

# Alton Sports Centre

## Group Exercise Programme

KEY 1 Studio 1 2 Studio 2 3 Main Pool 4 Chawton Suite  
 ☺ Crèche available for children under 5 years.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
08:00 - 08:45				Group Cycling 2				08:00 - 08:45
09:00 - 09:45							BODYPUMP™ 1	09:00 - 09:45
09:20 - 10:05	Group Cycling 2				Group Cycling 2			09:20 - 10:05
09:20 - 10:15	BODYSTEP™ 1	Fitsteps 1	BODYATTACK™ 1	Zumba® 1	BODYCOMBAT™ 1			09:20 - 10:15
09:20 - 10:15		Pilates 2		Dynamic Yoga 2				09:20 - 10:15
09:30 - 10:15			Group Cycling 2					09:30 - 10:15
10:00 - 10:55							BODYATTACK™ 1	10:00 - 10:55
10:30 - 11:15		Group Cycling 2						10:30 - 11:15
10:30 - 11:25	Zumba® 1	BODYPUMP™ 1	Total Toning 1 ☺		Total Toning 1 ☺			10:30 - 11:25
10:30 - 11:25			Group Cycling 2 ☺	Pilates 2				10:30 - 11:25
10:45 - 11:40				BODYPUMP™ 1				10:45 - 11:40
11:30 - 12:15	Aqua 50+ 3							11:30 - 12:15
11:35 - 12:20				Aqua 3				11:35 - 12:20
12:15 - 13:10								12:15 - 13:10
18:15 - 19:00	BODYCOMBAT™ 1							18:15 - 19:00
18:15 - 19:10		Yoga 1		BODYATTACK™ 1				18:15 - 19:10
18:30 - 19:30			BODYCOMBAT™ 1					18:30 - 19:30
18:45 - 19:30						Group Cycling 2		18:45 - 19:30
19:00 - 19:55		Aqua 3						19:00 - 19:55
19:05 - 19:50	BODYPUMP™ 1							19:05 - 19:50
19:15 - 20:00		Group Cycling 2						19:15 - 20:00
19:15 - 20:00		BODYSTEP™ Athletic 1						19:15 - 20:00
19:20 - 20:00				Total Toning 1				19:20 - 20:00
19:30 - 20:20			Circuits 1					19:30 - 20:20
19:30 - 20:25				Aqua Circuit 3				19:30 - 20:25
20:00 - 20:45		Group Cycling 2		Group Cycling 2				20:00 - 20:45
20:00 - 20:55	Dynamic Yoga 1							20:00 - 20:55

Timetable correct as of January 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

**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.

**BODYSTEP™** is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat-burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**BODYSTEP™ Athletic** class you combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body.

**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.

### SPECIALITIES

**Fitsteps** combines, for the first time, the best known and most popular Latin and Ballroom dances with proven fitness techniques, to develop a dance/fitness programme that is capable of delivering fast fitness results for people of all ages and abilities.

**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 work out.

### 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'.

**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** A more vigorous yoga incorporating dynamic postures as well as meditation to relax and regenerate the body.

**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.

### 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.

**Aqua Circuit** A unique class which uses different pieces of equipment and innovations such as HITT to provide a resistance training workout in the water. Add this class to your exercise regime to strengthen, condition, tone and shape your muscles in this amazing full body workout and burn calories up to 24 hours after the class. Aqua Circuits is a 55 minute medium intensity class, great work out for all Fitness abilities.

**Aqua Gym** A low impact pool based circuit using specialised aqua gym equipment suitable for all levels of fitness.

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

Book your class using **our free app** or online at [www.everyoneactive.com](http://www.everyoneactive.com)

