# Bodyscript

**BODYPUMP™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all major muscle groups by using the best weight to pump up your power. This program will teach you the importance of resting your muscles. A great pump and high impact workout for improving muscular endurance, flexibility and balance.

**HIIT** is the emerging step workout that makes you feel liberated and alive. Using a high-intensity step and dance movements on and off the step, this session is proven to give the best results for the minimum amount of time. HIIT session to get the maximum workout in the minimum amount of time.

**Total Body Conditioning** is the original barbell class that strengthens your entire body. The 60-minute workout challenges all major muscle groups by using the best weight to pump up your power. This program will teach you the importance of resting your muscles. A great pump and high impact workout for improving muscular endurance, flexibility and balance.

**Boot Camp** is a fun and invigorating all-over body workout in the water designed to improve general fitness and promote healthy lifestyles.

**Group Cycling** On yer bike! Calories burning heaven.

**Aqua** is a spicy hot, hip swivelling Latin dance moves are combined with sing-along music and approachable side-line our efforts to stay in shape.

**Gym Active** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all major muscle groups by using the best weight to pump up your power. This program will teach you the importance of resting your muscles. A great pump and high impact workout for improving muscular endurance, flexibility and balance.

**Core Conditioning** to get you ‘real results’. These sessions are designed to concentrate on core and upper body movements in order to create lean and stronger muscles around the whole body.

**Zumba® Gold™ Takes the Zumba® formula and modifies the moves and music to create an all age, all strength level class designed to be fun and challenging at the same time. Sessions will vary week to week.

**Zumba®** is the empowering dance party that fuses Latin dance moves with the energy and rhythm of中药. You won’t want to miss this. Feel the music and flow to create a holistic workout that brings the body into a state of harmony and balance. Zumba® is a spicy hot, hip swivelling Latin dance moves are combined with sing-along music and approachable side-line our efforts to stay in shape.

**Gym and Studio based sessions to improve general fitness and promote healthy lifestyles.**

**BODYBALANCE™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled movements, focused breathing and vigorous concentration and a carefully structured series of stretching, tones and poses brings the body into a state of harmony and balance.

**BODYSTEP™** is the energising step workout in the water designed to improve general fitness and promote healthy lifestyles. A fun and invigorating all-over body workout in the water designed to improve general fitness and promote healthy lifestyles.

**Fitness** is a fun and invigorating all-over body workout in the water designed to improve general fitness and promote healthy lifestyles.

**Zumba®** is a spicy hot, hip swivelling Latin dance moves are combined with sing-along music and approachable side-line our efforts to stay in shape.

**Total Body Conditioning** is the original barbell class that strengthens your entire body. The 60-minute workout challenges all major muscle groups by using the best weight to pump up your power. This program will teach you the importance of resting your muscles. A great pump and high impact workout for improving muscular endurance, flexibility and balance.

**Pilates** These sessions are designed to concentrate on core and upper body movements in order to create lean and stronger muscles around the whole body.

**Studio time is available for hire. Please contact the Centre Reception for details.**

**Timetable correct as of January 2019. Any updates to this timetable will be made online at www.everyoneactive.com**