**Holly Hill Leisure Centre**

**Group Fitness Programme**

**KEY**
- Studio 1
- Studio 2
- Group Cycling Studio
- Main Pool
- Teaching Pool Gym
- Virtual Class

**This activity incurs an additional charge.**

**@everyoneactive**

*GP referral required. **Term Time only.*

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

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

### Class Descriptions

**CALORIE KILLERS**
- is the indoor cycling workout where you ride to the rhythm of powerful music.
- you ride to increase your stamina, improve your fitness and blast off excess calories.
- 60-minute workout challenges all your major muscle groups with a mix of low, high and mixed impact aerobic movements to create a fun and effective workout.

**BODYBALANCE™**
- is the original barre based class that strengthens your entire body.
- all in one easy to follow class. These sessions are designed to concentrate on core and measured movements to increase tone and strength.
- Also increases the rate at which you burn calories post workout!

**EXPRESS CLASSES**
- compact classes that get you ‘real results’.
- these sessions are designed to concentrate on core and measured movements to increase tone and strength.
- also increases the rate at which you burn calories post workout!

**Virtual Class.**
- is the indoor cycling workout where you ride to the rhythm of powerful music.
- increase your stamina, improve your fitness and blast off excess calories.

**Forever Fit**
- is the sports-inspired workout that combines, low, high and mixed impact aerobic movements to create a fun and effective workout.

**HIT**
- A more vigorous yoga style that combines, low, high and mixed impact aerobic movements to create a fun and effective workout.

**Hiit**
- is the sports-inspired workout that combines, low, high and mixed impact aerobic movements to create a fun and effective workout.

**Virtual Class.**
- is the indoor cycling workout where you ride to the rhythm of powerful music.
- increase your stamina, improve your fitness and blast off excess calories.

**YOUNG ADULT SESSIONS**
- Are you over 18 years old but new to our group exercise experience?
- Virtual classes are designed for people who are new to group exercise and may be intimidated by the gym environment, or those who are in our group exercise experience.

**Dynamic Yoga**
- is the sports-inspired workout that combines, low, high and mixed impact aerobic movements to create a fun and effective workout.

**Body Shapers**
- compact classes that get you ‘real results’.
- these sessions are designed to concentrate on core and measured movements to increase tone and strength.
- also increases the rate at which you burn calories post workout!

**Total Toning**
- is the indoor cycling workout where you ride to the rhythm of powerful music.
- increase your stamina, improve your fitness and blast off excess calories.

**Virtual Class.**
- is the indoor cycling workout where you ride to the rhythm of powerful music.
- increase your stamina, improve your fitness and blast off excess calories.

**UNWIND & RE-ENERGISE**
- is the indoor cycling workout where you ride to the rhythm of powerful music.
- increase your stamina, improve your fitness and blast off excess calories.

**Virtual Class.**
- is the indoor cycling workout where you ride to the rhythm of powerful music.
- increase your stamina, improve your fitness and blast off excess calories.

**RPM™**
- is the sports-inspired workout that combines, low, high and mixed impact aerobic movements to create a fun and effective workout.

**Virtual Class.**
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- increase your stamina, improve your fitness and blast off excess calories.

**BODYPUMP™ Express**
- compact classes that get you ‘real results’.
- these sessions are designed to concentrate on core and measured movements to increase tone and strength.
- also increases the rate at which you burn calories post workout!

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### Schedule

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<td>09:00 - 09:45</td>
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<td>15:30 - 16:00</td>
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