

## Hermitage Leisure Centre - Fitness classes

Day	Time	Class	Instructor	Level		Creche	Venue	Price
Mon	9.00-10.00	Aqua Aerobics	Julie	Int	2	Y	P	£4.90
	9.30-10.30	Body Pump	Sharon	All	2	Y	S	£4.90
	10.00-11.00	50+ Aerobics	Julie	All	1	Y	SH	£3.20
	10.30-11.30	Legs, Bums and Tums	Sharon	All	2	Y	S	£4.90
	12.30-13.30	Pilates	Kellie	All	2		S	£4.90
	18.00-19.00	Step 'n' Tone	Kellie	All	2		S	£4.90
	19.00-20.00	Body Balance	Lori	All	2		C	£4.90
	19.00-20.00	Fitness Yoga	Tracie	All	2		S	£4.90
	19.30-20.30	Aerobics combat	Kellie	All	1		SH	£4.90
	20.00-21.00	Body Pump	Tracie L	All	2		S	£4.90

Tue	9.30-10.30	Aqua Aerobics	Julie	All	2	Y	P	£4.90
	9.30-10.30	Top2Toe Workout	Lori	All	2	Y	SH	£4.90
	9.30-10.30	40+ Aerobics	Tracie S	All	1	Y	S	£3.20
	10.30-11.30	Body Pump	Lori	All	2	Y	S	£4.90
	10.30-11.30	Aqua Aerobics	Julie	All	2	Y	P	£4.90
	14.30-15.30	Next Step Gentle Aerobics	Tracie	GP	2		S	£3.70
	14.30-15.30	Next Step Aqua Aerobics	Julie	GP	2		P	£3.70
	18.00-19.00	Step 'n' Stomachs	Lori	All	2		S	£4.90
	18.00-19.00	Body Balance	Tracey S	All	2		C	£4.90
	19.00-20.00	Body Pump	Sharon	All	2		S	£4.90
	19.00-20.00	Aqua Aerobics	Tracie L	All	2		P	£4.90
	19.00-20.00	Body Balance	Tracey S	All	2		C	£4.90
	19.30-20.30	Circuit Training	Lori	All	1		SH	£4.90

Wed	9.30-10.30	Aerotone	Lori	All	2	Y	S	£4.90
	10.30-11.30	Body Balance	Lori	All	2	Y	S	£4.90
	13.00-14.00	Pilates	Kellie	All	2		S	£4.90
	14.30-15.30	Next Step Seated Exercise	Tracie S	Beg/GP	2		S	£3.70
	14.30-15.30	Next Step Aqua Aerobics	Nicki	GP	2		P	£3.70
	15.45-16.30	Cheerleading 4-8 yrs	Kelly	All	2		S/crt	£2.20
	16.30-17.15	Cheerleading 8-12 yrs	Kelly	All	2		S/crt	£2.20
	17.15-18.00	Fitness Fusion 11-15 yrs	Kelly	All	2		C	£2.20
	17.00-18.00	Max on the Ball	Lori	All	2		S	£4.90
	18.00-19.00	Body Pump	Lori	All	2		S	£4.90

Day	Time	Class	Instructor	Level		Creche	Venue	Price
Wed	18.00-19.00	Pilates	Kellie	All	2		C	£4.90
	18.00-19.00	Aqua Aerobics	Tracie L	All	2		P	£4.90
	19.00-20.00	Aqua Aerobics	Tracie L	All	2		P	£4.90
	19.00-20.00	Aerobics 'n' Tone	Charlotte	All	2		S	£4.90
	19.00-20.00	Body Balance	Lori	All	2		C	£4.90
	19.30-20.30	Dance Aerobics	Kellie	All	2		SH	£4.90

Thur	9.30-10.30	Body Pump	Sharon	All	2	Y	S	£4.90
	10.00-11.00	50+ Aerobics	Julie	All	1	Y	SH	£4.90
	12.30-13.30	Pilates	Kellie	All	2		S	£4.90
	14.15-15.15	Next Step Aqua Aerobics	Nicki	GP	2		P	£3.70
	17.45-18.30	Fitness Yoga	Tracie S	All	2		C	£4.90
	18.30-19.30	Boxercise	Melinda	All	2		S	£4.90
	19.00-20.00	Pliates	Kellie	All	2		C	£4.90
	19.45-20.45	Body Balance	Tracey S	All	2		S	£4.90

Fri	9.30-10.30	Body Sculpture	Sharon	All	2	Y	S	£4.90
	10.30-11.30	Aqua Aerobics	Lori	All	2	Y	P	£4.90
	17.00-18.00	Body Pump	Tracie L	All	2		S	£4.90
	18.30-19.30	Salsacise**	Kellie	All	2		S	£4.90

Sat	8.30-9.30	Body Pump	Lori	All	2		S	£4.90
	9.30-10.30	Body Max	Lori	All	2		S	£4.90
	10.30-11.30	Abs on the Ball	Lori	All	2		S	£4.90
	11.30-12.15	Funky Footsteps 5-7yrs	Claire	All	2		S	£2.50
	12.15-13.15	Funky Footsteps 8-11yrs	Claire	All	2		S	£2.50
	13.15-14.15	Funky Footsteps 12-16yrs	Claire	All	2		S	£2.50

Sun	9.30-10.30	Body Biltz	Lori	All	2		SH	£4.90
	19.00-20.00	Total Immersion Aqua	Tracie L	All	1		P	£4.90

## Fitness Class Description



**Abdominal / Core Strength / Fitball:** Dedicated exercises for the abdominals and back helping to improve posture and strength for day to day activities.

**Aerobic Combat:** A class suited to those who prefer working the cardio vascular system through a series of structured attack based exercises. The emphasis is heavily placed on combining punches and kicks to form highly intense aerobic sequences and ending with a section of abdominal strength work.

**Aerobics and tone:** A fusion of cardio and strength work designed to engage a variety of fitness elements. An excellent full body workout

**Aqua Aerobics:** Aqua is a high energy, full body workout where you can expect a mix of cardio moves including jumping, kicking, running, sprinting, tuck jumps, jumping jacks; resistance exercise such as triceps/bicep work, and abdominal/core exercises.

**Total Immersion Aqua:** Is our only Aqua based class to fully utilise the entirety of our 25 metre pool. This allows you to work in more space and fully utilise our aqua equipment.

**Body Balance:** Body Balance is a dynamic yoga-based stretch programme that leaves you feeling relaxed and renewed. It combines the fundamental principles and practices of yoga, pilates and feldenkrais, such as controlled breathing, concentration, flexibility and strength training to create a holistic workout that brings the body, mind and soul into a state of balance and harmony.



**Body Max:** A strength orientated studio based class designed to work all major muscle groups through the use of adjustable weights.

**Body Pump:** Studio based group session using adjustable barbells improving muscle tone and definition but without causing bulk. (Only for 18 year olds and over)

**Body sculpture:** This class primarily focuses on muscular conditioning preceded by some vigorous cardiovascular exercise. A nicely blended class for those seeking to achieve a full body workout.



**Boxercise:** The best stress buster around - is one of the most effective forms of cross-training available today. It combines use of both aerobic and anaerobic energy systems with the systematic recruitment of both fast and slow twitch muscle fibres in a manner that not only ensures a diverse workout, but also enhances sports specific senses, including hand-eye co-ordination, balance and timing. Boxercise classes are always fun, energetic and addictive.



**Dance Aerobics:** This session focuses on developing your cardio vascular conditioning through a combination of high and low impact dance moves. It is very much geared towards those who prefer a more aesthetic and flowing fusion of aerobic sequences mixed with some core stability work towards the end.

**Legs Bums and Tums:** Exercise to music helping to target the lower body. Strengthening the legs, glutes and Abdominal area, working

on re-shaping the body, helping to improve co-ordination, flexibility, strength and stamina.

**Next Step:** A beginners gentle workout suitable for existing and new Exercise referrals, those returning to Exercise after illness or injury or those that are older and / or frail, beginning Exercise for the first time.

**Pilates:** The Pilates Method represents a unique approach to exercise that develops body awareness, improving and changing the bodies postural and alignment habits and increasing flexibility and ease of movement.

**Pump 'n' Sculpt:** An all body workout using barbells and bodyweight exercises.



**Salsacise:** Combines salsa dance and group exercise to improve your overall fitness level. As well as toning your arms, legs and torso Salsacise is a fantastic cardiovascular exercise, so it is great for building heart strength. It is a heavily choreographed class which relies on sequencing Latino themed dance moves to form an effective full body workout.

**Step Aerobics:** An aerobic class incorporating the step, dedicating itself to a fun choreographed class. Led by qualified instructors you will learn the principles of using a step whilst gaining a full body workout.

**Studio Spin:** A static cycle based class predominantly focusing on increasing cardiovascular fitness, in addition to aiding toning and weight management. Classes are available for all abilities.

**Top2Toe:** Very much a blended class combining all facets of fitness to improve cardio vascular and muscular conditioning. The structure of the class alters each week to keep the mind and body fresh, however as the name suggests you will get worked from Top2Toe.



**Yoga:** The aim of Hatha Yoga is to achieve balance and harmony between the body and mind. From this class you will have more energy and feel more relaxed.

**Yoga Strength:** A class combining principles of Ashtanga Power yoga and traditional strength training.

## Hood Park Leisure Centre - Fitness classes

Day	Time	Class	Instructor	Level		Creche	Venue	Price
Mon	9.30-10.30	Step	Rachael	Int/Adv	2	Y	S	£4.90
	10.30-11.30	Body Pump	Rachael	All	2		S	£4.90
	11.30-12.30	50+ Aerobics	Rachael	All	2	Y	S	£3.20
	14.30-15.30	Next Step Line Dancing	Nita	GP	2		S	£3.70
	17.45-18.30	Studio Spin	Julian	All	2		S	£4.90
	18.30-19.30	Aerobics	Debbie	All	2		S	£4.90
	19.30-20.30	Spin	Sam	All	2		S	£4.90
	20.30-21.30	Body Pump	Nikki	All	2		S	£4.90

Tue	9.15-10.15	Aqua Aerobics	Sam	All	2	Y	P	£4.90
	9.30-10.30	Body Pump	Rachael	All	2	Y	S	£4.90
	10.30-11.30	Body Balance	Rachael	All	2	Y	S	£4.90
	18.30-19.30	Body Pump	Julian	All	2		S	£4.90
	19.30-20.30	Spin	Debbie	All	2		S	£4.90
	20.00-21.00	Aqua Aerobics	Kirsty	All	2		P	£4.90
	20.30-21.30	Boxercise	Melinda	Beg	2		S	£4.90

Wed	9.10-10.10	Next Step Aqua Aerobics	Julian	GP	2	Y	P	£3.70
	9.30-10.30	Body Sculpt	Nicki	All	2	Y	S	£4.90
	10.30-11.30	Pilates	Kelly	All	2	Y	S	£4.90
	11.30-12.30	50+ Aerobics	Kelly	All	2		S	£3.20
	17.00-17.30	Studio Spin	Rachael	All	2		S	£4.90
	17.30-18.30	Body Pump	Rachael	All	2		S	£4.90
	18.30-19.30	Step 'n' Pump	Rachael	Int/Adv	2		S	£4.90
	18.30-19.30	Salsa	External	Beg	2	6 wk course	C	£5.00
	19.30-20.30	Yoga Strength	Rachael	Int/Adv	2		S	£4.90
	19.30-20.30	Salsa	External	Improver	2		C	£5.00
	20.30-21.30	Boxercise	Melinda	Adv	2		S	£4.90
	20.30-21.30	Salsa	External	Improver	2		C	£5.00

Thur	9.15-10.15	Aqua Aerobics	Sam	All	2	Y	P	£4.90
	9.10-9.50	Studio Spin	Lori	All	2	Y	S	£4.90
	9.50-10.30	Studio Spin	Lori	All	2	Y	S	£4.90
	10.30-11.30	Bosu Class	Lori	All	2	Y	S	£4.90
	16.00-16.45	Cheerleading 8-14 yrs	Kellie	All	2		SC	£2.20
	16.30-17.15	Boxercise 8-16yrs	Melinda	All	2		S	£2.20

Thur	17.50-18.20	Studio Spin	Kellie	All	2		S	£4.90
	18.30-19.30	Aerobics	Debbie	All	2		S	£4.90
	19.30-20.30	Circuits	Sam	All	2		SH	£4.90
	19.30-20.30	Studio Spin & Core	Julian	All	2		S	£4.90
	20.00-21.00	Aqua Aerobics	Tracey L	All	2		P	£4.90
	20.30-21.30	Pilates	Kellie	All	2		S	£4.90

Fri	9.00-9.30	Studio Spin	Julian	Beg	2	Y	S	£4.90
	9.30-10.30	Step 'n' Pump	Rachael	Int/Adv	2	Y	S	£4.90
	10.30-11.30	Yoga Strength	Rachael	All	2	Y	S	£4.90
	11.30-12.30	Boxercise	Melinda	Int	2	Y	S	£4.90
	16.00-16.45	Street Dance 7-11yrs	Kellie	All	2		S	£2.50
	16.45-17.30	Street Dance 12-16 yrs	Kellie	All	2		S	£2.50

Sat	8.30-9.30	Body Balance	Tracey S	All	2		S	£4.90
	9.30-10.30	Body Pump	Tracey L	All	2		S	£4.90

Sun	10.00-10.30	Studio Spin	Rachael	All	2		S	£4.90
	10.30-11.30	Step 'n' Pump	Rachael	Int/Adv	2		S	£4.90
	11.30-12.30	Yoga Strength	Rachael	All	2		S	£4.90
	16.30-17.00	Studio Spin	Kellie	All	2		S	£4.90
	17.00-18.00	Pump 'n' Sculpt	Kellie	All	2		S	£4.90
	18.00-19.00	Pilates	Kellie	All	2		S	£4.90

## Measham Leisure Centre - Fitness classes

Day	Time	Class	Price	Leisure Link Price
Mon	9.30-10.30	Body Conditioning	£4.90	£3.70
	10.30-11.30	Pilates	£4.90	£3.70
	18.30-19.30	Yoga Strength	£4.90	£3.70
	19.30-20.15	Bums, Tums and Thighs	£3.70	£2.70
Tue	9.30-10.30	50's Mobility	£3.20	£2.40
	9.45-10.45	NEW Latin Salsacise	£4.90	£3.70
	10.45-11.45	Pilates	£4.90	£3.70
Thurs	9.30-10.30	Body Sculpture	£4.90	£3.70
	9.30-10.30	50+ Aerobics	£3.20	£2.40
	10.30-11.30	Core Stability	£2	£2
Fri	9.30-10.30	Bums, Tums and Thighs	£4.90	£3.70
	10.30-11.30	Pilates	£4.90	£3.70