

Hemel Hempstead Sports Centre

Group Exercise Programme

KEY 1 Gym 2 Flexi Pool 3 Aerobic Studio 4 Group Cycling Studio 5 Mind & Body Studio 6 Junior Gym 7 Multipurpose Room

Please check with reception about where classes are located to avoid disappointment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:30 - 07:00		HIIT 1	Metafit™ 3	HIIT 1				06:30 - 07:00
06:30 - 07:15	BODYCOMBAT™ 3	Pilates - Beginners 7			Pilates - Beginners 7			06:30 - 07:15
06:30 - 07:15					BODYPUMP™ 3			06:30 - 07:15
06:30 - 07:15	Group Cycling 4	Group Cycling 4	Group Cycling 4	Group Cycling 4	Group Cycling 4			06:30 - 07:15
07:00 - 07:30			Core Conditioning 7					07:00 - 07:30
08:30 - 09:00							Metafit™ 3	08:30 - 09:00
08:30 - 09:30						BODYPUMP™ 3		08:30 - 09:30
08:30 - 09:30						Group Cycling 4		08:30 - 09:30
09:00 - 09:45	Pilates - Beginners 7	Pilates - Beginners 7	Fitness Pilates 7		Pilates - Beginners 7		Group Cycling 4	09:00 - 09:45
09:00 - 10:00						Pilates - Beginners 7	BODYCOMBAT™ 3	09:00 - 10:00
09:30 - 10:00	HIIT 1	HIIT 1		HIIT 1				09:30 - 10:00
09:30 - 10:15	Group Cycling 4		Group Cycling 4	Group Cycling 4	Group Cycling 4		Fitness Pilates 7	09:30 - 10:15
09:30 - 10:15					Zumba® 3			09:30 - 10:15
09:30 - 10:30	STRONG by Zumba® 3	BODYATTACK™ 3	BODYPUMP™ 3	Total Body Conditioning 3		BODYCOMBAT™ 3		09:30 - 10:30
09:30 - 11:00				Hatha Yoga 7				09:30 - 11:00
09:45 - 10:30	Pilates - Beginners/Improvers 7	Pilates - Intermediate 7	Pilates - Beginners 7		Pilates - Beginners 7	Group Cycling 4		09:45 - 10:30
10:00 - 10:45	Aqua (Deep) 2						Aqua 2	10:00 - 10:45
10:00 - 10:45							Group Cycling 4	10:00 - 10:45
10:00 - 11:00						Pilates - Beginners 7	BODYATTACK™ 3	10:00 - 11:00
10:15 - 11:15					BODYPUMP™ 3			10:15 - 11:15
10:30 - 11:00	Pilates - Beginners/Improvers 7	Pilates - Beginners/Improvers 7	Metafit™ 3		Core Conditioning 7	Metafit™ 3		10:30 - 11:00
10:30 - 11:15			Pilates - Beginners 7	Health Cycling 4				10:30 - 11:15
10:30 - 11:15			Group Cycling 4	Zumba® Toning 3				10:30 - 11:15
10:30 - 11:30	Total Body Conditioning 3	BODYPUMP™ 3					Hatha Yoga 7	10:30 - 11:30
10:30 - 12:00								10:30 - 12:00
10:35 - 11:20		Group Cycling 4						10:35 - 11:20
11:00 - 11:45	Aqua 2				Stretch and Meditation 7			11:00 - 11:45
11:00 - 12:00				Parkinson's Exercise Group 7		Total Body Conditioning 3	BODYPUMP™ 3	11:00 - 12:00
11:00 - 12:00						Hatha Yoga 7		11:00 - 12:00
11:15 - 12:00			Zumba® 3					11:15 - 12:00
11:20 - 11:50			Fitball 7					11:20 - 11:50
11:30 - 12:15		Powerhoop 3						11:30 - 12:15
11:30 - 12:15	Stretch and Meditation 7	Stretch and Meditation 7						11:30 - 12:15
11:30 - 12:30	Cardiac Rehab Phase IV 3		Cardiac Rehab Phase IV 3	BODYCOMBAT™ 3	BODYCOMBAT™ 3			11:30 - 12:30
11:45 - 12:00					Intro to Group Cycling 4			11:45 - 12:00
12:00 - 12:30							HIIT 1	12:00 - 12:30
12:00 - 12:45			Stretch and Meditation 7	Fitness Pilates 7	Fitness Pilates 7			12:00 - 12:45
12:00 - 12:45					Group Cycling 4			12:00 - 12:45
12:00 - 12:50			Beginners Zumba® 3					12:00 - 12:50
12:00 - 13:00						Fight Klub™ 3		12:00 - 13:00
12:15 - 13:00		Aqua 2		Aqua 2				12:15 - 13:00
12:30 - 13:00				Intro to BODYPUMP™ 3	Metafit™ 3	HIIT 1		12:30 - 13:00
12:30 - 13:15		Fight Klub™ 3			Aqua 2			12:30 - 13:15
13:00 - 13:30			Metafit™ 3					13:00 - 13:30
13:00 - 13:45			Hatha Yoga 7	BODYPUMP™ 3				13:00 - 13:45
13:00 - 14:00					Flow Yoga 7			13:00 - 14:00
13:15 - 13:45		HIIT 1			HIIT 1			13:15 - 13:45
13:15 - 14:00	BODYPUMP™ 3				Zumba® 3			13:15 - 14:00
13:30 - 14:15		LBT 3						13:30 - 14:15
14:00 - 14:45					Fitsteps 3			14:00 - 14:45
16:00 - 16:45						Group Cycling 4		16:00 - 16:45
16:30 - 17:00						Metafit™ 3		16:30 - 17:00
17:00 - 17:30					Metafit™ 3			17:00 - 17:30
17:00 - 18:00	BODYPUMP™ 3					BODYPUMP™ 3		17:00 - 18:00
17:15 - 18:00	Group Cycling 4	Powerhoop 7		LBT 3				17:15 - 18:00
17:30 - 18:00	Core Conditioning 7	HIIT 1		HIIT 1	Metafit™ 3			17:30 - 18:00
17:45 - 18:00				Intro to Group Cycling 4				17:45 - 18:00
17:45 - 18:30		BODYCOMBAT™ 3						17:45 - 18:30
18:00 - 18:45	Group Cycling 4	Group Cycling 4	Group Cycling 4	Group Cycling 4	Group Cycling 4			18:00 - 18:45
18:00 - 18:45	Pilates - Beginners 7	Fitball 7	Pilates - Beginners 7	Pilates - Beginners 7	Pilates - Beginners 7			18:00 - 18:45
18:00 - 18:45			Zumba® 3					18:00 - 18:45
18:00 - 19:00	BODYPUMP™ 3							18:00 - 19:00
18:00 - 19:30							Hatha Yoga 7	18:00 - 19:30
18:15 - 19:15					BODYPUMP™ 3			18:15 - 19:15
18:30 - 19:30		BODYPUMP™ 3						18:30 - 19:30
18:45 - 19:30			Pilates - Beginners/Improvers 7					18:45 - 19:30
18:45 - 19:45			Total Body Conditioning 3					18:45 - 19:45
19:00 - 19:30	Core Conditioning 7	Core Conditioning 7		Core Conditioning 7				19:00 - 19:30
19:00 - 19:45	Group Cycling 4	Group Cycling 4	Group Cycling 4	Group Cycling 4				19:00 - 19:45
19:00 - 20:00				Group Cycling 4				19:00 - 20:00
19:05 - 20:00	LBT 3			BODYPUMP™ 3				19:05 - 20:00
19:30 - 20:00		Kettlebells 3		Kettlebells 3				19:30 - 20:00
19:30 - 20:15		Pilates - Beginners 7		Pilates - Beginners/Improvers 7				19:30 - 20:15
19:30 - 20:30		Step 3						19:30 - 20:30
19:40 - 20:25	Aqua 2							19:40 - 20:25
19:45 - 20:30		Aqua 2		Aqua (Deep) 2				19:45 - 20:30
19:45 - 20:45			BODYATTACK™ 3					19:45 - 20:45
19:45 - 21:15	Hatha Yoga 7		Hatha Yoga 7					19:45 - 21:15
20:00 - 20:30	HIIT 1		HIIT 1					20:00 - 20:30
20:00 - 20:45	Group Cycling 4	Group Cycling 4	Group Cycling 4					20:00 - 20:45
20:00 - 21:00	BODYCOMBAT™ 3							20:00 - 21:00
20:05 - 20:50				Zumba® 3				20:05 - 20:50
20:15 - 21:00		Pilates - Beginners/Improvers 7						20:15 - 21:00
20:15 - 21:30				Hatha Yoga 7				20:15 - 21:30
20:30 - 21:00		Metafit™ 3						20:30 - 21:00
20:30 - 21:15		Aqua 2						20:30 - 21:15
20:50 - 21:20		Intro to Group Cycling 4						20:50 - 21:20
21:00 - 21:45	BODYATTACK™ 3	Fight Klub™ 3						21:00 - 21:45

Timetable correct as of September 2018. Any updates to this timetable will be made online at www.everyoneactive.com
Customers should make sure they check class locations as rooms will be changing during the building work period.

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.

Fight Klub™ is a combat fitness workout which involves performing single combinations of punches, strikes and kicks on a free standing punch bag to high energy music.

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

Fitball A core strengthening class designed to improve your range of motion, strength, stability, co-ordination and balance.

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.

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!

Metafit™ The Metafit™ bodyweight training system is Created by a former Royal Marine Commando and a national gymnast. Metafit™ combines traditional bodyweight exercises with the latest interval training techniques to set the metabolism on fire. To burn fat you need to change the resting metabolism, work big muscle groups with high intensity intervals to get quick results. No expensive or hard to use kit required for this workout, just put your body through natural moves at maximal intensity.

Powerhoop The ultimate fun in fitness hooping using a variety of equipment. This class with strengthen your core and back and trim your waist.

STRONG by Zumba® is music led HIIT training. STRONG by Zumba® incorporates combat style moves and strength training set to latin rhythms. This is not a dance class!

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 workout.

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!

Core Conditioning improves posture, develops core muscle strength which will boost the effectiveness of workouts and reduce the risk of injuries that side-line our efforts to stay in shape.

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.

Total Body Conditioning These fun classes combine cardio and conditioning for a high energy workout, targeting the whole body. These classes are suitable for all levels.

UNWIND & RE-ENERGISE

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.

Stretch and Meditation Combining a mixture of meditation and stretch to enable the body to relax and bring clarity within.

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 (Deep) This session is a non impact water based workout run in deep water and is fantastic for all over body conditioning.

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

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