

# Basildon Sporting Village

## Group Exercise Programme

KEY 1 Studio 1 2 Meeting Rooms 1 & 2 3 Studio 2 4 Studios 1 & 2 5 Pool 6 Sports Hall 7 Outside 8 Gym  
 £ This activity incurs an additional charge.  
 ☺ Crèche available for children under 5 years 9:30am-12:30pm.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:30 - 07:15		Group Cycling 3						06:30 - 07:15
06:45 - 07:30			Circuits 1					06:45 - 07:30
07:00 - 07:45					Group Cycling 3			07:00 - 07:45
08:30 - 09:15						Group Cycling 3		08:30 - 09:15
08:30 - 09:25						BODYPUMP™ 1		08:30 - 09:25
09:00 - 09:45							Group Cycling 3	09:00 - 09:45
09:30 - 10:00						EA30 8		09:30 - 10:00
09:30 - 10:15				Aqua (Shallow) 5 ☺			BODYPUMP™ 1	09:30 - 10:15
09:30 - 10:15				Group Cycling 3 ☺				09:30 - 10:15
09:30 - 10:25	BODYATTACK™ 3 ☺	BODYPUMP™ 1 ☺	BODYCOMBAT™ 3 ☺	BODYPUMP™ 1 ☺	LBT 4 ☺	BODYCOMBAT™ 4		09:30 - 10:25
09:30 - 10:25	BODYPUMP™ 1 ☺							09:30 - 10:25
09:45 - 10:30		Group Cycling 3 ☺						09:45 - 10:30
09:50 - 10:15							Pure Abs 3	09:50 - 10:15
10:00 - 11:00			Zumba® 1 ☺					10:00 - 11:00
10:30 - 11:00			HIIT 3 ☺	EA30 8 ☺				10:30 - 11:00
10:30 - 11:15						Small Group Training 1		10:30 - 11:15
10:30 - 11:25					BODYBALANCE™ 1 ☺	Pilates 4 ☺	BODYCOMBAT™ 4	10:30 - 11:25
10:35 - 11:30	Pilates 4 ☺							10:35 - 11:30
10:40 - 11:35		BODYBALANCE™ 4 ☺						10:40 - 11:35
11:05 - 12:00			Forever Fit 1 ☺					11:05 - 12:00
11:05 - 12:00			Yoga 3					11:05 - 12:00
11:30 - 12:25							BODYBALANCE™ 3	11:30 - 12:25
12:00 - 12:45	Aqua Zumba® 5	Aqua (Shallow) 5						12:00 - 12:45
12:30 - 13:30		Yoga 3		Yoga 3				12:30 - 13:30
13:00 - 13:30	Pure Abs 1			Pure Abs 1				13:00 - 13:30
18:00 - 18:45	Small Group Training 2	BODYPUMP™ Express 1		Small Group Training 3				18:00 - 18:45
18:00 - 18:55		BODYCOMBAT™ 3	Mega Mix 1	BODYPUMP™ 1	BODYPUMP™ 1		BODYBALANCE™ 3	18:00 - 18:55
18:30 - 19:00				HIIT 2				18:30 - 19:00
18:30 - 19:15	Group Cycling 3		Group Cycling 3			Group Cycling 3		18:30 - 19:15
18:30 - 19:25	BODYPUMP™ 1							18:30 - 19:25
19:00 - 19:30		Metafit™ 2		Pure Abs 2				19:00 - 19:30
19:00 - 19:45		Aqua (Deep) 5						19:00 - 19:45
19:00 - 19:55	BODYBALANCE™ 2		BODYPUMP™ 1	BODYCOMBAT™ 4				19:00 - 19:55
19:10 - 20:05		Zumba® 1						19:10 - 20:05
19:15 - 20:00	Aqua 5							19:15 - 20:00
19:30 - 20:00		Pure Abs 2				Zumba® 1		19:30 - 20:00
19:30 - 20:15		Group Cycling 3						19:30 - 20:15
19:30 - 20:25	LBT 3		BODYATTACK™ 3					19:30 - 20:25
19:30 - 20:30				Yoga 2				19:30 - 20:30
19:35 - 20:30	Circuits 1							19:35 - 20:30
19:35 - 20:35			BODYBALANCE™ 2					19:35 - 20:35
20:00 - 20:55	Yoga 2	BODYBALANCE™ 2						20:00 - 20:55
20:00 - 21:00			Circuits 1					20:00 - 21:00
20:15 - 21:10		LBT 1						20:15 - 21:10
20:20 - 21:05		Body Blast 3						20:20 - 21:05
20:40 - 21:40	BODYCOMBAT™ 4							20:40 - 21:40

Timetable correct as of April 2019. Any updates to this timetable will be made online at [www.everyoneactive.com](http://www.everyoneactive.com)

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

# 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

**Body Blast** High tempo and intensity class focussing on fitness and toning. Uses a mixture of weights and body resistance training along with interval fitness (similar to conditioning but less choreographed).

**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!

**Metafit™** The Metafit™ bodyweight training system is Created by a former Royal Marine Commando and a national gymnast. Metafit™ combines traditional bodyweight exercises with the latest interval training techniques to set the metabolism on fire. To burn fat you need to change the resting metabolism, work big muscle groups with high intensity intervals to get quick results. No expensive or hard to use kit required for this workout, just put your body through natural moves at maximal intensity.

**Mega Mix** This session incorporates aerobics, step and conditioning all in one. A great workout for those who are looking to burn lots of calories and tone up at the same time.  
**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'.

**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.

**Pure Abs** A short fun session aimed at honing and toning your stomach muscles.

### 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.

**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.

**Aqua (Deep)** This session is a non impact water based workout run in deep water and is fantastic for all over body conditioning.

**Aqua (Shallow)** 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.

**Aqua Zumba®** Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba® class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

### EXPRESS CLASSES

**Express Class** These workouts are a shortened version of the full session and are ideal for those who have limited time or are new to our group exercise experience.

### SMALL GROUP INTRO'S / TRAINING

Small Group Intro's are to ensure members are fully confident in using specialist equipment in the gym following a specific 'intro' programme. Speak to the Fitness Team for details on any equipment you haven't used, but really want to try!

### EA30

Instructor-led classes showing you different, effective and fun ways of training in just 30 minutes. All fitness abilities welcome.

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