

# Dulwich Leisure Centre

## Group Exercise

KEY 1 Studio 1 2 Studio 2 3 Gym 4 Main Pool  
Please check with reception before attending to avoid disappointment.  
\*Parent and child class.

| TIME          | MONDAY                   | TUESDAY                  | WEDNESDAY             | THURSDAY                       | FRIDAY                   | SATURDAY          | SUNDAY               | TIME          |
|---------------|--------------------------|--------------------------|-----------------------|--------------------------------|--------------------------|-------------------|----------------------|---------------|
| 06:45 - 07:30 | HIIT 2                   |                          | HIIT 2                |                                |                          |                   |                      | 06:45 - 07:30 |
| 06:45 - 07:30 |                          |                          | Yoga 1                |                                |                          |                   |                      | 06:45 - 07:30 |
| 06:45 - 07:45 |                          | BODYPUMP™ 2              |                       | Yoga 1                         | Pilates 1                |                   |                      | 06:45 - 07:45 |
| 06:45 - 07:45 |                          | Yoga 1                   |                       | BODYPUMP™ 2                    |                          |                   |                      | 06:45 - 07:45 |
| 08:00 - 10:00 | Silver Gym 3             |                          |                       |                                | Silver Gym 4             |                   |                      | 08:00 - 10:00 |
| 08:15 - 09:15 |                          |                          |                       |                                |                          |                   |                      | 08:15 - 09:15 |
| 08:30 - 09:30 |                          |                          |                       |                                |                          | Pilates 1         |                      | 08:30 - 09:30 |
| 08:30 - 10:00 |                          |                          |                       |                                |                          | BODYPUMP™ 2       |                      | 08:30 - 10:00 |
| 09:00 - 10:00 |                          |                          |                       |                                |                          |                   | Yoga 1               | 09:00 - 10:00 |
| 09:15 - 10:15 | Pilates - Intermediate 1 | Kettlebells 2            | HIIT 2                | Kettlebells 2                  | Zumba® 2                 |                   | Box Fit 2            | 09:15 - 10:15 |
| 09:15 - 10:15 |                          |                          | Yoga 1                |                                | Pilates - Intermediate 1 |                   |                      | 09:15 - 10:15 |
| 09:15 - 10:15 |                          | Yoga 1                   |                       |                                | Yoga 1                   |                   |                      | 09:15 - 10:15 |
| 09:15 - 10:45 |                          |                          |                       | Pilates - Advanced 1           |                          |                   |                      | 09:15 - 10:45 |
| 09:30 - 10:30 | HIIT 2                   |                          |                       |                                |                          |                   |                      | 09:30 - 10:30 |
| 09:45 - 10:45 |                          |                          |                       |                                |                          | Box Fitness 2     | Aerobics 1           | 09:45 - 10:45 |
| 10:00 - 11:00 |                          | Pure Abs 2               |                       |                                |                          |                   |                      | 10:00 - 11:00 |
| 10:15 - 10:45 |                          |                          |                       |                                |                          |                   |                      | 10:15 - 10:45 |
| 10:15 - 11:15 | Pilates - Intermediate 1 |                          |                       |                                |                          | Yoga 1            | Pilates - Advanced 1 | 10:15 - 11:15 |
| 10:15 - 11:15 | Parent & Baby Pilates 1  |                          |                       |                                |                          |                   |                      | 10:15 - 11:15 |
| 10:25 - 11:25 |                          |                          |                       |                                | Supple Strength 1        |                   |                      | 10:25 - 11:25 |
| 10:30 - 11:00 |                          |                          | LBT 2                 |                                | Pure Abs 2               |                   |                      | 10:30 - 11:00 |
| 10:30 - 11:15 |                          |                          | Silver Circuits 60+ 2 |                                |                          |                   |                      | 10:30 - 11:15 |
| 10:30 - 11:30 |                          |                          |                       | BODYBALANCE™ 2                 |                          |                   |                      | 10:30 - 11:30 |
| 10:45 - 11:45 | Silver Circuits 60+ 2    | Pilates - Intermediate 1 |                       | Pilates - Beginners 1          |                          |                   |                      | 10:45 - 11:45 |
| 11:00 - 12:00 |                          | BODYPUMP™ 2              |                       |                                |                          | Zumba® 2          |                      | 11:00 - 12:00 |
| 11:00 - 12:00 |                          | Aqua 4                   |                       |                                |                          |                   |                      | 11:00 - 12:00 |
| 11:00 - 13:00 |                          | Silver Gym 3             |                       |                                |                          |                   |                      | 11:00 - 13:00 |
| 11:15 - 12:15 |                          |                          | Silver Aerobics 60+ 1 |                                |                          | Yoga 1            | Tai Chi 1            | 11:15 - 12:15 |
| 11:30 - 12:15 | Pilates - Intermediate 1 |                          |                       |                                | Yoga 1                   |                   |                      | 11:30 - 12:15 |
| 11:30 - 12:30 |                          |                          |                       |                                | Circuits 2               |                   |                      | 11:30 - 12:30 |
| 11:45 - 12:45 |                          |                          |                       | Silver Tai Chi 60+ 1           |                          |                   | Yoga - Beginners 1   | 11:45 - 12:45 |
| 12:00 - 13:00 | Zumba® 2                 | Pilates - Beginner 1     |                       | BODYPUMP™ 2                    |                          | HIIT 2            |                      | 12:00 - 13:00 |
| 12:15 - 13:15 |                          | BODYBALANCE™ 2           |                       |                                |                          | Pilates 1         |                      | 12:15 - 13:15 |
| 12:30 - 13:30 |                          |                          |                       |                                |                          |                   |                      | 12:30 - 13:30 |
| 12:30 - 13:45 | BODYBALANCE™ 1           |                          |                       |                                |                          |                   |                      | 12:30 - 13:45 |
| 12:40 - 13:40 |                          |                          |                       |                                |                          |                   |                      | 12:40 - 13:40 |
| 13:00 - 14:00 |                          | Silver Pilates 60+ 1     | Yoga 1                | Silver Tai Chi 60+ Beginners 1 |                          |                   | Yoga 1               | 13:00 - 14:00 |
| 13:00 - 14:30 |                          |                          |                       |                                |                          |                   |                      | 13:00 - 14:30 |
| 13:15 - 14:00 | Kettlebells 2            |                          |                       |                                |                          | Zumba® 2          |                      | 13:15 - 14:00 |
| 13:30 - 14:30 | Yoga 1                   | Silver Pilates 60+ 2     |                       | Silver Zumba® Gold™ 60+ 2      |                          | Supple Strength 1 | Zumba® 1             | 13:30 - 14:30 |
| 13:45 - 14:45 |                          |                          |                       |                                |                          | Silver Gym 4      | Silver Gym 4         | 13:45 - 14:45 |
| 14:00 - 16:00 |                          |                          | Silver Gym 3          | Silver Gym 3                   |                          |                   |                      | 14:00 - 16:00 |
| 14:15 - 15:15 | Silver Circuits 60+ 1    |                          | Silver Yoga 60+ 1     |                                |                          |                   |                      | 14:15 - 15:15 |
| 14:15 - 15:15 |                          |                          | Antenatal Yoga 1      |                                |                          |                   |                      | 14:15 - 15:15 |
| 17:30 - 18:30 | Zumba® 2                 |                          |                       |                                |                          |                   |                      | 17:30 - 18:30 |
| 18:00 - 19:00 |                          | LBT 2                    | Zumba® 2              | HIIT 2                         |                          |                   |                      | 18:00 - 19:00 |
| 18:00 - 19:00 |                          | Yoga 1                   |                       |                                | BODYPUMP™ 2              |                   |                      | 18:00 - 19:00 |
| 18:15 - 19:15 | Pilates - Advanced 1     |                          | Pilates 1             | Yoga 1                         |                          | Zumba® 1          |                      | 18:15 - 19:15 |
| 18:30 - 19:30 | Salsa 2                  |                          |                       |                                |                          |                   |                      | 18:30 - 19:30 |
| 19:00 - 20:00 |                          |                          | Aqua 4                |                                |                          |                   |                      | 19:00 - 20:00 |
| 19:15 - 20:00 |                          |                          |                       | Aqua 4                         |                          |                   |                      | 19:15 - 20:00 |
| 19:15 - 20:15 |                          | Yoga 1                   |                       | BODYPUMP™ 2                    |                          |                   |                      | 19:15 - 20:15 |
| 19:15 - 20:15 |                          | HIIT 2                   | LBT 2                 |                                |                          |                   |                      | 19:15 - 20:15 |
| 19:30 - 20:15 | Kettlebells 3            |                          |                       |                                |                          |                   |                      | 19:30 - 20:15 |
| 19:30 - 20:30 | Yoga 1                   |                          | Yoga 2                |                                |                          |                   |                      | 19:30 - 20:30 |
| 19:30 - 20:30 | Zumba® 2                 |                          |                       | Pilates 2                      |                          |                   |                      | 19:30 - 20:30 |
| 20:20 - 21:20 |                          |                          | BODYBALANCE™ 2        |                                |                          |                   |                      | 20:20 - 21:20 |
| 20:30 - 21:30 | BODYPUMP™ 2              |                          |                       |                                |                          |                   |                      | 20:30 - 21:30 |
| 20:35 - 21:35 | Yoga 1                   |                          | Pilates 1             |                                |                          |                   |                      | 20:35 - 21:35 |

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

**Silver Aerobics 60+** 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.

**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.

### SPECIALITIES

**Box Fit** is a 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.

**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 increase the rate at which you burn calories post workout!

**Kettlebells** A total body workout using the latest in fitness equipment – the Kettlebell. This small, bell shaped weight will help tone and strengthen the body with movements designed to work muscles you didn't even know you had.

**Salsa** Low impact / fun / all inclusive. This is a fun filled infusion of aerobics and Latin American dance (no partner needed).

**Silver Tai Chi 60+** Taken from Chinese methods of breathing and self defence, this session will improve your posture, increase flexibility and leave you breathing more deeply.

**Tai Chi** Taken from Chinese methods of breathing and self defence, this session will improve your posture, increase flexibility and leave you breathing more deeply.

**Silver Zumba® Gold™ 60+** Takes the Zumba® formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to fit and healthy lifestyle.

**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 AND 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!

**Silver Circuits 60+** Achieve a full body workout, involving both cardiovascular and resistance exercises to motivating music to get you 'real results'.

**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.

**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.

**Silver Pilates 60+** 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.

**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.

**Parent & Baby Pilates** Help regain pre-baby shape with this class. Designed to help post-natal mums build core strength (including pelvic floor), which can be weakened during child birth. Babies welcome!

**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.

Please note: Silver Gym and Silver Classes are only available for those 60+.

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