

Frogmore Leisure Centre

Group Exercise Programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:45 - 07:30	RPM™ 3 V	RPM™ 3 V	RPM™ 3 V	RPM™ 3 V	RPM™ 3 V			06:45 - 07:30
06:45 - 07:30	BODYPUMP™ 1 V	BODYPUMP™ 1 V	SH'BAM™ 1 V	BODYCOMBAT™ 1 V	SH'BAM™ 1 V			06:45 - 07:30
07:45 - 08:15	BODYCOMBAT™ 1 V	BODYBALANCE™ 1 V	BODYPUMP™ 1 V	BODYPUMP™ 1 V	BODYCOMBAT™ 1 V	BODYPUMP™ 1 V		07:45 - 08:15
08:15 - 09:00								08:15 - 09:00
08:30 - 09:00				BODYCOMBAT™ 1 V				08:30 - 09:00
08:30 - 09:15	BODYPUMP™ 1 V	BODYPUMP™ 1 V	BODYCOMBAT™ 1 V		BODYPUMP™ 1 V			08:30 - 09:15
09:00 - 10:00						BODYATTACK™ 4		09:00 - 10:00
09:15 - 10:00		BODYBALANCE™ 5 ☺		Les Mills Tone 4 ☺			BODYPUMP™ 4	09:15 - 10:00
09:15 - 10:15					BODYPUMP™ 4			09:15 - 10:15
09:30 - 10:15	BODYATTACK™ 4		Group Cycling 3 ☺	RPM™ 3 V ☺				09:30 - 10:15
09:30 - 10:15	Group Cycling 3 ☺		BODYCOMBAT™ 4 ☺			BODYBALANCE™ 5		09:30 - 10:30
09:30 - 10:30	Pilates 5 ☺	Step 4 ☺				LBT 4	BODYCOMBAT™ 4	10:00 - 10:45
10:00 - 10:45								10:15 - 11:00
10:15 - 11:00								10:15 - 11:15
10:15 - 11:15	BODYPUMP™ 4 ☺			Fitness Pilates 4 ☺				10:30 - 11:15
10:30 - 11:15	RPM™ 3 V ☺	BODYPUMP™ 4 ☺	RPM™ 3 V ☺	RPM™ 3 V ☺	RPM™ 3 V ☺	RPM™ 3 V	RPM™ 3 V	10:30 - 11:15
10:30 - 11:15		RPM™ 3 V ☺			Zumba® 4			10:30 - 11:30
10:30 - 11:30			Body Conditioning 4 ☺		Fitness Pilates 4			11:15 - 12:00
11:15 - 12:00				Forever Fit 4				11:15 - 12:15
11:15 - 12:15	Body Conditioning 4 ☺							11:30 - 12:15
11:30 - 12:15	Active Health Circuits 1							12:30 - 13:15
12:30 - 13:15	RPM™ 3 V	RPM™ 3 V	RPM™ 3 V	RPM™ 3 V	RPM™ 3 V			12:30 - 13:15
12:30 - 13:15		BODYPUMP™ 1 V		SH'BAM™ 1 V	BODYCOMBAT™ 1 V			12:30 - 13:15
13:30 - 14:00		SH'BAM™ 1 V		BODYBALANCE™ 1 V	BODYBALANCE™ 1 V			13:30 - 14:00
14:15 - 15:00		BODYCOMBAT™ 1 V	BODYPUMP™ 1 V	BODYCOMBAT™ 1 V	BODYPUMP™ 1 V			14:15 - 15:00
16:00 - 16:45	RPM™ 1 V	RPM™ 3 V	RPM™ 3 V	RPM™ 3 V	RPM™ 3 V	RPM™ 3 V	RPM™ 3 V	16:00 - 16:45
16:30 - 17:15	BODYPUMP™ 1 V	BODYCOMBAT™ 1 V	BODYCOMBAT™ 1 V	BODYPUMP™ 1 V	BODYPUMP™ 1 V			16:30 - 17:15
17:30 - 18:00	CXWORX™ 1 V	BODYPUMP™ 1 V	BODYPUMP™ 1 V	BODYCOMBAT™ 1 V	BODYCOMBAT™ 1 V	CXWORX™ 1 V		17:30 - 18:00
18:00 - 18:45				RPM™ 3 V				18:00 - 18:45
18:15 - 19:00		BODYPUMP™ 4			BODYATTACK™ 4			18:15 - 19:00
18:15 - 19:00		Group Cycling 3						18:15 - 19:00
18:15 - 19:15			BODYPUMP™ 4					18:15 - 19:15
18:30 - 19:15	Les Mills Tone 4				BODYCOMBAT™ 1 V			18:30 - 19:15
19:00 - 19:30				Kettlebells Express 1				19:00 - 19:30
19:00 - 19:45	Group Cycling 3							19:00 - 19:45
19:15 - 20:15		BODYCOMBAT™ 4		BODYPUMP™ 4				19:15 - 20:15
19:30 - 20:15	Circuits 4		BODYBALANCE™ 1 V	RPM™ 3 V				19:30 - 20:15
19:30 - 20:30			BODYBALANCE™ 5					19:30 - 20:30
20:00 - 20:45			RPM™ 3 V					20:00 - 20:45
20:15 - 21:00		BODYPUMP™ 1 V		BODYPUMP™ 1 V				20:15 - 21:00
20:30 - 21:15	BODYPUMP™ 1 V	BODYPUMP™ 1 V		BODYPUMP™ 1 V				20:30 - 21:15
21:15 - 22:00	BODYBALANCE™ 1 V	BODYPUMP™ 1 V	BODYCOMBAT™ 1 V	BODYCOMBAT™ 1 V				21:15 - 22:00
21:30 - 22:15								21:30 - 22:15

Timetable correct as of May 2019. Any updates to this timetable will be made online at www.everyoneactive.com

KEY 1 Gym 2 Sports Hall 3 Group Cycling 4 Studio 1 5 Studio 2
Crèche available for children under 5 years.

Class Descriptions

CALORIE KILLERS

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!

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.

BODYBALANCE™ 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!

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.

UNWIND & RE-ENERGISE

BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility 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.

Hatha Yoga Hatha Yoga refers to a set of physical exercises designed to align the muscles and bones and open the many energy channels of the body, especially the spine, so that energy can flow freely. Hatha Yoga is intended to create a balance of strength and flexibility in the body by focusing on the breath.

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.

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!

FITNESS & HEALTH

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

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