


# Hamble Sports Complex

## Group Exercise Programme

KEY  Studio

 Virtual Class

Please check with reception before attending to avoid disappointment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:45 - 07:15		Les Mills GRIT™  			Les Mills GRIT™  			06:45 - 07:15
06:45 - 07:30	BODYPUMP™  							06:45 - 07:30
06:45 - 07:45			BODYCOMBAT™  	BODYCOMBAT™  		BODYCOMBAT™  		06:45 - 07:45
07:45 - 08:45	BODYCOMBAT™  				BODYBALANCE™  			06:45 - 07:45
08:00 - 08:45			BODYPUMP™  					07:45 - 08:45
08:00 - 09:00				BODYBALANCE™  			BODYPUMP™  	08:00 - 08:45
09:00 - 10:00		BODYBALANCE™  					Pilates 	08:00 - 09:00
09:10 - 10:10						BODYBALANCE™  		09:00 - 10:00
09:15 - 10:00	SH'BAM™  							09:10 - 10:10
09:30 - 10:30			LBT 	Zumba® 				09:15 - 10:00
09:45 - 10:30	Aqua Aerobics 		Aqua Aerobics 					09:30 - 10:30
10:00 - 11:00							LBT 	09:45 - 10:30
10:15 - 11:00				Aqua Aerobics 				10:00 - 11:00
10:30 - 11:15			SOSA 					10:15 - 11:00
11:00 - 12:00	Yoga 							10:30 - 11:15
11:15 - 12:15								11:00 - 12:00
11:20 - 12:20	BODYPUMP™  					Yoga 		11:15 - 12:15
12:15 - 13:00	BODYATTACK™  							11:20 - 12:20
13:05 - 13:35								11:50 - 12:50
16:30 - 17:30							BODYBALANCE™  	12:15 - 13:00
17:00 - 17:45			SH'BAM™  					13:05 - 13:35
17:45 - 18:30					Ab Attack 			16:30 - 17:30
17:45 - 18:40				BODYPUMP™  				17:00 - 17:45
17:45 - 18:45	BODYPUMP™  							17:45 - 18:30
18:00 - 18:45		Zumba® 	LBT 					17:45 - 18:45
18:30 - 19:30					STRONG by Zumba® 			18:00 - 18:45
18:45 - 19:30	HIIT Circuits 	BODYATTACK™  	Pilates 	BODYATTACK™  				18:30 - 19:30
19:00 - 19:45		Aqua Aerobics 		Aqua Aerobics 				18:45 - 19:30
19:30 - 20:15								19:00 - 19:45
19:30 - 21:00	Yoga 		Yoga 					19:30 - 20:15
19:45 - 20:15					Les Mills GRIT™  			19:45 - 20:15
19:45 - 20:40		BODYPUMP™  						19:45 - 20:40
19:45 - 20:45				BODYBALANCE™  				19:45 - 20:45
20:30 - 21:30						BODYBALANCE™  		20:30 - 21:30
21:00 - 21:30		BODYBALANCE™  						21:00 - 21:30
21:15 - 21:45	Les Mills GRIT™  		BODYCOMBAT™  					21:15 - 21:45

# 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.

## SPECIALITIES

**Ab Attack** A High Intensity Interval Training Session to focus on working your core area and strengthening your lower back.

**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!

**Les Mills GRIT™** Strength/ Strength & Builds strength and muscle using barbells, plates and the bench to take training to the next level, it blasts all major muscle groups, leaving muscles lean and toned, putting the metabolism into overdrive to burn fat for hours after the workout.

**SH'BAM™** Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged! Set to a soundtrack of chart-topping popular hits, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise. Each 45-minute SH'BAM™ class is vibrant, unique and varied – a great way to get fit and have fun!

**SOSA** is the dance class that's puts 'fabulous' into fitness...so you can shimmy, sing along and dance yourself happy! Learn authentic steps and movements from 36 international dance styles without the need for a partner.

**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 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!

**CXWORX™** is the 30-minute personal-training inspired core class. Formulated with a carefully structured, scientific approach and unforgiving intensity. It has been designed to tighten and tone the abs, glutes, back, obliques and 'slings' connecting the upper and lower body, improve functional strength and assist in injury prevention like nothing else. So, CXWORX™ will get you results where it counts the most.

**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.

## 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.

## 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!


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

Timetable correct as of September 2019. 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.

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

 [facebook.com/everyoneactive](https://facebook.com/everyoneactive)

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