

Seymour Leisure Centre

Group Exercise Programme

KEY 1 Studio 1 2 Studio 2 3 Group Cycle Studio 4 Pool
 ▼ This is a virtual class, see description below.
 Please check with reception before attending to avoid disappointment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
07:15 - 07:45		RPM 3 ▼						07:15 - 07:45
07:15 - 08:00	RPM 3 ▼							07:15 - 08:00
07:30 - 08:15					RPM 3 ▼			07:30 - 08:15
08:00 - 08:30			RPM 3 ▼					08:00 - 08:30
09:00 - 09:45						RPM 3 ▼	Group Cycling 3	09:00 - 09:45
09:30 - 10:00				RPM 3 ▼				09:30 - 10:00
09:30 - 10:15	Total Body Conditioning 1		Total Body Conditioning 1	BODYCOMBAT™ 1	Yoga 2			09:30 - 10:15
09:30 - 10:45						Yoga 2		09:30 - 10:30
10:00 - 11:00						Zumba® 1	BODYCOMBAT™ 1	10:00 - 11:00
10:00 - 10:30	RPM 3 ▼	RPM 3 ▼	RPM 3 ▼				RPM 3 ▼	10:00 - 10:30
10:30 - 11:15		Aqua 50+ 4						10:30 - 11:15
10:45 - 11:45	Seated Exercise 1					Group Cycling 3		10:45 - 11:45
11:00 - 11:45						Step 1	BODYPUMP™ 1	11:00 - 11:45
11:00 - 12:00		Pilates 2						11:00 - 12:00
12:00 - 12:30		RPM 3 ▼						12:00 - 12:30
12:00 - 12:45	RPM 3 ▼			Circuits 1				12:00 - 12:45
12:00 - 12:50				RPM 3 ▼				12:00 - 12:50
12:00 - 13:00	BODYPUMP™ Express 1	LBT 2				BODYPUMP™ 1	Total Body Conditioning 1	12:00 - 13:00
12:30 - 13:15				Aqua 50+ 4	RPM 3 ▼			12:30 - 13:15
12:30 - 13:20			RPM 3 ▼					12:30 - 13:20
13:00 - 14:00					Pilates 2	BODYCOMBAT™ 1		13:00 - 14:00
14:00 - 14:45							RPM 3 ▼	14:00 - 14:45
16:00 - 16:30	RPM 3 ▼	RPM 3 ▼		RPM 3 ▼			RPM 3 ▼	16:00 - 16:30
17:30 - 18:15		Total Body Conditioning 2						17:30 - 18:15
18:00 - 18:30					RPM 3 ▼			18:00 - 18:30
18:00 - 18:45	Pilates 2					RPM 3 ▼		18:00 - 18:45
18:00 - 19:00	Total Body Conditioning 1	Group Cycling 3	BODYPUMP™ 1	Group Cycling 3				18:00 - 19:00
18:15 - 19:00								18:15 - 19:00
18:15 - 19:15								18:15 - 19:15
18:15 - 19:15								18:15 - 19:15
18:30 - 19:00				HIIT 1				18:30 - 19:00
18:30 - 19:15	Group Cycling 3				BODYPUMP™ 1			18:30 - 19:15
18:30 - 20:00			Yoga 2		Pilates 2			18:30 - 20:00
19:00 - 19:30			Core Conditioning 1					19:00 - 19:30
19:00 - 20:00	Step 2	BODYCOMBAT™ 1		BODYCOMBAT™ 1				19:00 - 20:00
19:00 - 20:00	BODYCOMBAT™ 1							19:00 - 20:00
19:00 - 20:15				Yoga 2				19:00 - 20:15
19:15 - 20:00		RPM 3 ▼	RPM 3 ▼					19:15 - 20:00
19:15 - 20:15		Pilates 2						19:15 - 20:15
19:30 - 20:00			HIIT 1					19:30 - 20:00
20:00 - 20:30		RPM 3 ▼						20:00 - 20:30
20:00 - 20:50				RPM 3 ▼	RPM 3 ▼			20:00 - 20:50
20:00 - 20:55	BODYPUMP™ 1							20:00 - 20:55

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

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.

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.

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high

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

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!

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.

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

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 50+ A fun and invigorating all over body workout in the water designed for 50+ participants, to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

FITNESS & HEALTH

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

VIRTUAL CLASSES

Virtual classes are movie-like versions of our live group fitness classes – these classes are available in both pre-scheduled sessions and on demand when the studio is free- allowing you to attend at a time which suits your lifestyle. Virtual classes are designed for people who cannot get access to our live classes or who want to get a 'taste' of a class before taking a live class with an instructor. The classes are played on a big video screen, with dimmed lighting and pumping surround sound, and are led onscreen by the people who actually choreograph the classes. There is a variety of virtual programs and class durations available, so check the club's timetable for details and give it a go!

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