## Group Exercise Programme

### Hetton Community Pool & Wellness Centre

- Book your class using our NEW app, call the centre on 03330 05 0155 or visit our reception team!

### Time Table:

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00 - 09:50</td>
<td>HIIT</td>
<td>Aqua</td>
<td>Yoga</td>
<td>Total Toning</td>
<td>Zumba®</td>
<td>Yoga</td>
<td>Yoga</td>
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<tr>
<td>09:00 - 09:50</td>
<td>HIIT</td>
<td>Aqua</td>
<td>Yoga</td>
<td>Total Toning</td>
<td>Zumba®</td>
<td>Yoga</td>
<td>Yoga</td>
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<tr>
<td>10:00 - 10:50</td>
<td>Pilates</td>
<td>Pure Abs</td>
<td>Pilates</td>
<td>LBT</td>
<td>Aqua</td>
<td>Zumba®</td>
<td>Zumba®-Fitter U</td>
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<tr>
<td>10:00 - 10:50</td>
<td>Pilates</td>
<td>Pure Abs</td>
<td>Pilates</td>
<td>LBT</td>
<td>Aqua</td>
<td>Zumba®</td>
<td>Zumba®-Fitter U</td>
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<tr>
<td>11:00 - 11:50</td>
<td>LBT</td>
<td>Aqua</td>
<td>Zumba®</td>
<td>Total Toning</td>
<td>Zumba®</td>
<td>Yoga</td>
<td>Yoga</td>
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<tr>
<td>12:00 - 12:50</td>
<td>Zumba®-Tone Body</td>
<td>Zumba®</td>
<td>Yoga</td>
<td>Boot Camp</td>
<td>Plates</td>
<td>Yoga</td>
<td>Yoga</td>
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<tr>
<td>13:00 - 13:50</td>
<td>Zumba®</td>
<td>Yoga</td>
<td>Plates</td>
<td>Yoga</td>
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<td>14:00 - 14:50</td>
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<td>Zumba®</td>
<td>Yoga</td>
<td>Plates</td>
<td>Yoga</td>
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<td>15:00 - 15:50</td>
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<td>Zumba®</td>
<td>Yoga</td>
<td>Plates</td>
<td>Yoga</td>
<td>Yoga</td>
<td>Yoga</td>
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<tr>
<td>16:00 - 16:50</td>
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<td>Yoga</td>
<td>Yoga</td>
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<tr>
<td>17:00 - 17:50</td>
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### Timetable correct as at September 2017. Any updates to this timetable will be made online at [www.everyoneactive.com](http://www.everyoneactive.com)

### Key:
- Multi Use Room
- Main Pool

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### Class Descriptions

#### AEROBICS

**Aerobic Burn Without Fear!** Allow your instructor to motivate you with a full and fun burning workout to music that combines, low, high and mixed impact moves.

**Step** Using simple moves Step allows you to tone at the right intensity and sweat.

**HIIT** High Intensity Interval Training WOMEN - designed to meet the energy demands for the female body and mind.

**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 energy levels plus feel better then you have ever done before. In the minimum amount of time! HIIT is proven to burn fat, tone upper body and increase stamina and strength.

#### WET WORKOUTS

**Aqua** A fast and exhilarating, all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new.

**AquaZumba** Spinning, dancing, laughing, hooting, hollering and hollering are often heard during an Aqua Zumba® class. Integrating the Zumba® format and philosophy with traditional aqua disciplines, the Aqua Zumba® class blends it all together in a safe, challenging, water-based workout that will leave you exhilarated, yet exhausted and wanting more.

#### YOGA

**Yoga** Using simple moves Yoga allows you to work to your own maximum, helping you to get more out of your workout and relax your mind.

**Yoga Step** Combining the two techniques to set the metabolism on fire. To burn fat you need to change the resting energy levels plus feel better then you have ever done before. In the minimum amount of time! HIIT is proven to burn fat, tone upper body and increase stamina and strength.

#### Boot Camp

**Boot Camp** If you are looking to lose weight, tone up, strengthen your aerobic fitness, strength, stamina, endurance, energy levels but feel better then you have experienced before then Boot Camp is for you. These classes are designed to be fast and challenging at the same time. Sessions will vary each week.

**LBT** Leg, Body and Tone. Get to grip with those wobbly bits! A complete lower body workout for all those problem areas, incorporating the use of hand weights, steps, and planks. For an advanced level.

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

**Total Toning** Exactly what it says on the tin! 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.

**Zumba®** a fiery hot, sweat inducing workout where African, Caribbean and Latin dance moves are combined with aerobic movements to create an effective work-out. Zumba® uses rhythmically driven conditioning and resistance training by incorporating dance and aerobic movements from all over the world including hip-hop, samba, salsa, hiphop and belly dancing. The class combines Zumba® with yoga, using将近一部分 of the body so your stamina, chore and strength are taking your to the limit.

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

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**WATER WORKOUTS**

**Aqua** A fast and exhilarating, all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new.

**AquaZumba** Spinning, dancing, laughing, hooting, hooting and hollering are often heard during an Aqua Zumba® class. Integrating the Zumba® format and philosophy with traditional aqua disciplines, the Aqua Zumba® class blends it all together in a safe, challenging, water-based workout that will leave you exhilarated, yet exhausted and wanting more.

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*Everyone Active, the leading provider of leisure services in the UK.*