

Grange Paddocks Leisure Centre

Group Exercise Programme

KEY 1 GX Studio 2 Gym 3 Pool

☺ Crèche available for children under 5 years. 14+ Suitable for fourteen years and over.

£ This activity incurs an additional charge.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:15 - 06:45		HIIT 1						06:15 - 06:45
06:15 - 07:00	BODYPUMP™ Express 1		Circuits 1		Circuits 1			06:15 - 07:00
07:00 - 07:45		Group Cycling 1 14+	Group Cycling 1	Group Cycling 1 14+				07:00 - 07:45
07:15 - 07:45					Group Cycling Express 1			07:15 - 07:45
07:15 - 08:00	Group Cycling 1							07:15 - 08:00
07:30 - 08:15						Group Cycling 1		07:30 - 08:15
08:30 - 09:00						BODYPUMP™ Express 1		08:30 - 09:00
08:30 - 09:30		BODYPUMP™ Express 1		BODYPUMP™ Express 1	CXWORX™ 1		BODYCOMBAT™ 1	08:30 - 09:30
09:00 - 09:30			BODYPUMP™ Express 1					09:00 - 09:30
09:00 - 09:45	Group Cycling 1					BODYATTACK™ 1		09:00 - 09:45
09:00 - 10:00							CXWORX™ 1	09:00 - 10:00
09:30 - 10:00					BODYATTACK™ Express 1 ☺			09:30 - 10:00
09:30 - 10:15		BODYPUMP™ 1 ☺		BODYPUMP™ 1 ☺				09:30 - 10:15
09:45 - 10:30	BODYCOMBAT™ Express 1 ☺	Forever Fit 2 ☺	BODYSTEP™ Express 1 ☺					09:45 - 10:30
09:45 - 10:45								09:45 - 10:45
10:00 - 10:45					BODYBALANCE™ Express 1 ☺			10:00 - 10:45
10:00 - 11:00						BODYSTEP™ Express 1	BODYSTEP™ 1	10:00 - 11:00
10:15 - 10:45		BODYATTACK™ 1 ☺	BODYBALANCE™ 1 ☺					10:15 - 10:45
10:30 - 11:30	BODYSTEP™ 1 ☺		Forever Fit 2 ☺	BODYCOMBAT™ 1 ☺	Zumba® 1 ☺			10:30 - 11:30
10:30 - 11:30								10:30 - 11:30
10:45 - 11:30						BODYPUMP™ 1		10:45 - 11:30
10:45 - 11:45							BODYBALANCE™ 1	10:45 - 11:45
11:00 - 12:00						Gym Active 2	Gym Active 2	11:00 - 12:00
11:00 - 15:00								11:00 - 15:00
11:30 - 12:00			CXWORX™ 1 ☺					11:30 - 12:00
11:30 - 12:15		LBT 1 ☺		Aqua 3 ☺				11:30 - 12:15
11:30 - 12:30	BODYPUMP™ 1 ☺	Forever Fit 2 ☺		Forever Fit 1 ☺	Pilates 1 ☺			11:30 - 12:30
12:00 - 12:30			BODYBALANCE™ Express 1 ☺					12:00 - 12:30
12:30 - 13:00			HIIT 2					12:30 - 13:00
12:30 - 13:30		Pilates 1						12:30 - 13:30
13:45 - 14:30		Aqua 3		Yoga 1				13:45 - 14:30
13:45 - 14:45								13:45 - 14:45
16:00 - 17:00						BODYBALANCE™ 1		16:00 - 17:00
15:30 - 18:30	Gym Active 2	Gym Active 2	Gym Active 2	Gym Active 2	Gym Active 2			15:30 - 18:30
17:00 - 17:30	Group Cycling Express 1							17:00 - 17:30
17:30 - 18:00		HIIT 1				BODYSTEP™ Express 1		17:30 - 18:00
17:30 - 18:15			BODYPUMP™ Express 1					17:30 - 18:15
17:45 - 18:30	LBT 1			BODYBALANCE™ Express 1				17:45 - 18:30
18:00 - 18:30		CXWORX™ 1			CXWORX™ 1			18:00 - 18:30
18:30 - 19:00			CXWORX™ 1					18:30 - 19:00
18:30 - 19:15		BODYATTACK™ Express 1		BODYATTACK™ Express 1	BODYCOMBAT™ Express 1			18:30 - 19:15
18:30 - 19:15				Aqua 3 14+				18:30 - 19:15
18:30 - 19:30	BODYCOMBAT™ 1							18:30 - 19:30
19:00 - 19:45			BODYCOMBAT™ Express 1					19:00 - 19:45
19:15 - 20:00				BODYSTEP™ Express 1				19:15 - 20:00
19:15 - 20:15		Yoga 1			BODYPUMP™ 1			19:15 - 20:15
19:30 - 20:30	BODYPUMP™ 1							19:30 - 20:30
20:00 - 20:30			HIIT 1					20:00 - 20:30
20:15 - 21:00		Aqua 3		Group Cycling 1 14+				20:15 - 21:00
20:30 - 21:15		Group Cycling 1 14+	BODYBALANCE™ Express 1					20:30 - 21:15
20:30 - 21:30	BODYBALANCE™ 1							20:30 - 21:30

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.

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.

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat-burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

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

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.

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'.

CXWORX™ is the 30-minute personal-training inspired core class. Formulated with a carefully structured, scientific approach and unforgiving intensity. It has been designed to tighten and tone the abs, glutes, back, obliques and 'slings' connecting the upper and lower body, improve functional strength and assist in injury prevention like nothing else. So, CXWORX™ will get you results where it counts the most.

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.

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.

YOUNG ADULT SESSIONS

These are suitable for 11-15 year old customers. These sessions are normally run at term times only. Check with your Group Fitness team for more details.

Gym Active Suitable for 11-15years. Gym and Studio based sessions to improve general fitness and promote healthy lifestyles.

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!

Power Plate Intro Want to know how to use the Power Plate to help burn calories, lose weight, strengthen and condition your body or help you improve sports performance? This Intro will help you understand and feel confident to utilise different workouts to achieve your goals!

Watt Bike Intro The Wattbike is the indoor bike of choice for world-class athletes, the health and fitness sector and countless amateur cyclists. The Wattbike feels like riding a real bike and will help riders improve their technique and train more effectively. Book into a small group introduction with one of our fitness motivators to find out how you can use the Wattbike to help achieve your personal fitness goals.

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.

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