

# Class Descriptions

Aqua Water Works is the effective total body workout where you are immersed in a fun environment and can choose your intensity level. Water works is a new concept aqua class, with constantly changing programme to offer a great workout and training goal to deliver results! Water has fantastic properties to allow everyone to achieve their fitness goals. Waterbased exercise trains the entire body—heart, lungs and muscles—with very little joint strain. Take part to see what's causing the waves! Suitable for all.

Aqua Ante / Post Natal is a wonderful form of safe water based exercise during and after pregnancy. It is fun and relaxing and gives you the opportunity to meet other new mums. The buoyancy and natural resistance of water make it the ideal exercise during and after pregnancy when the extra weight may make other forms of exercise too tiring or difficult.

Aerobic Circuit Training is hugely popular. This class is a great way to get a varied workout. A total mix up of hi/low impact cardiovascular stations and toning exercises makes this an excellent class for all. Packed full of dynamic exercises to develop and maximise muscular endurance.

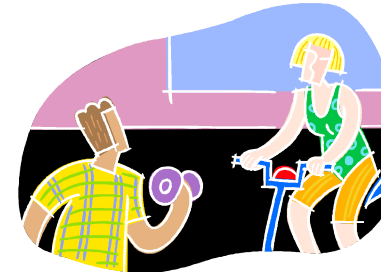
Yoga is an ancient form of exercise. Benefits include greater flexibility, increased stamina and strength along with a sense of well being. Suitable for all.

Cardio Kick is a high energy, stress busting, fat burning workout. A mix of simple aerobic moves and a variety of blocks, kicks and punches taken from a wide range of martial arts disciplines. Fight your way fit and this class will leave you feeling exhilarated! Suitable for all.



## Fitness

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Ibstock Leisure Complex  
Central Avenue, Ibstock, Leics. LE67 6NE  
Tel 01530 265836 – Leisure Complex Reception  
Tel 01530 265835 – Leisure Team  
Email—leisure@ibstockcollege.leics.sch.uk

# Weekly Programme

## Monday

50+ Exercise to music—9.30 –10.30 am  
Instructor—Pam Goodenough  
No booking required

Aqua Ante/Post Natal—11.00-12.00  
Instructor—Claire Olsen  
Pre-book due to limited numbers

Yoga—7.30-9.00pm  
Instructor—Lorna Kirk  
Pre-book due to limited numbers

## Tuesday

Seated Exercise—9.30-10.30 am  
Instructor—Pam Goodenough  
No booking required

Aqua Water Works—11.00am-12.00pm  
Instructor—Claire Olsen  
Pre-book due to limited numbers

50+ Aqua Aerobics—12.00-1.00 pm  
Instructor—Claire Olsen  
Pre-book due to limited numbers

Aerobic Circuit Training—7.15-8.00pm  
Instructor—Gary Allan  
Pre-book due to limited numbers

## Wednesday

Aqua Water Works—6.30-7.30pm  
Instructor—Claire Olsen  
Pre-book due to limited numbers

Cardio Kick—6.30-7.30pm  
Instructor—Debbie Shaw  
Pre-book due to limited numbers

Exercise Class—7.30-8.30 pm  
Instructor— Pam Goodenough  
No booking required

## Thursday

Young at Heart Exercise—9.30-10.30 am  
Instructor—Pam Goodenough  
No booking required

**For further information or to book a place on any of our classes please do not hesitate to contact a member of the Leisure Team and we will be happy to help you.**

**Community Leisure Manager:-  
Joanne Fairbrother 01530 265835  
Recreation & Leisure Administrator:-  
Alexandra Gamble 01530 265836  
Reception:- 01530 265836  
Email [leisure@ibstockcollege.leics.sch.uk](mailto:leisure@ibstockcollege.leics.sch.uk)**