

# Taro Leisure Centre

## Group Exercise Programme

KEY 1 Gym 2 Studio 3 Main Pool 4 Group Cycling Studio 5 Health and Wellbeing Studio

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:45 - 07:30	RPM™ 4 V	RPM™ 4 V	RPM™ 4 V	RPM™ 4 V	RPM™ 4 V			06:45 - 07:30
09:00 - 09:45						Group Cycling 4		09:00 - 09:45
09:00 - 09:55						Boxercise™ 2	BODYPUMP™ 2	09:00 - 09:55
09:20 - 10:15		Body Conditioning 2	Aqua 3					09:20 - 10:15
09:30 - 10:15	Group Cycling 4				Group Cycling 4			09:30 - 10:15
09:30 - 10:25	BODYPUMP™ 2		BODYCOMBAT™ 2	LBT 2	Yoga 5			09:30 - 10:25
09:30 - 10:25	Aqua 3				Aqua 3			09:30 - 10:25
09:30 - 10:25					BODYCOMBAT™ 2			09:30 - 10:25
09:30 - 10:30		Group Cycling 4		Group Cycling 4				09:30 - 10:30
10:00 - 10:55						BODYPUMP™ 2	BODYBALANCE™ 5	10:00 - 10:55
10:15 - 11:00							RPM™ 4 V	10:15 - 11:00
10:30 - 11:15		Aqua Gym 3						10:30 - 11:15
10:35 - 11:30	BODYBALANCE™ 5			BODYBALANCE™ 5				10:35 - 11:30
11:35 - 12:30		Pilates 5						11:35 - 12:30
12:30 - 13:15	RPM™ 4 V	RPM™ 4 V	RPM™ 4 V	RPM™ 4 V	RPM™ 4 V			12:30 - 13:15
16:30 - 17:15						RPM™ 4 V	RPM™ 4 V	16:30 - 17:15
17:00 - 17:45	RPM™ 4 V		RPM™ 4 V					17:00 - 17:45
17:30 - 18:15								17:30 - 18:15
18:00 - 18:45		Group Cycling 4		Group Cycling 4	RPM™ 4 V			18:00 - 18:45
18:00 - 18:55	BODYBALANCE™ 5	BODYCOMBAT™ 2	Zumba® 2	BODYPUMP™ 2				18:00 - 18:55
18:00 - 18:55	Boxercise™ 2							18:00 - 18:55
18:30 - 19:15	Group Cycling 4		Group Cycling 4					18:30 - 19:15
19:00 - 19:45		RPM™ 4 V		Group Cycling 4				19:00 - 19:45
19:00 - 19:55		BODYBALANCE™ 5	Pilates 5	BODYBALANCE™ 5				19:00 - 19:55
19:00 - 20:00			Pure Abs 2					19:00 - 20:00
19:30 - 20:05	Group Cycling 4							19:30 - 20:05
20:05 - 21:00				Aqua 3				20:05 - 21:00
20:05 - 21:05		Aqua 3						20:05 - 21:05

## Class Descriptions

### CALORIE KILLERS

**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.

**Virtual 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.

**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!

**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.

**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.

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

**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

**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.

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

Timetable correct as of October 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.

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](http://www.everyoneactive.com)

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