Hornchurch Sports Centre

www.everyoneactive.com

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

Time Table

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00 - 10:00</td>
<td>BODYBALANCE™</td>
<td>Group Cycling</td>
<td>Gym</td>
<td>Gym</td>
<td>Body Pump</td>
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<tr>
<td>06:15 - 06:50</td>
<td>Group Cycling</td>
<td>HIIT</td>
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<td>08:00 - 20:00</td>
<td>Gym</td>
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<td>Total Body Conditioning</td>
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<td>08:30 - 09:15</td>
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<td>16:00 - 18:00</td>
<td>Gym Active</td>
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<tr>
<td>17:00 - 18:00</td>
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<td>Total Body Conditioning</td>
<td>Core Conditioning</td>
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<td>18:00 - 19:00</td>
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<td>19:00 - 19:45</td>
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<td>20:00 - 20:30</td>
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<td>20:45 - 21:30</td>
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<td>21:30 - 22:15</td>
<td>Body Pump</td>
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<td>Group Cycling</td>
<td>Group Cycling</td>
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</tbody>
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**Class Descriptions**

**AFH Activity for Health**
A fun and invigorating all over body workout that’s fun in the water. This unique format is usually taught by a regular group with a focus on fun and maintaining a positive impact on the body. Great for those who are new to exercise or are returning to fitness.

**AYU**
A fun and invigorating all over body workout that’s fun in the water. This unique format is usually taught by a regular group with a focus on fun and maintaining a positive impact on the body. Great for those who are new to exercise or are returning to fitness.

**BODYPUMP™**
A cardio workout for building strength and muscle. The 60-minute workout challenges all your major muscle groups, improving your strength and cardio fitness. The class combines resistive exercises designed to align the muscles and bones to improve your muscular strength and endurance. The class is delivered by Zumba® instructors, who lead you through a routine that changes every class.

**HIIT**
High-intensity interval training (HIIT) is the sports-trained term for the Short, Intense, and Effective form of training. HIIT is a high-intensity full-body workout that is designed to give you the best results, combining high-intensity exercises with low-intensity rest, allowing you to work on your own strength, helping you to get in shape and stay fit.

**GROUP CYCLING**
This is the energizing step workout. If you like the idea of a fitness class that brings the excitement of cycling to a gym setting, then this is the class for you! We use a stationary bike, and as its set in a dark room with lights and music, the class is a great way to burn calories and have fun. Group Cycling classes are available for all ages and are suitable for all fitness levels, from beginners to advanced cyclists.

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**HATHA YOGA**
Hatha yoga refers to a set of physical practices, postures and breathing exercises designed to align the body, especially the spine, and to promote flexibility, balance and strength. Hatha yoga is intended to create a state of harmony and balance. These classes are suitable for all ages.

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**PILATES**
Pilates is a fun and invigorating all over body workout that’s fun in the water. This unique format is usually taught by a regular group with a focus on fun and maintaining a positive impact on the body. Great for those who are new to exercise or are returning to fitness.

**TONE & STRENGTH**
A fun and invigorating all over body workout that’s fun in the water. This unique format is usually taught by a regular group with a focus on fun and maintaining a positive impact on the body. Great for those who are new to exercise or are returning to fitness.

**YOGA**
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**ZUMBA®**
A fun and invigorating all over body workout that’s fun in the water. This unique format is usually taught by a regular group with a focus on fun and maintaining a positive impact on the body. Great for those who are new to exercise or are returning to fitness.

**Meditation**
Meditation is a fun and invigorating all over body workout that’s fun in the water. This unique format is usually taught by a regular group with a focus on fun and maintaining a positive impact on the body. Great for those who are new to exercise or are returning to fitness.

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**YOUNG ADULT SESSIONS**
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