

# Cambourne Fitness & Sports Centre

## Group Exercise Programme

KEY **1** Sports Hall **2** Studio

▼ Virtual Class - £2.25 charge to non-members

\*Instructor and virtual class on alternative weeks. Please ask at reception.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
07:20 - 07:50	BODYCOMBAT™ 2 ▼	BODYPUMP™ 2 ▼	CXWORX™ 2 ▼	BODYCOMBAT™ 2 ▼	BODYPUMP™ 2 ▼			07:20 - 07:50
08:45 - 09:45						Zumba® 2		08:45 - 09:45
09:15 - 10:15	Pilates 2	BODYCOMBAT™ 2	Zumba® 2	BODYPUMP™ 2	BODYCOMBAT™ 2			09:15 - 10:15
09:50 - 10:50						LBT 2		09:50 - 10:50
10:05 - 10:50							BODYCOMBAT™ Express 2	10:05 - 10:50
10:20 - 11:05		Kettlebells 2						10:20 - 11:05
10:20 - 11:20	Aerobics 2		LBT 2	Fitness Yoga 2	Pilates 2			10:20 - 11:20
10:55 - 11:40							BODYPUMP™ Express 2	10:55 - 11:40
10:55 - 11:55						Yoga 2		10:55 - 11:55
11:10 - 11:40		Metafit™ 2						11:10 - 11:40
11:45 - 12:30		Core Blimey 2						11:45 - 12:30
18:00 - 18:30					Metafit™ 2			18:00 - 18:30
18:00 - 19:00	LBT 2	Aerobics 2						18:00 - 19:00
18:15 - 19:00			Core Blimey 2	Kettlebells 2				18:15 - 19:00
18:30 - 19:30							Pilates 2	18:30 - 19:30
18:35 - 19:35					BODYPUMP™ 2 ▼			18:35 - 19:35
19:00 - 20:00	Circuits 1							19:00 - 20:00
19:05 - 20:05	BODYCOMBAT™ 2	BODYPUMP™ 2	BODYCOMBAT™ 2	BODYPUMP™ 2				19:05 - 20:05
20:10 - 21:10	Yoga 2	Pilates 2	Clubbercise® 2	Pilates 2				20:10 - 21:10

Timetable correct as of September 2017. Any updates to this timetable will be made online at [www.everyoneactive.com](http://www.everyoneactive.com)

Book your class using **our free app** or online at [www.everyoneactive.com](http://www.everyoneactive.com)

## 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.

**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by Martial Arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, Strike, Punch, Kick and Kata your way through calories to superior cardio fitness.

### SPECIALITIES

**Clubbercise®** If you like the idea of a fitness class that feels more like a fun night out than a workout then you'll love Clubbercise®, a new, dance based fitness class with easy-to-follow routines using rave glow sticks to club anthems from the 90s to now! Because of the high and low impact options Clubbercise® aerobics is suitable for all levels, and as it's set in a dark room with disco lights, you don't have to worry about the shapes you are throwing- you can focus on getting fit and having fun!

**Kettlebells** Total body workout using the latest in fitness equipment – the Kettlebell. This small, bell shaped weight will help tone and strengthen the body with movements designed to work muscles you didn't even know you had!

**Metafit™** The Metafit™ bodyweight training system is created by a former Royal Marine Commando and a national gymnast. Metafit™ combines traditional bodyweight exercises with the latest interval training techniques to set the metabolism on fire. To burn fat you need to change the resting metabolism, work big muscle groups with high intensity intervals to get quick results. No expensive or hard to use kit required for this workout, just put your body through natural moves at maximal intensity.

**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'.

**Core Blimey** Want a six pack? These sessions tighten & tone up those stomach muscles whilst strengthening your back.

**CXWORX™** is the 30-minute personal-training inspired core class. Formulated with a carefully structured, scientific approach and unforgiving intensity. It has been designed to tighten and tone the abs, glutes, back, obliques and 'slings' connecting the upper and lower body, improve functional strength and assist in injury prevention like nothing else. So, CXWORX™ will get you results where it counts the most.

**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.

### UNWIND & RE-ENERGISE

**Fitness Yoga** concentrates on movement, breathing, transitions from one posture to another and progression. Fitness Yoga adopts a mindful method of teaching that reflects the Buddhist traditions of Yoga in a more contemporary and social environment. Moves and postures are sequenced together to the beat of music making transitions seamless and graceful.

**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 & correct posture alignment.

### VIRTUAL CLASSES

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!

### 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**



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