

# Sunbury Leisure Centre

## Group Exercise Programme

KEY 1 Gym 2 Main Hall 3 Pool 4 Tone Zone 5 Studio  
 ☺ Suitable for fourteen years and over.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:45 - 07:15		Group Cycling 4	Boot Camp 4	Group Cycling 4				06:45 - 07:15
07:00 - 07:30					BODYCOMBAT™ 5			07:00 - 07:30
08:10 - 08:55								08:10 - 08:55
09:00 - 09:45								09:00 - 09:45
09:15 - 10:00								09:15 - 10:00
09:30 - 10:15	Aqua Zumba® 3							09:30 - 10:15
09:30 - 10:30								09:30 - 10:30
09:45 - 10:30								09:45 - 10:30
10:15 - 11:00	Aqua Zumba® 3							10:15 - 11:00
10:35 - 11:35								10:35 - 11:35
11:15 - 12:00			Aqua 3					11:15 - 12:00
11:45 - 12:30								11:45 - 12:30
17:00 - 17:45								17:00 - 17:45
17:25 - 17:55			Boot Camp 4	Group Cycling 4				17:25 - 17:55
17:25 - 18:10		LBT Express 4						17:25 - 18:10
17:45 - 18:30	BODYPUMP™ Express 4							17:45 - 18:30
18:00 - 18:45	Zumba® 2		BODYATTACK™ Express 4					18:00 - 18:45
18:00 - 19:00				BODYPUMP™ 4				18:00 - 19:00
18:15 - 19:00		Group Cycling 4 ☺						18:15 - 19:00
18:35 - 19:05								18:35 - 19:05
18:35 - 19:20	BODYATTACK™ Express 4							18:35 - 19:20
18:45 - 19:30			LBT Express 4					18:45 - 19:30
19:00 - 19:45	Aqua 3	BODYPUMP™ Express 4						19:00 - 19:45
19:05 - 19:50								19:05 - 19:50
19:15 - 20:00				Aqua Zumba® 3				19:15 - 20:00
19:20 - 20:05	Body Conditioning 5							19:20 - 20:05
19:30 - 20:30			Freestyle Step 2					19:30 - 20:30
19:45 - 20:30	Deep Water Aqua 3	BODYCOMBAT™ Express 4						19:45 - 20:30
20:00 - 21:00								20:00 - 21:00
20:05 - 20:35	Pilates 4							20:05 - 20:35
20:30 - 21:15		BODYBALANCE™ Express 4						20:30 - 21:15
20:35 - 21:35			Pilates 4					20:35 - 21:35
20:40 - 21:25	Yoga 4							20:40 - 21:25
21:15 - 22:00		Box-r-circuit						21:15 - 22:00

Timetable correct as of September 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.

## 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.

**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.

**Freestyle Step** Using simple moves Freestyle 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-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.

**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!

**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

**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.

**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.

**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 muscle.

### 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.

### 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