**Group Exercise Programme**

**Southall Sports Centre**

**Book your class using our free app or online at www.everyoneactive.com**

**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.**

**Class Descriptions**

**CALORIE KILLERS**

**Group Cycling** On yer bike! Calories are burning at a rate of over 500 a session. The class will be fast and challenging, a great way to work on your cardiovascular endurance and a fantastic way to lose weight and tone up. Strap in and enjoy the ride.

**Boot Camp** If you are looking to lose weight, look no further your search is over. Weekly strength, stamina, endurance, energy levels feel better then you have come to the right session. These sessions are designed to be fun and challenging in the right way.

**Circuit** A full body workout, combining both cardiovascular and resistance training to really get you moving. Cow Belly, Bums and Tums. Get in great shape with these weekly boot camps. A complete lower body workout for all those problem areas. These are a great way to blast those stubborn fat areas and tone up, burn fat and build muscle.

**Core Blimey** 'real results'. These sessions are designed to be fun and challenging in the right way.

**50+ Classes** These classes are specific to the 50+ members, The classes will be toned down versions of the full session and are ideal for those who have limited time or are new to our group exercise experience.

**SPECIALITIES**

**Asian Dance Fusion** This brilliant session combines various dance moves and techniques withering to really target and promote body toning and fat loss.

**Spin Studio** A fun way to tone, burn calories and have fun. It combines traditional Egyptian dance with modern fusion.

**Flyers** A low-intensity session for those young over 50. These sessions vary from week to week and include belly dancing, yoga, dance, zumba and much more.

**Yoga 50+** A gentle, low-impact session for the over 50s.

**Circuit Training** A great workout for those of all ages.

**Walking Basketball** A low impact version of the sport with all the tactics and fun. Ideal work out for those looking to burn calories and promote relaxation.

**Forever Fit** A low-intensity session for those young over 50. These sessions vary from week to week and include belly dancing, yoga, dance, zumba and much more.

**Multi Mix** This session incorporates many different styles of dance, a great workout for those who are looking to burn lots of calories and tone up at the same time.

**Boot Camp Express** A high-intensity session for those who want a short but effective workout.

**Zumba® (Women Only)** A fun and energetic class combining dance and exercise to create a fun and effective workout.

**Bag and Belly** A fun way to tone, burn calories and have fun. It combines traditional Egyptian dance with modern fusion.

**Mega Mix** A fun and energetic class combining dance and exercise to create a fun and effective workout.

**UNWIND & RE-ENERGISE**

**Pilates (Women Only)**

**Yoga**

**Circles**

**Asana**

**Core**

**Meditation**

**T向社会**

**Yin Yoga**

**Belly Dancing**

**Mega Mix**

**Boot Camp**

**Boot Camp Express**

**Zumba® (Women Only)**

**Boot Camp Express**

**UNWIND & RE-ENERGISE**

**Yoga**

**Circles**

**Asana**

**Core**

**Meditation**

**T向社会**

**Yin Yoga**

**Belly Dancing**

**Mega Mix**

**Boot Camp**

**Boot Camp Express**

**Zumba® (Women Only)**

**Boot Camp Express**

**Time Table**

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Tell us how your workout went by using the hashtag #feelbetterfit