

Redbourn Leisure Centre

Group Exercise Programme

KEY ■ Studio 1 ■ Sports Hall

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:30 - 07:15			Boot Camp ■					06:30 - 07:15
07:00 - 07:45		Circuits ■						07:00 - 07:45
08:30 - 09:15						HIIT ■		08:30 - 09:15
09:15 - 10:10					Pilates ■			09:15 - 10:10
09:30 - 10:15		HIIT ■				Total Toning ■		09:30 - 10:15
09:30 - 10:25	Pilates ■		Dance Fitness ■	Total Toning ■			Yoga ■	09:30 - 10:25
10:15 - 11:10					Yoga ■			10:15 - 11:10
10:30 - 11:25	Pilates ■		Supple Strength ■	Supple Strength ■			Pilates ■	10:30 - 11:25
11:30 - 12:25		Pilates ■						11:30 - 12:25
11:45 - 12:40			Pilates ■					11:45 - 12:40
18:30 - 19:25	HIIT ■	Yoga ■	Aerobics ■	Zumba® ■	Yoga ■			18:30 - 19:25
19:30 - 20:25	Yoga ■	LBT ■	Pilates ■	Pilates ■				19:30 - 20:25

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.

SPECIALITIES

Dance Fitness incorporates many styles of dance. It's a full body aerobic workout, divided into different tracks to provide peaks and troughs of intensity. The overall intensity of a class varies depending on the style you're doing. Dance fitness classes offer a relaxed environment where you can really let your inhibitions go, get the results you want, learn some new moves and meet some great people along the way.

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!

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

Boot Camp If you are looking to lose weight, tone up, improve your aerobic fitness, strength, stamina, endurance, energy levels plus feel better then you have come to the right session. These sessions are designed to be fun and challenging at the same time. Sessions will vary week to week.

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

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.

Supple Strength A combination of yoga, pilates and stretch techniques.

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.

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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