# Class Descriptions

**Silver Aerobics 60+** Burn fat without fuss. Allow your instructor to motivate you with a fun and fat burning workout. No need to count calories, burn high and mixed-impact moves.

**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This highly energetic class that draws from a wide array of disciplines such as karate, taekwondo, Thai box, and kickboxing. Led by driving music and powerful role model instructors, Strike, punch, kick and knead your way through calories to superior strength and physical endurance.

**Group Cycling** On yer bike! Calorie killing at its 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.

**HIIT** High Intensity Interval Training sessions... to get the maximum workout for the minimum amount of time! HIIT is proven to give the best results, for the minimum amount of time! HIIT session... to get the maximum workout for your 'real results'.

**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.

**Body Conditioning A** A challenging workout designed to improve your cardiovascular fitness, muscular strength and physical endurance, delivering all round benefits to every part of the body. Suitable for those who wish to improve their body shape and tone in order to be better prepared to engage in more advanced exercise classes.

**Silver Gym and Silver Aerobics** are new or returning to exercise. Classes are only available for those 60+.

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**Silver Gym**

Aerobic movements to create a fun and effective work out.

**Silver Aerobics**

Proven to give the best results, for the minimum amount of time! HIIT session... to get the maximum workout for your 'real results'.

**Silver Yoga**

A gentle but highly effective session... to concentrate on slow and measured movements in order to create lean and stronger muscles around your torso. A gentle but highly effective session... to improve posture, flexibility and toning and to strengthen and tone problem areas, incorporating the use of hand weights, steps, bands and hand weights. Suitable and adaptable for all levels of fitness from beginners to advanced.

**Silver Pilates**

A complete class 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... to improve posture, flexibility and toning and to strengthen and tone problem areas, incorporating the use of hand weights, steps, bands and hand weights. Suitable and adaptable for all levels of fitness from beginners to advanced.

**HIIT**

High Intensity Interval Training sessions... to get the maximum workout for the minimum amount of time! HIIT is proven to give the best results, for the minimum amount of time! HIIT session... to get the maximum workout for your 'real results'.

**BODYCOMBAT™** Mixed impact moves.

**Group Cycling** Cardiorespiratory and muscular fitness.

**Zumba®** Collective actions of body movement, combining high intensity exercises followed by rest, allowing you to work your heart rate to the maximum, perform more out of your workout and at the same time... and also increases the rate of which you burn calories post workout!

**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 posture and breath. They can help to boost the immune system, improve posture and correct posture alignment.

**Main Hall**

Cardiorespiratory and muscular fitness.

**Main Pool**

Aqua - 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.

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**GROUP EXERCISE 3**

Seven Islands Leisure Centre

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**NEWS WORTHY**

Please check with reception before attending to avoid disappointment.

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**Click here for more information and to book your class!**

*Studio time is available for hire. Please contact the Centre Reception for details.*

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**TIME MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY TIME**

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**Time Table correct as of April 2019. Any updates to this timetable will be made online at www.everyoneactive.com**

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

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**Book your class using our free app or online at www.everyoneactive.com**

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**facebook.com/eaSevenIslands**

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**#feelbetterforit**