

Marshall Street Leisure Centre Group Exercise Programme

KEY 1 Studio 1 2 Stamina Zone 3 Main Pool 4 Hot Yoga Studio
Please check with reception before attending to avoid disappointment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
07:15 - 07:45	Revolution 2		Revolution 2					07:15 - 07:45
07:50 - 08:35			BODYPUMP™ Express 1					07:50 - 08:35
08:00 - 08:30		Circuits 2		Circuits 2	Circuits 2			08:00 - 08:30
08:00 - 08:45				Yoga 4	Pilates 4			08:00 - 08:45
08:00 - 09:00		Yoga 4						08:00 - 09:00
10:00 - 11:00						BODYPUMP™ 1		10:00 - 11:00
12:15 - 13:00	BODYPUMP™ Express 1	Revolution 2	Sculpt 1	Revolution 2	BODYPUMP™ Express 1			12:15 - 13:00
12:15 - 13:00		Box 1		Yoga 4				12:15 - 13:00
12:15 - 13:00				HIIT the Dancefloor 1				12:15 - 13:00
12:30 - 13:00	Pure Abs 2							12:30 - 13:00
13:00 - 13:30	Burn 2	Burn 2	Burn 2	Burn 2				13:00 - 13:30
13:15 - 14:00	Circuits 1	Sculpt 1	Circuits 1	Sweat 1	Box 1			13:15 - 14:00
13:15 - 14:00	Pilates 4							13:15 - 14:00
13:30 - 14:30				Pure Abs 2				13:30 - 14:30
17:45 - 18:30	BODYPUMP™ Express 1							17:45 - 18:30
18:00 - 18:45	Revolution 2	Revolution 2						18:00 - 18:45
18:00 - 18:45		Circuits 1	Sculpt 1					18:00 - 18:45
18:00 - 19:00				Circuits 1	Yoga 4			18:00 - 19:00
18:15 - 19:00			Revolution 2	Revolution 2				18:15 - 19:00
18:30 - 19:15	Sweat 1							18:30 - 19:15
18:45 - 19:30		BODYPUMP™ Express 1	BODYPUMP™ Express 1					18:45 - 19:30
19:00 - 20:00				BODYPUMP™ 1				19:00 - 20:00
19:00 - 20:00				Pilates 4				19:00 - 20:00
19:15 - 19:45				EA HIIT 2				19:15 - 19:45
19:15 - 20:00	Sculpt 1							19:15 - 20:00
19:30 - 20:15			Box 1					19:30 - 20:15

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

CALORIE KILLERS

Revolution Join the Cycle REVOLUTION. Whether you're a seasoned cyclist or just want to get a sweat on, this class will help to improve your cardiovascular fitness and have you leaving on a high.

Sweat Get moving and your heart racing with this Cardio based workout. This class is guaranteed to make you SWEAT!

SPECIALITIES

Box Jab, Cross, Bob and Weave your way to Fitness. This non contact BOX workout will invigorate you, leaving you looking forward to Round 2!

Burn Boost your metabolism and BURN more calories at rest. This High Intensity Interval Training class will push your heart rate up and increase your fat burning potential for the next 24-48 hours!

HIIT the Dancefloor A fun & high-energy class combining high intensity interval training with a big cardio aerobic finale! the class will cater for all levels & encourage individuals to push their own personal limits to achieve fantastic results... all to the soundtrack of uplifting gospel house and pop.

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 Conditioning improves posture, develops core muscle strength which will boost the effectiveness of workouts and reduce the risk of injuries that side-line our efforts to stay in shape.

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

Sculpt Define yourself with this sculpting workout. This class will help you to achieve tone and definition. Get your SCULPT on!

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, through postures and breath. They can help to boost the immune system, encourage relaxation and correct posture alignment.

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.

EA30

Instructor-led classes showing you different, effective and fun ways of training in just 30 minutes. All fitness abilities welcome.

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