Seven Islands Leisure Centre
Group Exercise

**CALORIE KILLERS**

**Silver Aerobics 60+**
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 highly energetic program is inspired by martial arts and draws from boxing, Taekwondo, Ta Chi and Muay Thai. Taylor your strong and powerful moves to make it an effective workout. Strike, punch, kick and kata your way through calories to superior cardio fitness.

**Group Cycling**
On yer bike! Calorie killing at its 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**

**HIIT**
High Intensity Interval Training...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!

**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**

**Body Conditioning**
A challenging workout designed to improve your cardiovascular, muscular strength and physical endurance. Delivering all round benefits to every part of the body. Suitable and adaptable to everyone of all fitness levels.

**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 off the fitness floor, barbells and bands.

**UNWIND & RE-ENERGISE**

**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.

Please note: Silver Gym and Silver Classes are only available for those 60+.

Timetable correct as of September 2017. 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.

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

**BOOK YOUR CLASS USING**
**our free app**
or online at www.everyoneactive.com