

The Castle Centre Group Exercise

KEY 1 Studio 1 2 Studio 2 3 Studio 3 4 Gym 5 Pool 6 Sports Hall

☺ Crèche available for children under 5 years.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:40 - 07:10		Group Cycling 2 ♾		Group Cycling 2 ♾				06:40 - 07:10
06:40 - 07:25	Group Cycling 2 ♾				Group Cycling 2 ♾			06:40 - 07:25
07:00 - 07:30				Circuits 1	HIIT 1			07:00 - 07:30
07:00 - 08:00		BODYPUMP™ 1			Core Conditioning 1			07:00 - 08:00
07:30 - 08:00	HIIT 1		Circuits 1		Silver Gym 4			07:30 - 08:00
08:00 - 10:00								08:00 - 10:00
09:00 - 10:00			Silver Aqua 60+ 5 ☺			Group Cycling 2 ♾	Group Cycling 2 ♾	09:00 - 10:00
09:00 - 11:00	Silver Gym 4	Silver Gym 4	Silver Gym 4	Silver Gym 4				09:00 - 11:00
09:15 - 10:15					LBT 1 ☺			09:15 - 10:15
09:30 - 10:30	BODYPUMP™ 1 ☺	BODYATTACK™ 1 ☺		BODYPUMP™ 1 ☺		BODYPUMP™ 1		09:30 - 10:30
09:45 - 10:45							Body Conditioning 1	09:45 - 10:45
10:15 - 11:15					Silver Aerobics 1 ☺			10:15 - 11:15
10:30 - 11:15						Group Cycling 2		10:30 - 11:15
10:45 - 11:15						HIIT 1		10:45 - 11:15
10:45 - 11:45				Yoga 3 ☺				10:45 - 11:45
11:00 - 11:45							Group Cycling 2	11:00 - 11:45
11:00 - 12:00	Silver Aerobics 1 ☺			Dance Fitness 1 ☺				11:00 - 12:00
12:00 - 13:00				Aqua 5 ☺	Zumba® 1	Pilates 3	BODYATTACK™ 1	12:00 - 13:00
12:00 - 13:00						Step 1		12:00 - 13:00
12:15 - 12:45	Group Cycling 2 ♾ ☺			12:15 - 12:45				
13:00 - 14:00							BODYPUMP™ 1	13:00 - 14:00
13:30 - 15:00				Cardiac Rehab 1				13:30 - 15:00
14:00 - 16:00						Silver Gym 4	Silver Gym 4	14:00 - 16:00
14:30 - 16:30						Junior Active 7	Junior Active 7	14:30 - 16:30
16:00 - 17:00	Junior Active 7	Junior Active 7		Junior Active 7	Junior Active 7			16:00 - 17:00
17:30 - 18:00			HIIT 1					17:30 - 18:00
17:30 - 18:15			Step 1					17:30 - 18:15
18:00 - 18:45			Group Cycling 2	Total Toning 1				18:00 - 18:45
18:00 - 19:00		Total Toning 1						18:00 - 19:00
18:15 - 19:00	HIIT 1							18:15 - 19:00
18:15 - 19:00	Group Cycling 2	Group Cycling 2						18:15 - 19:00
18:30 - 19:30		Yoga 3				Group Cycling 2		18:30 - 19:30
18:30 - 19:15				Group Cycling 2				18:30 - 19:15
18:45 - 19:45			BODYATTACK™ 1					18:45 - 19:45
19:00 - 19:45	Yoga 3							19:00 - 19:45
19:00 - 20:00		Aqua 5		Aqua 5				19:00 - 20:00
19:00 - 20:00				LBT 1				19:00 - 20:00
19:15 - 20:00	Boot Camp 1							19:15 - 20:00
19:15 - 20:00	Group Cycling 2							19:15 - 20:00
19:15 - 20:15		Circuits 1				Pilates 3		19:15 - 20:15
19:30 - 20:30								19:30 - 20:30
19:45 - 20:45			Zumba® 1					19:45 - 20:45
20:00 - 21:00	LBT 1		Yoga 3					20:00 - 21:00
20:15 - 21:15		Pilates 3						20:15 - 21:15
20:30 - 21:30	Yoga 3		Beginners Pilates 3					20:30 - 21:30

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

Silver Aerobics 60+ Burn fat without fuss! Allow your instructor to motivate you with a fun and fat burning workout to music that combines, low, high and mixed impact moves.

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!

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.

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

Box Fit is a 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.

Dance Fitness incorporates many styles of dance. It's a full body aerobic workout, divided into different tracks to provide peaks and troughs of intensity. The overall intensity of a class varies depending on the style you're doing. Dance fitness classes offer a relaxed environment where you can really let your inhibitions go, get the results you want, learn some new moves and meet some great people along the way.

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.

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 increase the rate at which you burn calories post workout!

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.

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.

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!

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.

Supple Strength A combination of yoga, pilates and stretch techniques.

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

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.

YOUNG ADULT SESSIONS

These are suitable for 11-15 year old customers. These sessions are normally run at term times only. Check with your Group Fitness team for more details.

FITNESS & HEALTH

Cardiac Rehab

VIRTUAL CLASSES

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!

Please note: Silver Gym and Silver Classes are only available for those 60+.

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