

Sapphire Ice & Leisure Group Exercise Programme

KEY 1 Studio 1 2 Studio 2 3 Pool

∇ Virtual Class **Suitable for fourteen years and over, must be accompanied by an adult.
Please check with reception about where classes are located to avoid disappointment.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
07:00 - 07:30				CXWORX™ ∇ 1	BODYCOMBAT™ ∇ 1			07:00 - 07:30
07:00 - 07:45	Group Cycling 2	BODYPUMP™ ∇ 1	Group Cycling 2					07:00 - 07:45
08:00 - 08:30		BODYBALANCE™ ∇ 1						08:00 - 08:30
08:00 - 08:45				BODYPUMP™ ∇ 1				08:00 - 08:45
08:15 - 08:45	SH'BAM™ ∇ 1		CXWORX™ ∇ 1		SH'BAM™ ∇ 1			08:15 - 08:45
09:30 - 10:00	BODYPUMP™ 1	BODYATTACK™ 1		Zumba® 1	CXWORX™ ∇ 1	Group Cycling 2	Group Cycling 2	09:30 - 10:00
09:30 - 10:15							BODYBALANCE™ 1	09:30 - 10:15
09:30 - 10:25			Group Cycling 2	Group Cycling 2				09:30 - 10:25
09:45 - 10:15			Aqua 3		Aqua 3	BODYPUMP™ 1		09:45 - 10:15
09:45 - 10:30			BODYBALANCE™ 1					09:45 - 10:30
10:15 - 11:10		Forever Fit 1		Yoga 1		BODYBALANCE™ ∇ 1		10:15 - 11:10
10:30 - 11:15								10:30 - 11:15
10:30 - 11:25								10:30 - 11:25
10:45 - 11:15							CXWORX™ ∇ 1	10:45 - 11:15
10:45 - 11:30		HIIT 1		SH'BAM™ ∇ 1		SH'BAM™ ∇ 1 **		10:45 - 11:30
11:30 - 12:00	Supple Strength 1						BODYCOMBAT™ ∇ 1 **	11:30 - 12:00
11:30 - 12:15								11:30 - 12:15
11:40 - 12:10								11:40 - 12:10
12:15 - 12:45		BODYBALANCE™ Strength ∇ 1	CXWORX™ ∇ 1	BODYBALANCE™ Flexibility ∇ 1		CXWORX™ ∇ 1		12:15 - 12:45
12:30 - 13:00	Box Fitness 1							12:30 - 13:00
12:30 - 13:15								12:30 - 13:15
12:45 - 13:15		CXWORX™ ∇ 1		CXWORX™ ∇ 1		HIIT 1		12:45 - 13:15
13:10 - 13:40								13:10 - 13:40
13:30 - 14:15	Pilates 1							13:30 - 14:15
14:00 - 14:30						BODYCOMBAT™ ∇ 1 **		14:00 - 14:30
15:15 - 15:45						BODYBALANCE™ Flexibility ∇ 1 **	CXWORX™ ∇ 1	15:15 - 15:45
16:00 - 16:45	CXWORX™ ∇ 1						SH'BAM™ ∇ 1 **	16:00 - 16:45
17:15 - 17:45								17:15 - 17:45
17:30 - 18:00						BODYCOMBAT™ ∇ 1 **		17:30 - 18:00
17:30 - 18:25							BODYBALANCE™ ∇ 1 **	17:30 - 18:25
18:00 - 18:45	BODYATTACK™ 1	BODYPUMP™ 1	BODYATTACK™ 1	BODYPUMP™ 1	Box Fitness PLUS 1			18:00 - 18:45
18:00 - 18:45		Group Cycling 2						18:00 - 18:45
18:05 - 18:35								18:05 - 18:35
19:00 - 19:45		BODYATTACK™ 1	BODYPUMP™ 1			CXWORX™ ∇ 1		19:00 - 19:45
19:00 - 19:55	BODYBALANCE™ ∇ 1			Fitness Pilates 1	BODYBALANCE™ ∇ 1			19:00 - 19:55
19:30 - 20:15	Aqua 3			Group Cycling 2				19:30 - 20:15
19:30 - 20:15	Group Cycling 2							19:30 - 20:15
20:00 - 20:45			Circuits 1					20:00 - 20:45
20:00 - 20:55		Yoga 1						20:00 - 20:55
20:05 - 20:50	Circuits 1							20:05 - 20:50
20:15 - 21:00							BODYPUMP™ ∇ 1	20:15 - 21:00
21:00 - 21:55			BODYBALANCE™ ∇ 1	BODYCOMBAT™ ∇ 1				21:00 - 21:55
21:05 - 21:50	BODYPUMP™ ∇ 1							21:05 - 21:50
21:15 - 22:00		SH'BAM™ ∇ 1						21:15 - 22:00

Class Descriptions

Calorie Killers

BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals – from the weekend athlete to the hardcore competitor!

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by Martial Arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, Strike, Punch, Kick and Kata your way through calories to superior cardio fitness.

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

Box Fitness is a fun, non-contact boxing class providing a great workout for all fitness levels. Concentrating on boxing moves in a circuit format, this session will effectively tone the upper body and increase stamina and strength.

Box Fitness PLUS a more intermediate/advance level of training.

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.

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!

SH'BAM™ Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged! Set to a soundtrack of chart-topping popular hits, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise. Each 45-minute SH'BAM™ class is vibrant, unique and varied – a great way to get fit and have fun!

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

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'.

CXWORX™ is the 30-minute personal-training inspired core class. Formulated with a carefully structured, scientific approach and unforgiving intensity. It has been designed to tighten and tone the abs, glutes, back, obliques and 'slings' connecting the upper and lower body, improve functional strength and assist in injury prevention like nothing else. So, CXWORX™ will get you results where it counts the most.

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

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.

Fitness Pilates A pilates based session to create lean and stronger muscles around abdominals, hips and back. Enhancing good posture.

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.

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.

Virtual Classes

Virtual classes are designed for people who cannot get access to our live classes or who want to get a 'taste' of a class before taking a live class with an instructor. The classes are played on a big video screen, with dimmed lighting and pumping surround sound, and are led onscreen by the people who actually choreograph the classes. There is a variety of virtual programs and class durations available, so check the club's timetable for details and give it a go!

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

Timetable correct as of January 2019. 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/SapphireIce

@everyoneactive

24 Western Road, Romford, RM1 3JT