

Southall Sports Centre

Group Exercise Programme

KEY 1 Sports Hall 2 Studio 3 Group Cycling Studio 4 Main Gym
Please check with reception before attending to avoid disappointment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
09:00 - 10:00						Body Conditioning 2		09:00 - 10:00
09:15 - 09:45					Pure Abs 2			09:15 - 09:45
09:30 - 10:30			Circuits 2					09:30 - 10:30
09:45 - 10:45	Zumba® (Women Only) 2							09:45 - 10:45
10:00 - 10:50		LBT (Women Only) 2						10:00 - 10:50
10:00 - 11:00					Step (Women Only) 2	LBT (Women Only) 2	Yoga 50+ 2	10:00 - 11:00
10:15 - 11:00			Group Cycling (Women Only) 3					10:15 - 11:00
10:30 - 11:30				Asian Dance Fusion (Women Only) 2				10:30 - 11:30
10:50 - 11:40		Pilates (Women Only) 50+ 2						10:50 - 11:40
11:00 - 12:00							Badminton 1	11:00 - 12:00
11:15 - 12:15						Pilates (Women Only) 50+ 2		11:15 - 12:15
19:00 - 20:00	Circuits 1	Bhangra Dance 2						19:00 - 20:00
19:30 - 20:30				Zumba® (Women Only) 2				19:30 - 20:30

Class Descriptions

50+ Classes These classes are specific for 50+ members. The classes will be lower in impact but will still ensure you are getting the fitness benefits outlined in the class description.

CALORIE KILLERS

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

Asian Dance Fusion This brilliant session combines various Asian dance moves and techniques with aerobics to really target and promote body toning and fat loss.

Badminton A fun no fussed short sharp aerobic session to improve agility and increase and maintain fitness.

Bhangra Dance is a great, fun, freestyle dance class which tones the whole body and burns lots of calories, we guarantee you won't be able to stop smiling throughout the whole class!

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 AND STRENGTH

Body Conditioning 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 and adaptable to all levels of fitness from beginners to advanced exercisers.

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

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.

Pure Abs A short fun session aimed at honing and toning your stomach muscles.

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.

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.

Tell us how your workout went by using the hashtag [#feelbetterforit](https://twitter.com/feelbetterforit)

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

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