**Alton Sports Centre**

**Group Exercise Programme**

**Class Descriptions**

**BODYATTACK™** is the sports-inspired dance class for burning calories and toning. This high-energy interval training class combines athletic movements, choreographed with strength and stabilization exercises. Dynamic, rhythmic and powerful movements motivate everyone towards their fitness goals from the seasoned athlete to the first-time exerciser.

**BODYCOMBAT™** is the original barbell class that strengthens your entire body. This 45 minute workout challenges all your major muscle groups using the best weight-room exercises like Squats, Presses, Lifting and Curls. Great music, motivational instructors and your choice of weights makes for an exhilarating workout for anyone - from the weekend athlete to the hardcore competitor!

**BODYPUMP™** is the original barbell class that strengthens your entire body. This 45 minute workout challenges all your major muscle groups using high impact, high intensity exercises followed by light stretching and relaxation. Perfect for - and fast!

**Barre**

Mixing Ballet and sports conditioning for toning and strengthening your body. A high-intensity, total-body workout for toning, balancing and dynamic stability! Come and give the power and promise of a dancer whilst getting a sweat and having fun! This dance experience remedial in nature allowing you to work in a low-impact environment.

**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic programme is inspired from Martial Arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Gu, Tai Chi and Muay Thai. Supportively driving music and powerful choreographed commands, kicks, punches and combination moves help improve your cardiovascular health.

**Dynamic Yoga**

Dynamic Yoga is 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.

**Total Toning**

Total Toning is the original barbell class that strengthens your entire body. This 45 minute workout challenges all your major muscle groups using the best weight-room exercises like Squats, Presses, Lifting and Curls. Great music, motivational instructors and your choice of weights makes for an exhilarating workout for anyone - from the weekend athlete to the hardcore competitor!

**Pilates**

Pilates is a low-impact, low-loading 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.

**Yoga**

Yoga is a low-impact, low-loading 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.

**Group Cycling**

Group Cycling is a high-impact, low-loading 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.

**Zumba®**

Zumba® is a spicy hot, hip swivelling dance class combining African, Caribbean and Latin dance moves and choreographed with African, Caribbean and Latin music. In the Zumba® class, you are your own DJ, following a unique choreography mix that changes weekly.

**BODYPUMP™** is the original barbell class that strengthens your entire body. This 45 minute workout challenges all your major muscle groups using the best weight-room exercises like Squats, Presses, Lifting and Curls. Great music, motivational instructors and your choice of weights makes for an exhilarating workout for anyone - from the weekend athlete to the hardcore competitor!

**UNWIND & RE-ENERGISE**

These sessions are designed to move you to and from your workout or to unwind after your workout. They can help to boost the immune system, encourage relaxation and correct posture alignment.

**ENERGISE & ENHANCE**

These sessions incorporate a combination of various disciplines. They are new or returning to exercise and will inspire you to get the results you came for - and fast!

**SWEAT & TONE**

Sweat & Tone is a low-impact, low-loading 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.

**ZUMBA®**

ZUMBA® is a spicy hot, hip swivelling dance class combining African, Caribbean and Latin dance moves and choreographed with African, Caribbean and Latin music. In the ZUMBA® class, you are your own DJ, following a unique choreography mix that changes weekly.

**ASANA**

ASANA is 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.

**Aqua**

Aqua is a low-impact, low-loading 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.

**WATER WORKOUTS**

Aqua is a low-impact, low-loading 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.

**Focussing on strength, flexibility, stamina and dynamic stability!**

This extremely low-impact, low-loading 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.

**KEY**

Studio 1  Studio 2  Main Pool  Chawton Suite

*Crèche available for children under 5 years.*

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

Timetable correct as of September 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

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

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