

Hamble Sports Complex

Group Exercise Programme

Please check with reception before attending to avoid disappointment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
09.00 - 10.00						BODYPUMP™	Pilates	09.00 - 10.00
09.45 - 10.30	Aqua Aerobic		Aqua Aerobic					09.45 - 10.30
10.00 - 10.45					Zumba®	LBT		10.00 - 10.45
10.00 - 11.00		LBT	Tai Chi				LBT	10.00 - 11.00
10.15 - 11.00				Aqua Aerobic				10.15 - 11.00
10.45 - 11.45					Yoga			10.45 - 11.45
11.00 - 12.00	Yoga							11.00 - 12.00
17.45 - 18.30					Ab Attack			17.45 - 18.30
17.45 - 18.45	BODYPUMP™							17.45 - 18.45
18.00 - 18.45		SH'BAM™	LBT	BODYPUMP™				18.00 - 18.45
18.30 - 19.30					STRONG by Zumba®			18.30 - 19.30
18.45 - 19.30	HIIT Circuits		Pilates	BODYATTACK™				18.45 - 19.30
19.00 - 19.45				Aqua Aerobic				19.00 - 19.45
19.00 - 20.00		BODYATTACK™						19.00 - 20.00
19.30 - 21:00	Yoga		Yoga					19:30 - 21:00
19.30 - 20.15		Aqua Aerobic						19.30 - 20.15

Timetable correct as of September 2018. Any updates to this timetable will be made online at 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!

SPECIALITIES

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!

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!

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!

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

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.

Tai Chi Taken from Chinese methods of breathing and self defence, this session will improve your posture, increase flexibility and leave you breathing more deeply.

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.

Tell us how your workout went by using the hashtag [#feelbetterforit](https://twitter.com/feelbetterforit)