

David Weir Leisure Centre Group Exercise Programme

KEY 1 Dance Studio 2 Fields Hall 3 Gym 4 Outside Track
 14+ Suitable for fourteen years and over.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
09:30 - 10:00	Core Blimey 3							09:30 - 10:00
09:30 - 10:15	Zumba® 1			Pilates 1			Zumba® 2	09:30 - 10:15
09:45 - 10:30						Total Toning 1 14+		09:45 - 10:30
10:00 - 10:45					Zumba® 1			10:00 - 10:45
10:00 - 11:00			LBT 1					10:00 - 11:00
10:15 - 11:00	Total Toning 1							10:15 - 11:00
10:30 - 11:00						Core Blimey 3		10:30 - 11:00
10:30 - 11:30					Fresh Starts 2			10:30 - 11:30
10:30 - 12:00		GP Circuits 2		GP Circuits 2				10:30 - 12:00
11:00 - 11:45					Total Toning 1			11:00 - 11:45
11:00 - 12:00		Forever Fit 1	Fresh Starts 2					11:00 - 12:00
11:30 - 12:30						Yoga 1		11:30 - 12:30
18:00 - 18:45	Group Cycling 1							18:00 - 18:45
18:15 - 19:00				Zumba® 2				18:15 - 19:00
18:30 - 19:00		Core Blimey 1 14+			Core Blimey 3			18:30 - 19:00
18:30 - 19:15			LBT 1					18:30 - 19:15
19:00 - 19:30				HIIT 2				19:00 - 19:30
19:00 - 19:45		Zumba® 1						19:00 - 19:45
19:00 - 19:55	Total Toning 1							19:00 - 19:55
19:30 - 20:30			Boxercise™ 1	Pilates 1				19:30 - 20:30
19:45 - 20:45		Pilates 1						19:45 - 20:45
20:00 - 21:00	Yoga 1							20:00 - 21:00

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 a chance to burn up to 450 calories per 30mins will complete your journey to calorie burning heaven.

SPECIALITIES

Boxercise™ A martial art based fitness session that is fun and non-contact, 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.

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.

Fresh Starts Continuous rehab circuit type class, for those who have had some form of medical condition and want to return back to gentle exercise.

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!

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

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.

FITNESS & HEALTH

GP Circuits is a light exercise circuits class for those that are on or who can completed the GP Referral Scheme/Cardiac Rehab.

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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