - 14:55						Group Cycling 5 ▼		14:00 - 14:55
17:00 - 17:45	Pure Abs 4							17:00 - 17:45
18:00 - 18:30	Group Cycling 5		Group Cycling 5 ▼	Group Cycling 5 ▼	Group Cycling 5			18:00 - 18:30
18:00 - 18:45			Armageddon 4					18:00 - 18:45
18:00 - 18:45		Total Toning 2						18:00 - 18:45
18:00 - 18:55								18:00 - 18:55
18:00 - 19:00	Pilates 2		BODYBALANCE™ 4	Circuits 2		Pilates 2		18:00 - 19:00
18:30 - 19:30								18:30 - 19:30
18:45 - 19:30		Group Cycling 5						18:45 - 19:30
19:00 - 19:30		EA Series 1	Group Cycling 5					19:00 - 19:30
19:00 - 19:45	Group Cycling 5 ▼		BODYPUMP™ 4					19:00 - 19:45
19:00 - 19:55	BODYPUMP™ 4			Box-r-circuit 4				19:00 - 19:55
19:00 - 19:55	Box-r-circuit 2							19:00 - 19:55
19:00 - 20:00		BODYPUMP™ 4						19:00 - 20:00
19:15 - 20:00		Aqua (Shallow) 3 OA		Aqua (Shallow) 3 OA	Group Cycling 5 ▼			19:15 - 20:00
19:15 - 20:00				Group Cycling 5				19:15 - 20:00
19:30 - 20:15		Group Cycling 5 ▼						19:30 - 20:15
19:40 - 20:35		Yoga 2						19:40 - 20:35
20:00 - 20:30	EA Series 1							20:00 - 20:30
20:00 - 20:45			Group Cycling 5					20:00 - 20:45
20:00 - 21:00	BODYBALANCE™ 4							20:00 - 21:00
20:10 - 21:10	Yoga 2							20:10 - 21:10
20:15 - 21:00	Group Cycling 5							20:15 - 21:00
20:15 - 21:15			Pilates 2	Yoga 2				20:15 - 21:15

Timetable correct as of September 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

50+ Classes These classes are specific for 50+ members, The classes will be lower in impact but will still ensure you are getting the fitness benefits outlined in the class description.
OA Class suitable for adults over 50+ and can be enjoyed by all.

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

50+ Supervised Gym These instructor led and supported sessions are the ideal introduction to the gym environment. Instructors induct and demonstrate all exercises for all participants.

Armageddon is the fast paced, variable intensity group fitness and personal training concept for people of all levels. It is based around a circuit framework, carefully designed to encourage development in your fitness and aids in both fat loss and muscular improvement. The class is a mixture of group fitness Variable Intensity Interval Training (VIIT), Armageddon is not a bootcamp, it is not merely a circuit training class, it is results based variable intensity training programme for everyone.

Box-r-circuit 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 effectively tone the upper body and increase stamina and strength.

Forever Fit/Evergreens /Second Youth A fun, low intensity, low impact session for older adults who want to work their heart, muscles and increase flexibility, all in one easy to follow class. These sessions vary centre to centre and may include badminton and other activities.

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!

Keep Fit 50+ A fun low intensity session for those young over 50s.

Zumba® is a spicy hot, hip swivelling workout where African, Caribbean and Latin dance moves are combined with aerobic movements to create a fun and effective work out.

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'.

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.

Pure Abs A short fun session aimed at honing and toning your stomach muscles.

Total Toning Exactly what it says on the tin! A session that tones up and strengthens all those key areas like your bum, legs and arms whilst challenging your heart and lungs with some fun calorie burning exercises.

UNWIND & RE-ENERGISE

BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

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.

WATER WORKOUTS

Aqua A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

Aqua (Shallow) A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

Aqua 50+ A fun and invigorating all over body workout in the water designed for 50+ participants, to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

FITNESS & HEALTH

GP Circuits is a light exercise circuits class for those that are on or who can completed the GP Referral Scheme/Cardiac Rehab.

VIRTUAL CLASSES

Virtual classes are movie-like versions of our live group fitness classes – these classes are available in both pre-scheduled sessions and on demand when the studio is free- allowing you to attend at a time which suits your lifestyle. Virtual classes are designed for people who cannot get access to our live classes or who want to get a 'taste' of a class before taking a live class with an instructor. The classes are played on a big video screen, with dimmed lighting and pumping surround sound, and are led onscreen by the people who actually choreograph the classes. There is a variety of virtual programs and class durations available, so check the club's timetable for details and give it a go!

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