

Westgate Leisure Centre

Group Exercise Programme

KEY 1 Minerva 2 Tuscany 3 Sports Hall 4 Ravenna
 5 Leisure Pool 6 Main Pool 7 Priore Studio
 10 Suitable for fourteen years and over.
 v This is a virtual class, see description below.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
07:00 - 07:45	RPM™ 7 v	Group Cycling 7	Group Cycling 7	Group Cycling 7	RPM™ 7 v	Group Cycling 7		07:00 - 07:45
07:00 - 07:45					BODYPUMP™ 1			07:00 - 07:45
08:00 - 08:45	RPM™ 7 v					Group Cycling 7		08:00 - 08:45
08:00 - 09:00						BODYPUMP™ 1		08:00 - 09:00
09:30 - 10:15	Body Conditioning 1	RPM™ 7 v		RPM™ 7 v	Body Conditioning 1		RPM™ 7 v	09:30 - 10:15
09:30 - 10:25		Mega Mix 50+ 1	RPM™ 7 v	Low Impact Aerobics 1				09:30 - 10:25
09:30 - 10:25		Fitness Pilates 2						09:30 - 10:25
09:30 - 10:30			Mega Mix 1				BODYPUMP™ 1	09:30 - 10:30
09:30 - 10:15	Total Toning 2							09:30 - 10:15
09:30 - 10:30			Aqua 50+ 6			Intermediate Pilates 2		09:30 - 10:30
09:45 - 10:45	Aqua 50+ 6							09:45 - 10:45
10:15 - 11:00			Aqua (Deep) 6					10:15 - 11:00
10:15 - 11:15						Circuits 3 10		10:15 - 11:15
10:25 - 11:10					Fitness Pilates 1			10:25 - 11:10
10:30 - 11:15	BODYPUMP™ 1	Mega Mix 1				RPM™ 7 v	RPM™ 7 v	10:30 - 11:15
10:30 - 11:25		GP Back Rehab Pilates Course 2						10:30 - 11:25
10:45 - 11:30			On the Ball 1			Beginners Pilates Course 2		10:45 - 11:30
11:00 - 12:00	Aqua 6	Aqua 5			Aqua 5			11:00 - 12:00
11:00 - 12:00	Gentle Yoga Course 2			Body Conditioning 1				12:00 - 13:00
11:30 - 12:15		Yoga 1						11:30 - 12:15
11:30 - 12:30			T'ai Chi Advanced 2					11:30 - 12:30
11:45 - 12:45								11:45 - 12:45
12:00 - 12:45	RPM™ 7 v		Zumba® 1					12:00 - 12:45
12:15 - 13:00			RPM™ 7 v					12:15 - 13:00
12:30 - 13:15	Circuits 3		Circuits 3	Body Conditioning 1				12:30 - 13:15
12:30 - 13:15		RPM™ 7 v		RPM™ 7 v	Group Cycling 7	RPM™ 7 v		12:30 - 13:15
12:40 - 13:25		Body Conditioning 1						12:40 - 13:25
12:45 - 13:30	Fitness Pilates 1		Pilates 1					12:45 - 13:30
13:00 - 13:45	Intermediate T'ai Chi Course 2		Beginners T'ai Chi 2					13:00 - 13:45
13:30 - 14:15		Supple Strength 1		Beginners Pilates 1				13:30 - 14:15
13:45 - 14:45					GP Circuits 1			13:45 - 14:45
14:00 - 15:00				Power Yoga 2	Aqua 50+ 6			14:00 - 15:00
14:00 - 15:00			GP Circuits 1		Yoga 2			14:00 - 15:00
14:30 - 15:15	RPM™ 7 v		RPM™ 7 v					14:30 - 15:15
14:30 - 15:30	GP Circuits 1							14:30 - 15:30
14:30 - 16:00		Yoga 2		GP Circuits 1				14:30 - 16:00
15:00 - 16:00			GP Circuits 1					15:00 - 16:00
15:30 - 16:30				On the Ball 1	RPM™ 7 v		RPM™ 7 v	15:30 - 16:30
16:30 - 17:15						Group Cycling 7		16:30 - 17:15
17:00 - 17:45			Hot Yoga 2					17:00 - 17:45
17:00 - 18:30		Intermediate Pilates 2	Body Conditioning 1	Total Toning 1	LBT 1			17:00 - 18:30
17:30 - 18:15	Aerobics 1	BODYPUMP™ 1		RPM™ 7 v				17:30 - 18:15
17:30 - 18:15		RPM™ 7 v						17:30 - 18:15
18:00 - 19:30					Yoga 2			18:00 - 19:30
18:30 - 19:00		RPM™ 7 v						18:30 - 19:00
18:30 - 19:15				Boxercise™ 1				18:30 - 19:15
18:30 - 19:15	Group Cycling 7 10	Boxercise™ 1	Group Cycling 7 10	RPM™ 7 v	Group Cycling 7 10			18:30 - 19:15
18:30 - 19:15		Beginners Pilates 2						18:30 - 19:15
18:30 - 19:30			BODYPUMP™ 1					18:30 - 19:30
18:40 - 19:25		Circuits 3 10						18:40 - 19:25
19:00 - 19:45	Pilates 1							19:00 - 19:45
19:00 - 20:30			Dynamic Yoga 2					19:00 - 20:30
19:15 - 20:00				Aqua 5				19:15 - 20:00
19:30 - 20:15	Group Cycling 7	Group Cycling 7	Group Cycling 7	RPM™ 7 v	RPM™ 7 v			19:30 - 20:15
19:30 - 20:15		BODYCOMBAT™ 1						19:30 - 20:15
19:30 - 20:30				Circuits 1				19:30 - 20:30
19:45 - 20:30		Aqua 5	Aqua 5					19:45 - 20:30

Timetable correct as of January 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

Low Impact Aerobics An all over body workout, this low impact version of our popular circuit sessions is ideal for returning mums, 50+ and those with any mobility issues.

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.

Group Cycling On yer bike! Calories killing at it's 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.

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

SPECIALITIES

Boxercise™ A martial art based fitness session that is fun and non-contact, providing a great workout for all fitness levels. Concentrating on boxing moves in a circuit format, this session will effectively tone the upper body and increase stamina and strength.

Mega Mix This session incorporates aerobics, step and conditioning all in one. A great workout for those who are looking to burn lots of calories and tone up at the same time.

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 workout.

TONING & STRENGTH

Body Conditioning A challenging workout designed to improve your cardiovascular fitness, muscular strength and physical endurance, delivering all round benefits to every part of the body. Suitable and adaptable to all levels of fitness from beginners to advanced exercisers.

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'.

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.

On the Ball Hey presto, flat abs, strong back, come and have a ball using our stability balls.

Supple Strength A combination of yoga, pilates and stretch techniques.

Total Toning Exactly what it says on the tin! A session that tones up and strengthens all those key areas like your bum, legs and arms whilst challenging your heart and lungs with some fun calorie burning exercises.

UNWIND & RE-ENERGISE

Dynamic Yoga Building towards a more vigorous yoga. Incorporating dynamic postures as well as meditation to relax and regenerate the body.

Fitness Pilates A pilates based session to create lean and stronger muscles around abdominals, hips and back. Enhancing good posture.

Gentle Yoga Course This 6 week course is an introduction to yoga suitable for anyone who wants a slower, gentler, option. It is particularly suitable for beginners, pregnant students, over 50's and those with more limited movement.

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.

T'ai Chi Practiced around the world as a health promoting exercise, T'ai Chi combines deep breathing and relaxation with slow and gentle movements.

Beginners T'ai chi Course - Wednesday 11:45 – 6 Week course

Intermediate T'ai chi Course - Monday 13:00 – 6 Week course

Advanced Pilates Course - Saturday 10:45 - 5 week Course

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.

WATER WORKOUTS

Aqua 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 or returning to exercise.

Aqua 50+ A fun and invigorating all over body workout in the water designed for 50+ participants, to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

FITNESS & HEALTH

GP Back Rehab Pilates course - Tuesday 10:30 and Monday 18:30 - 6 week Courses

Gentle Pilates based exercises for those who have limited movement and are on or who have completed the GP Referral scheme.

GP Circuits is a light exercise circuits class for those that are on or who have completed the GP Referral Scheme/Cardiac Rehab.

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!

Tell us how your workout went by using the hashtag [#feelbetterforit](https://twitter.com/feelbetterforit)

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

everyoneactive.com

eaWestgate

@WestgateLeisure