**Group Exercise Programme**

**Holly Hill Leisure Centre**

**Book your class using our free app or online at**

**TIME**

**MONDAY**

08:00 - 08:45 **BODYATTACK™ Express**

10:00 - 11:00 **BODYPUMP™**

14:00 - 15:00 **Forever Fit**

18:00 - 18:45 **RPM™**

**TUESDAY**

08:00 - 08:45 **BODYATTACK™ Express**

09:00 - 10:25 **Yoga**

10:30 - 11:15 **BODYPUMP™**

14:00 - 15:00 **CXWORX™**

18:00 - 18:45 **RPM™**

19:00 - 19:55 **BODYPUMP™**

**WEDNESDAY**

08:00 - 08:45 **BODYATTACK™ Express**

09:00 - 10:25 **Yoga**

10:30 - 11:15 **BODYPUMP™**

14:00 - 15:00 **CXWORX™**

18:00 - 18:45 **RPM™**

19:00 - 19:55 **BODYPUMP™**

**THURSDAY**

08:00 - 08:45 **BODYATTACK™ Express**

09:00 - 10:25 **Yoga**

10:30 - 11:15 **BODYPUMP™**

14:00 - 15:00 **CXWORX™**

18:00 - 18:45 **RPM™**

19:00 - 19:55 **BODYPUMP™**

**FRIDAY**

08:00 - 08:45 **BODYATTACK™ Express**

09:00 - 10:25 **Yoga**

10:30 - 11:15 **BODYPUMP™**

14:00 - 15:00 **CXWORX™**

18:00 - 18:45 **RPM™**

**SATURDAY**

09:00 - 10:25 **Yoga**

10:30 - 11:15 **BODYPUMP™**

13:30 - 14:30 **BODYBALANCE™**

17:30 - 18:00 **CXWORX™**

18:45 - 19:40 **BODYBALANCE™**

**SUNDAY**

10:00 - 11:00 **BODYPUMP™**

13:30 - 14:30 **BODYBALANCE™**

**Class Descriptions**

**BODYBALANCE™** is a holistic workout that brings the body into a state of calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to create a holistic workout for body and mind.

**CXWORX™** will get you results where it counts the most. This is a sports-inspired, core class. Formulated to tighten and tone the body, it challenges key muscle groups and combines cardiovascular exercises with a carefully structured series of movements designed to mobilise body fat, increase metabolic rate and improve body composition.

**Zumba®** is a spicy hot, hip swivelling workout that is a fun and invigorating all over body workout, involving both cardiovascular and resistance exercises to maximising music to get you ‘real results’.

**UNWIND & RE-ENERGISE**

**Virtual classes** are ideal for those who have limited time or shortened version of the full session and for those who cannot get access to our live classes or who are in the middle of a busy day. They are designed for people who want to get a taste of a class without taking a live session. Virtual classes incorporate dynamic lighting and pumping surround sound, and are delivered by the same instructors who actually choreograph the classes.

There is a variety of virtual sessions, so check our timetable for details and give it a go!

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