

Hemel Hempstead Sports Centre

Group Exercise Programme

KEY 1 Gym 2 Flexi Pool 3 Aerobic Studio 4 Group Cycling Studio 5 Mind & Body Studio 6 Junior Gym 7 Multipurpose Room

Please check with reception about where classes are located to avoid disappointment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:30 - 07:00		HIIT 1		HIIT 1	HIIT 1			06:30 - 07:00
06:30 - 07:15	BODYCOMBAT™ 3	Pilates - Beginners 5	Metafit™ 3					06:30 - 07:15
06:30 - 07:15				Fight Klub™ 3				06:30 - 07:15
06:30 - 07:15	Group Cycling 4	Group Cycling 4	Group Cycling 4		Group Cycling 4			06:30 - 07:15
08:15 - 09:00						Pilates - Beginners 5	Stretch and Relax 5	08:15 - 09:00
08:30 - 09:00							Metafit™ 3	08:30 - 09:00
08:30 - 09:15							Group Cycling 4	08:30 - 09:15
08:30 - 09:30						BODYPUMP™ 3		08:30 - 09:30
08:30 - 09:30						Group Cycling 4		08:30 - 09:30
09:00 - 09:45	Pilates - Beginners 7	Pilates - Beginners 5	Fitness Pilates 7		Pilates - Beginners 7			09:00 - 09:45
09:00 - 10:00							BODYCOMBAT™ 3	09:00 - 10:00
09:30 - 10:00	HIIT 1	HIIT 1		HIIT 1				09:30 - 10:00
09:30 - 10:15	Group Cycling 4		Group Cycling 4	Group Cycling 4	Group Cycling 4			09:30 - 10:15
09:30 - 10:15					Zumba® 3			09:30 - 10:15
09:30 - 10:30	BODYCOMBAT™ 3	BODYATTACK™ 3	BODYPUMP™ 3	Total Body Conditioning 3			BODYCOMBAT™ 3	09:30 - 10:30
09:30 - 11:00				Hatha Yoga 7				09:30 - 11:00
09:45 - 10:30	Pilates - Beginners/Improvers 5	Pilates - Intermediate 7	Pilates - Beginners 5		Pilates - Beginners 5			09:45 - 10:30
10:00 - 10:45	Aqua (Deep) 2						Aqua 2	10:00 - 10:45
10:00 - 11:00						Pilates - Beginners 5	BODYATTACK™ 3	10:00 - 11:00
10:10 - 10:55							Group Cycling 4	10:10 - 10:55
10:15 - 11:15						BODYPUMP™ 3		10:15 - 11:15
10:30 - 11:00			Metafit™ 3		Core Conditioning 7		Metafit™ 3	10:30 - 11:00
10:30 - 11:15	Pilates - Beginners/Improvers 5	Pilates - Beginners/Improvers 5	Pilates - Beginners 5					10:30 - 11:15
10:30 - 11:15			Group Cycling 4	Gentle Cycle 1				10:30 - 11:15
10:30 - 11:30	Total Body Conditioning 3	BODYPUMP™ 3		Zumba® Toning 3				10:30 - 11:30
10:30 - 12:00							Hatha Yoga 5	10:30 - 12:00
10:35 - 11:20		Group Cycling 4						10:35 - 11:20
11:00 - 11:45	Aqua 2			Parkinson's Exercise Group 7	Stretch and Meditation 7		Total Body Conditioning 3	11:00 - 11:45
11:00 - 12:00							Hatha Yoga 5	11:00 - 12:00
11:15 - 12:00			Zumba® 3					11:15 - 12:00
11:15 - 12:15			Fitball 5				BODYPUMP™ 3	11:15 - 12:15
11:20 - 11:50								11:20 - 11:50
11:30 - 12:15		Powerhoop 3						11:30 - 12:15
11:30 - 12:15	Stretch and Meditation 5	Stretch and Meditation 7						11:30 - 12:15
11:30 - 12:30	Cardiac Rehab 7		Cardiac Rehab 5	BODYCOMBAT™ 3	BODYCOMBAT™ 3			11:30 - 12:30
12:00 - 12:30							HIIT 1	12:00 - 12:30
12:00 - 12:45			Stretch and Meditation 7	Fitness Pilates 5	Group Cycling 4			12:00 - 12:45
12:00 - 12:50			Beginners Zumba® 3					12:00 - 12:50
12:00 - 13:00							Fight Klub™ 3	12:00 - 13:00
12:15 - 13:00				Aqua 2				12:15 - 13:00
12:30 - 13:00					Metafit™ 3		HIIT 1	12:30 - 13:00
12:30 - 13:15		Aqua 2						12:30 - 13:15
12:30 - 13:15		Fight Klub™ 3			Aqua 2			12:30 - 13:15
13:00 - 13:30			Metafit™ 3					13:00 - 13:30
13:00 - 13:45			Hatha Yoga 7	BODYPUMP™ 3				13:00 - 13:45
13:00 - 14:00					Flow Yoga 7			13:00 - 14:00
13:15 - 13:45		HIIT 1			HIIT 1			13:15 - 13:45
13:15 - 14:00	BODYPUMP™ 3				Zumba® 3			13:15 - 14:00
13:15 - 14:15	Seated Exercise 7							13:15 - 14:15
13:30 - 14:15		LBT 3						13:30 - 14:15
14:00 - 14:45					Fitsteps 5			14:00 - 14:45
16:00 - 16:45						Group Cycling 4		16:00 - 16:45
16:30 - 17:00						Metafit™ 3		16:30 - 17:00
17:00 - 18:00	BODYPUMP™ 3					BODYPUMP™ 3		17:00 - 18:00
17:15 - 17:45								17:15 - 17:45
17:15 - 18:00	Group Cycling 4	Powerhoop 7		LBT 3				17:15 - 18:00
17:20 - 17:50	Core Conditioning 5							17:20 - 17:50
17:30 - 18:00		HIIT 1		HIIT 1				17:30 - 18:00
17:45 - 18:00				Group Cycling Intro 4				17:45 - 18:00
17:45 - 18:30		BODYCOMBAT™ 3						17:45 - 18:30
18:00 - 18:30			Group Cycling Express 4					18:00 - 18:30
18:00 - 18:45	Group Cycling 4	Group Cycling 4	Zumba® 3	Group Cycling 4	Group Cycling 4			18:00 - 18:45
18:00 - 18:45	Pilates - Beginners 7	Fitball 5	Pilates - Beginners 5	Pilates - Beginners 5	Pilates - Beginners 5			18:00 - 18:45
18:00 - 19:00	BODYPUMP™ 3			Fight Klub™ 3				18:00 - 19:00
18:00 - 19:30							Hatha Yoga 7	18:00 - 19:30
18:15 - 19:15						BODYPUMP™ 3		18:15 - 19:15
18:30 - 19:15			Group Cycling 4					18:30 - 19:15
18:30 - 19:30		BODYPUMP™ 3	BODYPUMP™ 7					18:30 - 19:30
18:45 - 19:15				Core Conditioning 5				18:45 - 19:15
18:45 - 19:30			Pilates - Beginners/Improvers 5					18:45 - 19:30
18:45 - 19:45			Total Body Conditioning 3					18:45 - 19:45
19:00 - 19:30	Core Conditioning 5	Core Conditioning 5						19:00 - 19:30
19:00 - 19:30	HIIT 1							19:00 - 19:30
19:00 - 19:45	Group Cycling 4	Group Cycling 4						19:00 - 19:45
19:00 - 20:00				Group Cycling 4				19:00 - 20:00
19:00 - 20:00				BODYPUMP™ 3				19:00 - 20:00
19:05 - 20:00	LBT 3							19:05 - 20:00
19:15 - 20:15				Circuits 7				19:15 - 20:15
19:30 - 20:00		HIIT 1		HIIT 1				19:30 - 20:00
19:30 - 20:15		Pilates - Beginners 5	Group Cycling 4	Pilates - Beginners/Improvers 5				19:30 - 20:15
19:30 - 20:30		Step 3						19:30 - 20:30
19:40 - 20:25	Aqua 2							19:40 - 20:25
19:45 - 20:30		Aqua 2			Aqua (Deep) 2			19:45 - 20:30
19:45 - 20:45			BODYATTACK™ 3					19:45 - 20:45
19:45 - 21:15	Hatha Yoga 5		Hatha Yoga 7					19:45 - 21:15
20:00 - 20:30	HIIT 1		HIIT 1					20:00 - 20:30
20:00 - 20:45		Group Cycling 4						20:00 - 20:45
20:00 - 21:00	BODYCOMBAT™ 3							20:00 - 21:00
20:05 - 20:50				Zumba® 3				20:05 - 20:50
20:15 - 21:00		Pilates - Beginners/Improvers 5						20:15 - 21:00
20:15 - 21:30				Hatha Yoga 7				20:15 - 21:30
20:30 - 21:00		Metafit™ 3						20:30 - 21:00
20:30 - 21:15		Aqua 2						20:30 - 21:15
21:00 - 21:45	BODYATTACK™ 3	Fight Klub™ 3						21:00 - 21:45

Class Descriptions

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.

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.

Fight Klub™ is a combat fitness workout which involves performing single combinations of punches, strikes and kicks on a free standing punch bag to high energy music.

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.

Step Using simple moves Step allows you to train at the intensity you want without having to think too hard. It features a mixture of interval training followed by muscle conditioning to shape and tone the entire body.

SPECIALITIES

Fitball A core strengthening class designed to improve your range of motion, strength, stability, co-ordination and balance.

Fitsteps combines, for the first time, the best known and most popular Latin and Ballroom dances with proven fitness techniques, to develop a dance/fitness programme that is capable of delivering fast fitness results for people of all ages and abilities.

Gentle Cycle This class takes the group cycling formula and modifies the pace to suit the older active participant as well as those just starting their journey to a fit and healthy lifestyle.

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.

Powerhoop The ultimate fun in fitness hooping using a variety of equipment. This class with strengthen your core and back and trim your waist.

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 workout.

Zumba® Toning A Zumba class that blends toning and specific Zumba cardio moves for one great total body workout.

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!

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

Core Conditioning improves posture, develops core muscle strength which will boost the effectiveness of workouts and reduce the risk of injuries that side-line our efforts to stay in shape. **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 Body Conditioning These fun classes combine cardio and conditioning for a high energy workout, targeting the whole body. These classes are suitable for all levels.

UNWIND & RE-ENERGISE

Flow Yoga A more dynamic flowing style of yoga, harmonising breath and movement to find a balance of strength and grace.

Hatha Yoga Hatha Yoga refers to a set of physical exercises designed to align the muscles and bones and open the many energy channels of the body, especially the spine, so that energy can flow freely. Hatha Yoga is intended to create a balance of strength and flexibility in the body by focusing on the breath.

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.

Stretch and Meditation Combining a mixture of meditation and stretch to enable the body to relax and bring clarity within.

Stretch & Relax Enter into a deeper understanding of breathing flexibility and strengthening exercises leaving the body feeling balanced and with a sense of well being.

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.

Aqua (Deep) This session is a non impact water based workout run in deep water and is fantastic for all over body conditioning.

FITNESS & HEALTH.

Seated Exercise A gentle seated exercise session, designed to help build strength for everyday activities.

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