

Watford Leisure Centre - CENTRAL

Group Exercise Programme

KEY ■ Studio 1 ■ Spin Studio

▼ Virtual Class

Please check with reception before attending to avoid disappointment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:55 - 07:40		BODYPUMP™ Express						06:55 - 07:40
07:00 - 07:45	Circuits		HIIT	RPM ♡ 2				07:00 - 07:45
07:15 - 08:00					Pilates			07:15 - 08:00
08:15 - 09:00						Group Cycling 2	SH'BAM™ 1	08:15 - 09:00
08:30 - 09:15	BODYBALANCE™ Express							08:30 - 09:15
09:00 - 17:00							LBT	09:00 - 17:00
09:15 - 10:00			HIIT				Group Cycling ♡ 2	09:15 - 10:00
09:30 - 10:00		BODYPUMP™						09:30 - 10:00
09:30 - 10:25	LBT			HIIT	BODYBALANCE™			09:30 - 10:25
09:30 - 10:30				Pure Abs			Yoga	09:30 - 10:30
10:00 - 10:20								10:00 - 10:20
10:00 - 10:45						Group Cycling 2		10:00 - 10:45
10:00 - 10:55	Aqua		Pure Abs	Aqua				10:00 - 10:55
10:30 - 11:25	Forever Fit			Forever Fit	Aerobics		Group Cycling	10:30 - 11:25
11:00 - 11:55		Aqua 50+	Forever Fit					11:00 - 11:55
11:00 - 12:00		Yoga					BODYPUMP™	11:00 - 12:00
11:30 - 12:25	Yoga			Yoga			BODYPUMP™	11:30 - 12:25
12:30 - 13:00		Zumba@	Pilates		HIIT 1			12:30 - 13:00
12:30 - 13:15				Forever Fit				12:30 - 13:15
13:30 - 14:30		Pilates						13:30 - 14:30
18:00 - 18:30		Metafit™						18:00 - 18:30
18:00 - 18:45					Aqua			18:00 - 18:45
18:00 - 18:55	BODYPUMP™			Group Cycling	BODYPUMP™			18:00 - 18:55
18:15 - 19:00						HIIT		18:15 - 19:00
18:30 - 19:15		Group Cycling						18:30 - 19:15
18:40 - 19:10		Pure Abs	Group Cycling					18:40 - 19:10
19:00 - 19:45	Group Cycling		LBT					19:00 - 19:45
19:00 - 19:55			Aqua	BODYBALANCE™				19:00 - 19:55
19:10 - 19:55	LBT							19:10 - 19:55
19:15 - 20:00		Mega Mix			Pilates			19:15 - 20:00
19:30 - 20:15				Group Cycling				19:30 - 20:15
19:30 - 20:25			BODYPUMP™					19:30 - 20:25
19:45 - 20:30		Group Cycling						19:45 - 20:30
20:00 - 20:45	Dance Fitness							20:00 - 20:45
20:00 - 20:55		Aqua						20:00 - 20:55
20:05 - 20:50		BODYATTACK™ Express						20:05 - 20:50
20:35 - 21:55			Yoga					20:35 - 21:55
20:50 - 21:50	BODYBALANCE™	Yoga		Yoga				20:50 - 21:50

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.

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! 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.

SPECIALITIES

Dance Fitness Dance your way to fitness like the stars on TV!! Dance a cheeky Cha Cha, Samba and Jive or an Elegant Waltz, Foxtrot, Saunter. Learn these and so much more. A fun and funky workout mixing dance moves with traditional hi low aerobic moves.

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. 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!

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.

Metafit™ The Metafit™ bodyweight training system is Created by a former Royal Marine Commando and a national gymnast. Metafit™ combines traditional bodyweight exercises with the latest interval training techniques to set the metabolism on fire. To burn fat you need to change the resting metabolism, work big muscle groups with high intensity intervals to get quick results. No expensive or hard to use kit required for this workout, just put your body through natural moves at maximal intensity.

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 & 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.

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 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.

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.

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!

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

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

facebook.com/eaWatfordCentral

@everyoneactive