

Taro Leisure Centre

Group Fitness Programme

KEY 1 Gym 2 Studio 3 Main Pool 4 Group Cycling Studio 5 Health and Wellbeing Studio

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:45 - 07:15	BODYCOMBAT™ 5 V	BODYPUMP™ 5 V	CXWORX™ 5 V	GRIT™ 5 V	BODYBALANCE™ 5 V			06:45 - 07:15
06:45 - 07:30	RPM™ 4 V	RPM™ 4 V	RPM™ 4 V	RPM™ 4 V	RPM™ 4 V			06:45 - 07:30
07:30 - 08:00	BODYPUMP™ 5 V	BODYBALANCE™ 5 V	GRIT™ 5 V	CXWORX™ 5 V	BODYCOMBAT™ 5 V			07:30 - 08:00
07:45 - 08:15	BODYCOMBAT™ 2 V	BODYPUMP™ 2 V		GRIT™ 2 V				07:45 - 08:15
07:45 - 08:30			BODYPUMP™ 2 V		BODYPUMP™ 2 V			07:45 - 08:30
08:15 - 08:45						BODYPUMP™ 2 V	BODYCOMBAT™ 2 V	08:15 - 08:45
08:15 - 08:45						GRIT™ 5 V	BODYBALANCE™ 5 V	08:15 - 08:45
09:00 - 09:45						Group Cycling 4		09:00 - 09:45
09:00 - 09:55						Boxercise™ 2	BODYPUMP™ 2	09:00 - 09:55
09:20 - 10:15		Body Conditioning 2	Aqua 3					09:20 - 10:15
09:30 - 10:15	Group Cycling 4				Group Cycling 4			09:30 - 10:15
09:30 - 10:25	BODYPUMP™ 2		Circuits 2	LBT 2	BODYCOMBAT™ 2 V			09:30 - 10:25
09:30 - 10:25	BODYPUMP™ 5 V	BODYBALANCE™ 5 V	Yoga 5		Yoga 5			09:30 - 10:25
09:30 - 10:25	Aqua 3							09:30 - 10:25
09:30 - 10:30		Group Cycling 4		Group Cycling 4				09:30 - 10:30
10:00 - 10:30							BODYCOMBAT™ 2 V	10:00 - 10:30
10:00 - 10:55						BODYPUMP™ 2	BODYBALANCE™ 5 V	10:00 - 10:55
10:15 - 11:00							RPM™ 4 V	10:15 - 11:00
10:30 - 11:00		BODYCOMBAT™ 2 V						10:30 - 11:00
10:30 - 11:15		Aqua Gym 3						10:30 - 11:15
10:35 - 11:30	BODYBALANCE™ 5			BODYBALANCE™ 5				10:35 - 11:30
10:40 - 11:10			BODYPUMP™ 2 V		CXWORX™ 5 V			10:40 - 11:10
10:40 - 11:35	BODYBALANCE™ 2 V		BODYBALANCE™ 2 V					10:40 - 11:35
11:35 - 12:30		Pilates 5						11:35 - 12:30
12:15 - 12:45	GRIT™ 5 V		BODYCOMBAT™ 5 V					12:15 - 12:45
12:30 - 13:00		BODYPUMP™ 5 V		CXWORX™ 5 V				12:30 - 13:00
12:30 - 13:15	RPM™ 4 V	RPM™ 4 V	RPM™ 4 V	RPM™ 4 V	RPM™ 4 V			12:30 - 13:15
12:30 - 13:30		Forever Fit 2			Forever Fit 5			12:30 - 13:30
14:45 - 15:40					BODYBALANCE™ 5 V			14:45 - 15:40
16:15 - 16:45	GRIT™ 2 V	BODYBALANCE™ 5 V		GRIT™ 2 V				16:15 - 16:45
16:30 - 17:15						RPM™ 4 V	RPM™ 4 V	16:30 - 17:15
17:00 - 17:45	BODYPUMP™ 2 V		BODYPUMP™ 2 V					17:00 - 17:45
17:00 - 17:45			RPM™ 4 V					17:00 - 17:45
17:15 - 17:45		GRIT™ 2 V		BODYCOMBAT™ 2 V				17:15 - 17:45
17:30 - 18:15	RPM™ 4 V							17:30 - 18:15
18:00 - 18:45		Group Cycling 4		Group Cycling 4	RPM™ 4 V			18:00 - 18:45
18:00 - 18:55	BODYBALANCE™ 5	Pilates 5	BODYBALANCE™ 5 V	BODYPUMP™ 5 V	BODYCOMBAT™ 5 V			18:00 - 18:55
18:30 - 19:15	Group Cycling 4		Group Cycling 4					18:30 - 19:15
19:00 - 19:45		RPM™ 4 V		Group Cycling 4				19:00 - 19:45
19:00 - 19:55	Boxercise™ 2	LBT 2	Zumba® 2	BODYPUMP™ 2				19:00 - 19:55
19:00 - 20:00	Small Group Training 5	BODYBALANCE™ 5	Circuits 2	BODYBALANCE™ 5				19:00 - 20:00
19:10 - 19:40		BODYPUMP™ 2 V		BODYCOMBAT™ 2 V				19:10 - 19:40
19:30 - 20:05	Group Cycling 4							19:30 - 20:05
20:05 - 21:00				Aqua 3				20:05 - 21:00
20:05 - 21:05		Aqua 3						20:05 - 21:05
20:15 - 20:45	GRIT™ 5 V	CXWORX™ 5 V	BODYCOMBAT™ 5 V		GRIT™ 2 V			20:15 - 20:45

Class Descriptions

CALORIE KILLERS

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.

SPECIALITIES

Boxercise™ 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.

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.

Les Mills GRIT Series™ Cardio Puts the metabolism into overdrive to burn fat for hours after the workout- no equipment needed, these sessions combine high impact body weight exercise with an explosive workout, giving you the double whammy of maximising calorie burn during the workout, followed by burning fat for hours after! GRIT Cardio is scientifically proven to deliver results- fast!

Pole Fitness Great fun workout. Contact reception for details.

STRONG by Zumba® is music led HIIT training. STRONG by Zumba® incorporates combat style moves and strength training set to latin rhythms. This is not a dance class!

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'.

CXWORX™ is the 30-minute personal-training inspired core class. Formulated with a carefully structured, scientific approach and unforgiving intensity. It has been designed to tighten and tone the abs, glutes, back, obliques and 'slings' connecting the upper and lower body, improve functional strength and assist in injury prevention like nothing else. So, CXWORX™ will get you results where it counts the most.

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.

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 Gym A low impact pool based circuit using specialised aqua gym equipment suitable for all levels of fitness.

SMALL GROUP TRAINING

Small Group Training is a 6 week progressive course that is designed to achieve your fitness goals and guarantee results! Speak to the fitness team for more details.

Timetable correct as of November 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 [#feelbetterfortit](https://twitter.com/feelbetterfortit)

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

facebook.com/eaTaro

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