

# Frogmore Leisure Centre

## Group Exercise Programme

KEY 1 Gym 2 Sports Hall 3 Group Cycling 4 Studio 1 5 Studio 2

☺ Crèche available for children under 5 years.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:45 - 07:30	RPM™ 3 ⚡	RPM™ 3 ⚡	RPM™ 3 ⚡	RPM™ 3 ⚡	RPM™ 3 ⚡			06:45 - 07:30
08:15 - 09:00						Group Cycling 3		08:15 - 09:00
09:00 - 10:00						BODYATTACK™ 4		09:00 - 10:00
09:15 - 10:00		BODYBALANCE™ 5 ☺		Les Mills Tone 4 ☺	Group Cycling 3 ☺		BODYPUMP™ 4	09:15 - 10:00
09:15 - 10:15	BODYATTACK™ 4 ☺							09:15 - 10:15
09:30 - 10:15	Group Cycling 3 ☺		Group Cycling 3 ☺	RPM™ 3 ⚡ ☺				09:30 - 10:15
09:30 - 10:30	Pilates 5 ☺	Step 4 ☺	BODYCOMBAT™ 4 ☺		BODYPUMP™ 4 ☺			09:30 - 10:30
10:00 - 10:45						BODYBALANCE™ 5		10:00 - 10:45
10:15 - 11:00							BODYCOMBAT™ 4	10:15 - 11:00
10:15 - 11:15				Fitness Pilates 4 ☺				10:15 - 11:15
10:30 - 11:15	RPM™ 3 ⚡ ☺	BODYPUMP™ 4 ☺	RPM™ 3 ⚡ ☺	RPM™ 3 ⚡ ☺	RPM™ 3 ⚡ ☺	RPM™ 3 ⚡	RPM™ 3 ⚡	10:30 - 11:15
10:30 - 11:15		RPM™ 3 ⚡ ☺			Aerobics 4 ☺			10:30 - 11:15
10:30 - 11:30	Fitness Pilates 4 ☺		Body Conditioning 4 ☺					10:30 - 11:30
11:15 - 12:15				Forever Fit 4				11:15 - 12:15
11:30 - 12:15	Active Health Circuits 1							11:30 - 12:15
11:30 - 12:30	Forever Fit 4							11:30 - 12:30
12:30 - 13:15	RPM™ 3 ⚡	RPM™ 3 ⚡	RPM™ 3 ⚡	RPM™ 3 ⚡	RPM™ 3 ⚡			12:30 - 13:15
16:00 - 16:45	RPM™ 3 ⚡	RPM™ 3 ⚡	RPM™ 3 ⚡	RPM™ 3 ⚡	RPM™ 3 ⚡	RPM™ 3 ⚡	RPM™ 3 ⚡	16:00 - 16:45
18:15 - 19:00	Group Cycling 3	BODYPUMP™ 4						18:15 - 19:00
18:15 - 19:00		Group Cycling 3						18:15 - 19:00
18:15 - 19:15			BODYATTACK™ 4	BODYPUMP™ 4				18:15 - 19:15
18:30 - 19:00	HIIT 4							18:30 - 19:00
18:30 - 19:15			RPM™ 3 ⚡					18:30 - 19:15
18:30 - 19:30			Pilates 5					18:30 - 19:30
19:00 - 19:30			Kettlebells Express 1					19:00 - 19:30
19:15 - 20:00	Les Mills Tone 2			BODYCOMBAT™ 4				19:15 - 20:00
19:15 - 20:15		BODYCOMBAT™ 4						19:15 - 20:15
19:30 - 20:15			RPM™ 3 ⚡	RPM™ 3 ⚡				19:30 - 20:15
19:30 - 20:30			BODYBALANCE™ 5					19:30 - 20:30
20:00 - 20:45		Circuits 2						20:00 - 20:45

Timetable correct as of April 2018. Any updates to this timetable will be made online at [www.everyoneactive.com](http://www.everyoneactive.com)

Studio time is available for hire. Please contact the Centre Reception for details.

## Class Descriptions

### CALORIE KILLERS

**Aerobics** 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.

**BODYATTACK™** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals – from the weekend athlete to the hardcore competitor!

**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.

**Step** Using simple moves Step allows you to train at the intensity you want without having to think too hard. It features a mixture of interval training followed by muscle conditioning to shape and tone the entire body.

### SPECIALITIES

**Les Mills Tone** is a low impact, whole body group fitness workout that uses tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you. And best of all, you're all left fizzing with energy, so you can really take life on!

**Forever Fit A** fun, low intensity, low impact session for older adults who want to work their heart, muscles and increase flexibility, all in one easy to follow class. These sessions vary centre to centre and may include badminton and other activities.

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

**Kettlebells** Total body workout using the latest in fitness equipment – the Kettlebell. This small, bell shaped weight will help tone and strengthen the body with movements designed to work muscles you didn't even know you had!

### TONING AND 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'.

### UNWIND & RE-ENERGISE

**BODYBALANCE™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

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

**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.

### FITNESS & HEALTH

**Active Health Circuits** A low intensity, progressive group exercise session as a part of our exercise referral scheme. Speak to a member of the fitness team before booking on. Referral required.

### 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!

### 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.

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