Central Park Leisure Centre

Group Fitness Programme

**Class Descriptions**

**BODYCOMBAT™**

- **SPECIALITIES**
  - BOXING: On yer bike! Calories burning heaven. 
  - DRUMS: Unleashed. This fiercely energetic class provides a great workout for all fitness levels. 
  - STRIKING: Rallying those core muscles. 

**BODYBALANCE™**

- **SPECIALITIES**
  - YOGA: is the energizing step that will turbocharge your workout. 
  - TAI CHI: Perfect to concentrate on slow and measured movements in order to create lean and strong muscles. 
  - MUAY THAI: Essential for the minimum amount of time! 

**BODYPUMP™**

- **SPECIALITIES**
  - CARDIO: You can burn 400 calories per 30 mins with a combination of cardiovascular and resistance exercises to motivating music. 
  - STRENGTH: This 60-minute workout challenges all major muscle groups by using the weight-room exercises like Squats, Lunges, Press, and Pulls. 

**HIIT**

- **SPECIALITIES**
  - KICK BOXING: High Intensity Interval Training is the maximum workout for the minimum amount of time! 
  - NUTRITION: will boost the effectiveness of workouts by combining cardio and resistance exercises with the science of nutrition. 

**Zumba®**

- **SPECIALITIES**
  - SHAPA TUNES: Great, music, and dance that will move you up to burn up to 400 calories per 30 mins will completely transform your way of life to superior overall health. 
  - UNWIND: This fun and invigorating all over body workout is designed to optimize your fat burning and stress release to improve your overall health. 

**Aqua**

- **SPECIALITIES**
  - A fun and invigorating all over body workout in the water designed to improve your overall health. 

**MIX**

- **SPECIALITIES**
  - A fun and healthy workout that will make you feel better for it. 

**Pool**

- **SPECIALITIES**
  - A fun and healthy workout that will make you feel better for it. 

**Cardio**

- **SPECIALITIES**
  - A fun and healthy workout that will make you feel better for it. 

**Weight Training**

- **SPECIALITIES**
  - A fun and healthy workout that will make you feel better for it. 

**Zumba® Gold™**

- **SPECIALITIES**
  - A fun and healthy workout that will make you feel better for it. 

**BODYSTEP™**

- **SPECIALITIES**
  - A fun and healthy workout that will make you feel better for it. 

**Total Body Conditioning**

- **SPECIALITIES**
  - A fun and healthy workout that will make you feel better for it. 

**Workouts with Trainers**

- **SPECIALITIES**
  - A fun and healthy workout that will make you feel better for it. 

Tell us how your workout went by using the hashtag #feelbetterforit

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**UPLIFT & STRETCH**

**BODYPUMP™**

- **SPECIALITIES**
  - Essential for the minimum amount of time! 

**BODYCOMBAT™**

- **SPECIALITIES**
  - Rallying those core muscles. 

**BODYBALANCE™**

- **SPECIALITIES**
  - Perfect to concentrate on slow and measured movements in order to create lean and strong muscles. 

**Core Conditioning**

- **SPECIALITIES**
  - A gentle but highly effective session for improving posture, flexibility and strength. 

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**Class Time**

**Monday**

- 06:45 - 07:30: Group Cycling
- 08:30 - 09:15: Group Cycling
- 10:30 - 11:25: BODYBALANCE™
- 10:45 - 11:45: Zumba® Gold™
- 11:30 - 12:15: Total Body Conditioning
- 12:15 - 12:30: Crèche available for children under 5 years.

**Tuesday**

- 06:45 - 07:30: Group Cycling
- 08:30 - 09:15: Group Cycling
- 10:30 - 11:25: BODYBALANCE™
- 11:30 - 12:15: Total Body Conditioning
- 12:15 - 12:30: Crèche available for children under 5 years.

**Wednesday**

- 06:45 - 07:30: Group Cycling
- 08:30 - 09:15: Group Cycling
- 10:30 - 11:25: BODYBALANCE™
- 11:30 - 12:15: Total Body Conditioning
- 12:15 - 12:30: Crèche available for children under 5 years.

**Thursday**

- 06:45 - 07:30: Group Cycling
- 08:30 - 09:15: Group Cycling
- 10:30 - 11:25: BODYBALANCE™
- 11:30 - 12:15: Total Body Conditioning
- 12:15 - 12:30: Crèche available for children under 5 years.

**Friday**

- 06:45 - 07:30: Group Cycling
- 08:30 - 09:15: Group Cycling
- 10:30 - 11:25: BODYBALANCE™
- 11:30 - 12:15: Total Body Conditioning
- 12:15 - 12:30: Crèche available for children under 5 years.

**Saturday**

- 06:45 - 07:30: Group Cycling
- 08:30 - 09:15: Group Cycling
- 10:30 - 11:25: BODYBALANCE™
- 11:30 - 12:15: Total Body Conditioning
- 12:15 - 12:30: Crèche available for children under 5 years.

**Sunday**

- 06:45 - 07:30: Group Cycling
- 08:30 - 09:15: Group Cycling
- 10:30 - 11:25: BODYBALANCE™
- 11:30 - 12:15: Total Body Conditioning
- 12:15 - 12:30: Crèche available for children under 5 years.