# Camberwell Leisure Centre
## Group Exercise Programme

**GROUP EXERCISES**

- **BODYPUMP™**: An indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, sprints, and interval training. Enhance your overall fitness and burn calories post workout.

- **HIIT**: Combining high intensity exercises followed by rest, allowing you to work to your own maximum, helping you to get more out of your workout.

- **Pilates**: A fun, non-contact boxing class providing a great workout for all fitness levels. Concentrating on toning and strength, this class will effectively tone the upper body and enhance endurance and strength.

- **Yoga**: This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifting and Curl. Great music, motivational instructors and a chance of weights inspire you to get the results you came for - and fast!

- **Box Fit**: A fun, non-contact boxing class providing a great workout for all fitness levels. Concentrating on toning and strength, this class will effectively tone the upper body and enhance endurance and strength.

- **Silver Gym**: A fun, non-contact boxing class providing a great workout for all fitness levels. Concentrating on toning and strength, this class will effectively tone the upper body and enhance endurance and strength.

- **RPM™**: This is a virtual class, see description below.

**VIRTUAL CLASSES**

- **Virtual studio**: 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 to or returning to exercise.

- **Aqua Fun**: This class is designed to improve posture, flexibility and core strength. Great music, motivational instructors and a chance of weights inspire you to get the results you came for - and fast!

**SPECIALITIES**

- **Box Fit**: A fun, non-contact boxing class providing a great workout for all fitness levels. Concentrating on toning and strength, this class will effectively tone the upper body and enhance endurance and strength.

- **HIIT**: Combining high intensity exercises followed by rest, allowing you to work to your own maximum, helping you to get more out of your workout.

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**CLASS DESCRIPTIONS**

### TONING AND STRENGTH

- **Box Fit**: A fun, non-contact boxing class providing a great workout for all fitness levels. Concentrating on toning and strength, this class will effectively tone the upper body and enhance endurance and strength.

- **HIIT**: Combining high intensity exercises followed by rest, allowing you to work to your own maximum, helping you to get more out of your workout.

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### VITALITY AND RECOVERY

- **Silver Gym**: A fun, non-contact boxing class providing a great workout for all fitness levels. Concentrating on toning and strength, this class will effectively tone the upper body and enhance endurance and strength.

- **RPM™**: This is a virtual class, see description below.

- **Silver Gym**: A fun, non-contact boxing class providing a great workout for all fitness levels. Concentrating on toning and strength, this class will effectively tone the upper body and enhance endurance and strength.

- **RPM™**: This is a virtual class, see description below.

### UNWIND & RE-ENERGISE

- **Aqua Fun**: This class is designed to improve posture, flexibility and core strength. Great music, motivational instructors and a chance of weights inspire you to get the results you came for - and fast!

- **Yoga**: This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifting and Curl. Great music, motivational instructors and a chance of weights inspire you to get the results you came for - and fast!

### WATER WORKOUTS

- **Bodysculpt**: A fun, non-contact boxing class providing a great workout for all fitness levels. Concentrating on toning and strength, this class will effectively tone the upper body and enhance endurance and strength.

- **RPM™**: This is a virtual class, see description below.

### SPECIALIST CLASSES

- **Virtual studio**: 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 to or returning to exercise.

### VIRTUAL CLASSES

Virtual classes are designed for people who cannot gain 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, the occasional chirp of birds and a soundtrack from the instructor. The classes are choreographed by the people who actually choreograph the classes. There is a variety of virtual programs and class durations available, so check the class timetable for details and give it a try.

### Special offers

- **Silver Gym and Silver Studio**: Classes are only available for those 60+.

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