

# Abbey Leisure Centre

## Group Exercise Programme

KEY 1 Studio 1 2 Cycle Area 3 Gym 4 Pool

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:45 - 07:30	Boot Camp 1	HIIT 1			Circuits 1			06:45 - 07:30
09:00 - 09:20					Kettlebells 3			09:00 - 09:20
09:30 - 10:15						BODYCOMBAT™ 1	Group Cycling 2	09:30 - 10:15
09:45 - 10:30	Group Cycling 2		BODYCOMBAT™ 1					09:45 - 10:30
10:00 - 10:45					BODYPUMP™ 1			10:00 - 10:45
10:00 - 11:00		Elderberries 1			Elderberries 1			10:00 - 11:00
10:30 - 11:15							Box Fitness 1	10:30 - 11:15
10:30 - 11:30				Yoga 2		BODYPUMP™ 1		10:30 - 11:30
11:30 - 12:15						Group Cycling 2		11:30 - 12:15
12:00 - 12:45	Aqua 4*				Aqua 4*			12:00 - 12:45
12:15 - 13:15		Yoga 2						12:15 - 13:15
13:00 - 14:00			Yoga 1					13:00 - 14:00
18:15 - 19:00	BODYPUMP™ 1	Group Cycling 2	Step 1	Group Cycling 2	BODYPUMP™ 1			18:15 - 19:00
19:00 - 19:45	Group Cycling 2	Box Fitness 2			INSANITY™ 1			19:00 - 19:45
19:00 - 19:45	BODYCOMBAT™ 1	Circuits 1	BODYPUMP™ 1	Circuits 1				19:00 - 19:45
20:00 - 21:00	Yoga 1		Yoga 1	Stretch & Relax 1				20:00 - 21:00

## 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.

**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

**Box Fitness** A fun, non-contact boxing class 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.

**Elderberries** 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!

**INSANITY™** uses MAX Interval Training, which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest. INSANITY's high-intensity activity forces the body to work for longer periods of time at a higher capacity than traditional workouts. As a result, you can experience faster increases in cardiovascular fitness, and burn carbohydrates and fat more efficiently. There are different levels for each exercise, so even as a beginner, you can get a great 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!

**Stretch & Relax** Enter into a deeper understanding of breathing flexibility and strengthening exercises leaving the body feeling balanced and with a sense of well being.

### 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.

**Boot Camp** If you are looking to lose weight, tone up, improve your aerobic fitness, strength, stamina, endurance, energy levels plus feel better then you have come to the right session. These sessions are designed to be fun and challenging at the same time. Sessions will vary week to week.

**Circuits** Achieve a full body workout, involving both cardiovascular and resistance exercises to motivating music to get you 'real results'.

### UNWIND & RE-ENERGISE

**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 class times change to 9am during the School Holidays.

Timetable correct as of June 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

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

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