Dormers Wells Leisure Centre
Group Exercise Programme

Class Descriptions

CALORIE KILLERS
Group Cycling
On yer bike! Calories killing at it’s best without the stress of any complicated moves. Great music, motivational instructors and chance to burn up to 450 calories per session will complete your journey to calorie burning heaven.

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 brief periods of rest to keep you working at your personal maximum, helping you get more out of your workout and in less time..... and also increases the calo rate at which you burn calories post workout!

POUND®
POUND® is the world’s first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

TONING AND STRENGTH
Circuits
Achieve a full body workout, involving both cardiovascular and resistance exercises to motivating music to get you ‘re-vved up’.

Total Body Conditioning
These fun classes combine cardio and conditioning for a high energy workout, targeting the whole body. These classes are suitable for all levels.

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 exercise for improving posture, flexibility and preventing injury.

Yoga
One of the world’s 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.

Timetable correct as of November 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

facebook.com/everyoneactive
@everyoneactive