

# Group Fitness Programme

## Abbey Leisure Centre

Time	Activity	Area
<b>Monday</b>		
9.30am - 10.15am	Cyclone	Gym
9.30am - 10.30am	Belly Dancing	Studio *
10.30 am - 11.30am	Body Attack	Studio *
12.15pm - 1.00pm	Express Workout	Gym
6.30pm - 7.30pm	Fitness Stretch	Studio *
6.30pm - 7.30pm	Body Attack	Sports Hall
6.45pm - 7.30pm	Cyclone	Gym
7.30pm - 8.30pm	Salsa	Sports Hall
<b>Tuesday</b>		
6.45am - 7.30am	Early Bird Cyclone	Gym
9.30am - 10.15am	Express Workout	Gym
10.00am - 11.00am	Aerobics	Studio*
12.15am - 1.00pm	Cyclone (beginner)	Gym
5.15pm - 6.00pm	Express Workout	Gym
6.30pm - 7.30pm	Circuits	Sports Hall
6.30 - 7.30pm	Belly Dancing	Studio *
7.30pm - 8.30pm	Pump FX	Sports Hall
<b>Wednesday</b>		
6.45am - 7.30am	Express Workout	Gym
9.30am - 10.15am	Cyclone	Gym
10.00am - 11.00am	Fitness Stretch	Studio *
11.15am - 12.00pm	Cyclone	Gym
11.00am - 12.00pm	Aerobics	Studio
12.00pm - 1.00pm	Aqua	Pool
6.15pm - 7.00pm	Cyclone	Gym
6.30pm - 7.30pm	Body Attack	Studio*
7.00pm - 8.00pm	Combat Workout	Sports Hall
7.30pm - 8.30pm	Body Conditioning	Studio *
7.00pm - 8.00pm	Aqua	Pool
8.00pm - 9.00pm	Salsa	Sports Hall
<b>Thursday</b>		
9.15am - 10.00am	Express Workout	Gym
10.00am - 11.00am	Legs, Bums, Tums	Sports Hall
10.0am - 11.00am	Cyclone	Gym
10.00am - 11.00am	Pilates	Studio *
11.00am - 12.00pm	Forever Young	Studio *
12.15am - 1.00pm	Express Workout	Gym
6.30 pm - 7.30pm	Circuits	Sports Hall
7.00pm - 7.45pm	Cyclone	Gym
7.30pm - 8.30pm	Pump FX	Sports Hall
8.00am - 9.00pm	Aqua	Pool
<b>Friday</b>		
9.15am - 10.00am	Express Workout	Gym
10.00am - 11.00am	Body Attack	Studio*
10.00am - 11.00am	Legs, Bums, Tums	Sports Hall
11.00am - 12.00pm	Yoga	Studio *
1.15pm - 2.00pm	Cyclone (beginner)	Gym
5.30pm - 6.15pm	Cyclone	Gym
6.30 - 7.30pm	Adrenaline Circuit	Sports Hall
7.45pm - 8.30pm	Cyclone	Gym

Time	Activity	Area
<b>Saturday</b>		
9.00am - 12.00pm	Cheerleading	Sports Hall
9.00am - 9.45am	Cyclone	Gym
10.00am - 10.45am	Express Workout	Gym
10.00am - 11.00am	Pump FX	Studio*
<b>Sunday</b>		
10.00am - 11.00am	Cyclone	Gym
11.00am - 11.45am	Express Workout	Gym
5.00pm - 6.00pm	Aqua	Pool

### Complexity and Intensity Descriptions

- An easy to follow low complexity, low impact class, ideal for beginners and those returning to exercise.
- ● A class offering moderate levels of complexity and intensity to challenge the mind as well as the body.
- ● ● A class requiring higher levels of co-ordination. Challenging high intensity workout, combining high and low impact aerobics.

### Class Descriptions

#### Circuits ●

Is a ideal way to get fit and stay fit. Circuit training is simple to follow which combines aerobic stations and resistance. Working at your own pace to motivational music.

#### Body Attack ● ● ●

Cardio workout building strength and stamina. Dynamic class combines athletic aerobic movement with strength.

#### Express Workout ● ●

Class is suitable for all, workout on technogym easy line equipment. Mixture of resistance and aerobic short circuit session. Work at your own pace.

#### Fitness Stretch ● ●

This class builds core strength and is designed for all ages and abilities. Deep relaxing stretches aimed at increasing mobility and flexibility whilst promoting a sense of wellbeing.

#### Aerobics ● ●

Aerobics is ideal to improve fitness and burn calories. Easy to learn, fun movement to music.

#### Salsa ●

Salsa combines dance with easy to follow fun moves. Work those hips to Latino music.

#### Pilates ● ●

A gentle and effective form of exercise that can be practised by people of all ages and abilities. Floor based session with slow controlled movements to strengthen and tone body. Also improves posture and increases flexibility.

#### Yoga ● ●

A combination of physical and mental disciplines promoting strength, flexibility and mental relaxation. Yoga will improve muscle tone and flexibility.

#### Aquacise ●

Low impact and great for all ages and abilities. No requirement to be a strong swimmer – this workout is performed in waist height water and is a great way to get in shape.

#### Pump FX ● ● ●

Class to improve strength and your general fitness. All over body workout using weight resistance. Fast way to shape up and lose body fat.

#### Cyclone ● ● ● ●

The indoor fitness revolution! Instructor led, group workout, carried out on our high-tech spin cycles. Classes are carried out to motivating music at varying intensities. Low impact and great for fat burning! .

#### Body Attack ● ● ●

Hi energy/impact all over body conditioning workout with no weights. The class has choreographed routines with high energy music.

#### Combat Workout ● ● ●

High energy workout. Kick and punch your way to fitness and let off some steam!

#### Forever Young ●

A fun 1 hour aerobics sessions followed by a relaxing sauna and steam room session. This class is great for relaxing and socialising

#### Legs, Bums, Tums ●

Does just as the name suggests! Tone up those problem areas within weeks!

**\* FOR STUDIO CLASSES BOOKING IS ADVISED**

**All participants must be 16+**

**Please ask at reception for concessionary rates.**

**Abbey Leisure Centre reserve the right to change or cancel classes at short notice if the need arises.**

**All information was correct at the time of print. Timetable can be subject to change. Some classes may require booking.**

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