

# Spelthorne Leisure Centre

## Group Exercise Programme

KEY 1 Studio 1 2 Studio 2 3 Gym 4 Pool

☺ Crèche available for children under 5 years. £ This activity incurs an additional charge.

\*\* This activity is term time only.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:30 - 07:00	HIIT 2			Circuits 2				06:30 - 07:00
08:45 - 09:45							PiYo 2	08:45 - 09:45
09:00 - 09:55	Evergreens 2		Zumba Gold™ 1		Evergreens 1	BODYCOMBAT™ 2		09:00 - 09:55
09:00 - 10:00	Yoga 1							09:00 - 10:00
09:05 - 10:05				Aqua Zumba** 4				09:05 - 10:05
09:15 - 10:00				Group Cycling 2 ☺				09:15 - 10:00
09:30 - 10:15		Group Cycling 2 ☺ ☺		Group Cycling 2 ☺				09:30 - 10:15
09:30 - 10:15				BODYBALANCE™ Express 1 ☺				09:30 - 10:15
09:30 - 10:30		LBT 1 ☺	BODYSTEP™ 2 ☺		BODYSTEP™ 2 ☺		Boot Camp 2	09:30 - 10:30
10:00 - 10:45	Cize 2 ☺							10:00 - 10:45
10:05 - 10:50			Turbo Kick 1 ☺					10:05 - 10:50
10:05 - 11:05						BODYPUMP™ 2		10:05 - 11:05
10:15 - 11:15	BODYATTACK™ 1 ☺							10:15 - 11:15
10:30 - 11:00	Pure Abs Workshop 3 ☺		Pure Abs Workshop 3 ☺		Pure Abs Workshop 3 ☺			10:30 - 11:00
10:30 - 11:15				HIIT 1 ☺				10:30 - 11:15
10:30 - 11:30		Yoga 1 ☺		Zumba® 2 ☺				10:30 - 11:30
10:30 - 11:30		BODYPUMP™ 2 ☺						10:30 - 11:30
10:35 - 11:20							Group Cycling 2	10:35 - 11:20
10:35 - 11:35								10:35 - 11:35
10:45 - 11:40	PiYo 2							10:45 - 11:40
10:55 - 11:40			BODYBALANCE™ Express 1 ☺					10:55 - 11:40
11:15 - 12:15	Pilates 1							11:15 - 12:15
11:30 - 12:30		Yoga 1 ☺						11:30 - 12:30
12:45 - 13:15		Circuits 2						12:45 - 13:15
13:45 - 14:45								13:45 - 14:45
14:00 - 15:00			Pilates 1					14:00 - 15:00
17:30 - 18:00			Pure Abs Workshop 3					17:30 - 18:00
17:30 - 18:15		Zumba® 1						17:30 - 18:15
17:40 - 18:25	Group Cycling 2							17:40 - 18:25
17:45 - 18:30		BODYSTEP™ 2	Group Cycling 2	Group Cycling 2	Circuits 2			17:45 - 18:30
18:00 - 18:45				Zumba® 1				18:00 - 18:45
18:00 - 19:00	Yoga 1							18:00 - 19:00
18:15 - 19:15		BODYCOMBAT™ 1						18:15 - 19:15
18:15 - 19:30								18:15 - 19:30
18:30 - 19:00	Pure Abs Workshop 3					Latin Dancing 1		18:30 - 19:00
18:30 - 19:30								18:30 - 19:30
18:35 - 19:25		PiYo 2						18:35 - 19:25
18:35 - 19:35								18:35 - 19:35
18:50 - 19:50								18:50 - 19:50
19:05 - 20:05	LBT 1 ☺							19:05 - 20:05
19:15 - 20:15		BODYATTACK™ 1						19:15 - 20:15
19:35 - 20:35		Group Cycling 2						19:35 - 20:35
19:40 - 20:40	BODYCOMBAT™ 2							19:40 - 20:40
19:50 - 20:50			Box-r-circuit 2					19:50 - 20:50
20:05 - 21:05	BODYBALANCE™ 1 ☺							20:05 - 21:05
20:30 - 21:30		Yoga 1						20:30 - 21:30
20:45 - 21:30	Aqua 4							20:45 - 21:30

# Class Descriptions

### 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.

**BODYSTEP™** is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat-burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**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.

**Turbo Kick** If you're trying to fit some kickboxing moves into your workout regime but love dancing, then this addictive, total body sweat-fest is for you! Turbo Kick HIIT training, kickboxing and body weight exercises will leave you lean and toned.

### SPECIALITIES

**Box-r-circuit** A martial art based fitness session that is fun and non-contact, providing a great workout for all fitness levels.

Concentrating on boxing moves in a circuit format, this session will effectively tone the upper body and increase stamina and strength.

**Cize** A cardio dance class in which you learn one 8 count at a time. Cize offers pulse-pounding, dance routines giving core strength, muscle toning and cardio fitness all in one!

**Evergreens** A fun, low intensity, low impact session for older adults who want to work their heart, muscles and increase flexibility, all in one easy to follow class. These sessions vary centre to centre and may include badminton and other activities.

### 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!

**Latin Dancing** Calling all Latin lovers! Learn to salsa, meringue, cha cha and mambo in this fun class. Come on your own or with a partner.

**PiYo** Sweat, stretch, and strengthen—all in one workout! This unique total-body conditioning workout inspired by the muscle-sculpting, core-firming benefits of Pilates and the strength and flexibility training of flowing yoga movements.

**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.

**Zumba® Gold™** Takes the Zumba® formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to fit and healthy lifestyle.

### TONING & 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!

**Boot Camp** If you are looking to lose weight, tone up, improve your aerobic fitness, strength, stamina, endurance, energy levels plus feel better then you have come to the right session. These sessions are designed to be fun and challenging at the same time. Sessions will vary week to week.

**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.

**Total Toning** Exactly what it says on the tin! A session that tones up and strengthens all those key areas like your bum, legs and arms whilst challenging your heart and lungs with some fun calorie burning exercises.

### UNWIND & RE-ENERGISE

**BODYBALANCE™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**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** 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 Zumba®** Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba® class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

### WORKSHOPS

30 minute workshops are short sessions dedicated to offering more specialist advice & guidance based on our key fitness programmes. Limited numbers are available.

### 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

Timetable correct as of April 2019. Any updates to this timetable will be made online at [www.everyoneactive.com](http://www.everyoneactive.com)

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

Book your class using our free app or online at [www.everyoneactive.com](http://www.everyoneactive.com)

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