

The Phoenix Centre

Group Exercise Programme

KEY 1 Community Hall 2 Dance Studio 3 Sports Hall
 14 Suitable for fourteen years and over.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
09:00 - 09:45		Line Dancing 2						09:00 - 09:45
09:30 - 10:30				Yoga 2				09:30 - 10:30
10:00 - 11:00		Total Toning 2	Zumba® 2		Get Fit 2 £			10:00 - 11:00
10:30 - 11:30				Forever Fit 2				10:30 - 11:30
11:00 - 12:00			Total Toning 2					11:00 - 12:00
11:15 - 12:15		Get Fit 2 £						12:00 - 13:00
11:40 - 12:40				Chair based Yoga 2				11:40 - 12:40
19:00 - 19:45	Zumba® 2 14		HIIT 2					19:00 - 19:45
19:00 - 20:00		Total Toning 2 14			Yoga 2			19:00 - 20:00
19:45 - 20:30	HIIT 2		Zumba® 2					19:45 - 20:30
20:00 - 21:00		Pilates 2						20:00 - 21:00

Class Descriptions

SPECIALITIES

Forever Fit 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.

Get Fit An exercise class designed for people with special needs.

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!

Line Dancing Popular country and western dancing for all abilities.

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 & STRENGTH

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

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.

FITNESS & HEALTH

Chair based Yoga/Pilates Gentle yoga/ pilates movements for those who have limited movement or find it difficult getting on and off the floor.

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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