

Cheam Leisure Centre

Group Exercise Programme

KEY 1 Gym 2 Pool 3 Squash Court 4 Studio 5 Group Cycling Studio
 Ⓜ Suitable for fourteen years and over.
 ▼ This is a virtual class, see description below.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
07:15 - 07:45	RPM 5 ▼				RPM 5 ▼			07:15 - 07:45
08:20 - 09:20	Yoga 4							08:20 - 09:20
09:00 - 09:30						RPM 5 ▼		09:00 - 09:30
09:00 - 09:45							Group Cycling 5	09:00 - 09:45
09:15 - 10:00		RPM 5 ▼						09:15 - 10:00
09:20 - 10:05					Forever Fit 4			09:20 - 10:05
09:30 - 10:00				RPM 5 ▼				09:30 - 10:00
09:30 - 10:15						Zumba® 4		09:30 - 10:15
09:30 - 10:15						Circuits 3		09:30 - 10:15
09:30 - 10:30	Yoga 4		Zumba® 4	Total Toning 4				09:30 - 10:30
09:45 - 10:45								09:45 - 10:45
10:00 - 10:30			RPM 5 ▼					10:00 - 10:30
10:00 - 10:45	RPM 5 ▼				Group Cycling 5 Ⓜ		Total Toning 4	10:00 - 10:45
10:00 - 11:00		Aerobics 4			Forever Fit 4			10:00 - 11:00
10:05 - 10:50								10:05 - 10:50
10:30 - 11:00			Pure Abs Workshop 1					10:30 - 11:00
10:30 - 11:15						Core Blimey 4		10:30 - 11:15
10:45 - 11:30	LBT 4		LBT 4					10:45 - 11:30
11:00 - 11:30		Aqua 2		Aqua 2	Aqua 2		RPM 5 ▼	11:00 - 11:30
11:15 - 12:00							Aqua 2	11:15 - 12:00
12:00 - 12:30	Aqua 2		Aqua 2					12:00 - 12:30
12:30 - 13:15			RPM 5 ▼					12:30 - 13:15
16:00 - 16:30							RPM 5 ▼	16:00 - 16:30
17:00 - 17:45						RPM 5 ▼		17:00 - 17:45
18:00 - 18:30	Core Blimey 4							18:00 - 18:30
18:00 - 18:45	RPM 5 ▼	Zumba® 4			RPM 5 ▼			18:00 - 18:45
18:00 - 19:00							Yoga 4	18:00 - 19:00
18:15 - 18:45				HIIT 4				18:15 - 18:45
18:15 - 19:00			Zumba® 4					18:15 - 19:00
18:15 - 19:00			Group Cycling 5					18:15 - 19:00
18:30 - 19:00	TRX® 1			RPM 5 ▼				18:30 - 19:00
18:30 - 19:25	Total Toning 4 Ⓜ							18:30 - 19:25
19:00 - 19:45				LBT 4 Ⓜ				19:00 - 19:45
19:00 - 19:45				Aqua 2				19:00 - 19:45
19:00 - 20:00			Pilates 4		Yoga 4			19:00 - 20:00
19:00 - 20:30		Yoga 4						19:00 - 20:30
19:15 - 20:00	Aqua 2							19:15 - 20:00
19:30 - 20:15		RPM 5 ▼						19:30 - 20:15
20:30 - 21:30	Pilates 4							20:30 - 21:30

Class Descriptions

CALORIE KILLERS

Aerobics Burn fat without fuss! Allow your instructor to motivate you with a fun and fat burning workout to music that combines, low, high and mixed impact moves.

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.

RPM™ is the 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, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

SPECIALITIES

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!

TRX® (studio) Join the TRX® phenomenon and use your own body weight for total-body transformation, whatever your fitness goal. Jump into one of our drop-in, progressive, classes and let TRX® change the way you train forever. Beginner to Advanced users invited to all sessions.

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

Circuits Achieve a full body workout, involving both cardiovascular and resistance exercises to motivating music to get you 'real results'.

Core Blimey Want a six pack? These sessions tighten and tone up those stomach muscles whilst strengthening your back.

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.

Total Toning Exactly what it says on the tin! A session that tones up and strengthens all those key areas like your bum, legs and arms whilst challenging your heart and lungs with some fun calorie burning exercises.

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 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.

WORKSHOPS

20 minute workshops are short sessions dedicated to offering more specialist advice & guidance based on our key fitness programmes. Limited numbers are available.

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 April 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

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