## Dormers Wells Leisure Centre
### Group Fitness Programme

**Class Descriptions**

#### SPECIALTIES

**Box Fitness**
A fun, non-contact boxing class providing a great workout for all fitness levels. Concentrating on boxing moves in 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 rests, helping you get more out of your workouts and in less time...and also increase 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 workout.

**Circons**
Achieve a full body workout, involving both cardiovascular and resistance exercises to make you feel results.

**Yoga**
One of the world’s 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.

**Aqua**
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.

### TIME MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

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**KEY**

- **1** Upstairs Gym
- **2** Studio
- **3** Pool

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

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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

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

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Timetable correct as of January 2020. Any updates to this timetable will be made online at www.everyoneactive.com