

Vale Farm Sports Centre

Group Exercise Programme

KEY 1 Sports Hall 2 Studio 3 Dojo Room 4 Main Pool 5 Group Cycling Studio 6 Gym 7 Target Gym
 V Virtual Class
 Please check with reception about where classes are located to avoid disappointment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
07:00 - 07:45	Group Cycling 5 V				Group Cycling 5 V			07:00 - 07:45
08:00 - 08:45		Group Cycling 5 V						08:00 - 08:45
08:00 - 09:00					Pilates 2			08:00 - 09:00
08:30 - 09:30							Yoga 3	08:30 - 09:30
08:45 - 09:45						BODYPUMP™ 2		08:45 - 09:45
09:00 - 09:45		Total Toning 2					Group Cycling 5 V	09:00 - 09:45
09:00 - 10:00				Total Toning 2				09:00 - 10:00
09:15 - 10:00					Mega Mix 2	Group Cycling 5		09:15 - 10:00
09:15 - 10:15								09:15 - 10:15
09:30 - 10:15	Group Cycling 5		Aerobics 2					09:30 - 10:15
09:30 - 10:30	Aerobics 2	Yoga 3	Pilates 3					09:30 - 10:30
09:30 - 10:30			Group Cycling 5					09:30 - 10:30
09:45 - 10:30		Group Cycling 5	Group Cycling 5					09:45 - 10:30
09:45 - 10:45		Aerobics 2				LBT 2	Yoga 3	09:45 - 10:45
10:00 - 10:45				Forever Fit 3				10:00 - 10:45
10:00 - 11:00	Yoga 3				Yoga 3		BODYPUMP™ 2	10:00 - 11:00
10:00 - 11:30								10:00 - 11:30
10:15 - 11:00				Step Aerobics 2	Group Cycling 5	Group Cycling 5		10:15 - 11:00
10:15 - 11:00				Group Cycling 5 V	Mobility & Stretch 2			10:15 - 11:00
10:30 - 11:15			Mobility & Stretch 3					10:30 - 11:15
10:45 - 11:45	Pilates 2		Forever Fit 2					10:45 - 11:45
10:45 - 12:15		Yoga 3					Aerobics 2	10:45 - 12:15
11:00 - 12:00	Yoga 3		Mobility & Stretch 3		Zumba® 2			11:00 - 12:00
11:15 - 12:15				Pilates 2	Yoga 3	Yoga 3		11:15 - 12:15
11:30 - 12:15							Zumba® 2	11:30 - 12:15
11:30 - 12:30								11:30 - 12:30
12:15 - 13:15			Aqua 4		Aqua 4			12:15 - 13:15
12:30 - 13:30	Aqua 4							12:30 - 13:30
13:00 - 14:30	Forever Fit 2							13:00 - 14:30
17:45 - 18:15		HIIT 2						17:45 - 18:15
17:45 - 18:15		Pure Abs 6						17:45 - 18:15
17:45 - 18:30	Circuits 2							17:45 - 18:30
18:15 - 19:00		Mobility & Stretch 3	Group Cycling 5	Group Cycling 5 V				18:15 - 19:00
18:15 - 19:00		Zumba® 2	Mega Mix Women Only 2		BODYPUMP™ 2			18:15 - 19:00
18:15 - 19:15					Pure Abs Women Only 7			18:15 - 19:15
18:30 - 19:00								18:30 - 19:00
18:30 - 19:15	Group Cycling 5	Group Cycling 5				Group Cycling 5 V		18:30 - 19:15
18:30 - 19:15	LBT 2							18:30 - 19:15
19:00 - 20:00				Pilates 3				19:00 - 20:00
19:15 - 20:15	Pilates 2		BODYPUMP™ 2					19:15 - 20:15
19:30 - 20:15	Group Cycling 5		Group Cycling 5	Group Cycling 5				19:30 - 20:15
19:30 - 20:20				HIIT 2				19:30 - 20:20
19:30 - 20:30		Yoga 3						19:30 - 20:30
19:30 - 20:30		BODYPUMP™ 2				Zumba® 2		19:30 - 20:30
20:00 - 20:45		Group Cycling 5 V						20:00 - 20:45
20:15 - 21:15			Zumba® 2					20:15 - 21:15
20:30 - 21:30	Zumba® 2			Zumba® 2				20:30 - 21:30
20:45 - 21:45		Aqua (Women only) 4						21:00 - 22:00

Class Descriptions

CALORIE KILLERS

Aerobics 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.

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 Aerobics 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

Forever Fit 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.

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!

Mega Mix This session incorporates aerobics, step and conditioning all in one. A great workout for those who are looking to burn lots of calories and tone up at the same time.

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

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'.

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.

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.

FITNESS & HEALTH

Mobility & Stretch A fun low intensity session. The class includes mobility and warm-up exercises providing a whole body workout with a variety of aerobic, upper and lower body exercises, as well as relaxation time at the end.

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!

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

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

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