

Eversley Leisure Centre

Group Exercise Programme

KEY 1 Group Cycling Studio 2 Practice Hall 3 Small Hall 4 Sports Hall

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
09:00 - 09:55						Total Toning 2		09:00 - 09:55
09:15 - 10:00		Group Cycling 1		BODYPUMP™ Express 2				09:15 - 10:00
09:15 - 10:15					Circuits 2			09:15 - 10:15
09:30 - 10:15	Group Cycling 1		Kettlebells 2				Group Cycling 1	09:30 - 10:15
10:10 - 11:00				BODYBALANCE™ 2				10:10 - 11:00
10:15 - 11:00						Group Cycling 1		10:15 - 11:00
18:00 - 18:45					BODYPUMP™ Express 2			18:00 - 18:45
18:00 - 19:00	BODYPUMP™ 2							18:00 - 19:00
18:30 - 19:15	Group Cycling 1	Group Cycling 1	Group Cycling 1	Group Cycling 1				18:30 - 19:15
18:30 - 19:15			Kettlebells 2					18:30 - 19:15
19:00 - 20:00		Total Toning 3						19:00 - 20:00
19:15 - 20:00	Aerobics 2							19:15 - 20:00
19:30 - 20:15	Group Cycling 1			Group Cycling 1				19:30 - 20:15
19:30 - 20:15				Zumba® 2				19:30 - 20:15
19:30 - 20:20			BODYBALANCE™ 2					19:30 - 20:20
20:00 - 20:50		BODYBALANCE™ 3						20:00 - 20:50
20:15 - 20:45	Pure Abs 3							20:15 - 20:45

Class Descriptions

CALORIE KILLERS

Aerobics Burn fat without fuss! Allow your instructor to motivate you with a fun and fat burning workout to music that combines, low, high and mixed impact moves.

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.

SPECIALITIES

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!

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!

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

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.

EXPRESS CLASSES

Express Class These workouts are a shortened version of the full session and are ideal for those who have limited time or are new to our group exercise experience.

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

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.

Book your class using our free app or online at www.everyoneactive.com

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