

Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
8.30-9.15 HIIT Callum				9.00-9.30 Fabulous Abs Matt
9.30 – 10.15am Zumba Danielle	9.15-10.00am Tabata Matt	9.30-10.15am Dancercise Emily	9.30-10.15am Legs, bums and tums Hannah	9.30-10.30am Dancefit Danielle
10.30-11.00am Abs and core Matt	10.00-11.00 Beginners Tai Chi Gaynel	10.30-11.15am Aqua Zumba Kiran	10.30-11.15am Aqua Kiran	9.30-10.15am Aqua Fit Chris
11.30-12.30pm Forever Young Keep Fit Alison	11:00 – 12:00 Strength and Conditioning Curtis	10.45-11.40am Yoga Sylvia	12.15-14.15pm Baby Swimming Flutterbabies*	10.30 am-11.30am Pilates Chris
Didi Dance Pre School Dance Julia	13.45-14.45pm Pilates Chris		14.30-15.30pm Pilates Chris	11.15-13.45pm Baby Swimming Flutterbabies*
7.30pm-8.15pm Box fit Callum	7.30-8.20pm Insanity Hannah	18.00-18.45pm Zumba Naps	18.30 -19.20 Full Worx Hannah	
20.15-21.15 Tai Chi Chauna Gaynel			19.30-20.30 Mediation Gaynel	

Swimbrite group pool times: Monday – 4.15-6.45pm, Tuesday – Thursday 4.15-6.15pm, Fridays 3.45-5.45pm

	High Impact Exercise Class
	Low impact Exercise Class
	Water based classes in the pool
	External courses – information available at the leisure desk.

Class Descriptions	
Zumba	Zesty Zumba is a great aerobic workout influenced by Latin and American dance. Learn sexy footwork and flirty hips whilst keeping fit.
Tabata	High intensity cardio workout designed to improve muscle tone, endurance and get your heart beating fast.
Insanity	Get insanely shredded with our intense interval training fitness class.
Legs, bums and tums	Shape up and burn fat as you lunge, step and squat your way to fitness in this ever-popular, fun class using both weights and your own bodyweight.
Dancercise / Dancefit	A great class to get your hips moving and your heart pounding, this class is great for calorie burning.
Box fit	A high energy workout that incorporates conditioning, functional and circuit training with an emphasis on boxing
HIIT	High intensity cardio workout leaving you feeling invigorated and awake for the day ahead
Full Worx	A full body interval-training workout using weights. Periods of high and low intensity incorporating cardio and core work.
Strength and Conditioning	Tone and strengthen your whole body with functional exercises and solo circuits using Resistance bands and body resistance to give your body a full workout.
Abs and Core	The focus on toning the abdominal muscles and strengthening the core in this short but effective workout.
Tai Chi Chuan	The complete Chinese martial art of Yang style Tai Chi Chaun. All levels welcome – beginners to advance.
Tai Chi Beginners	A relaxing, gentle sequence that flows like a river. Calming and energising, the movements improve balance, posture and co-ordination. Mindfulness in motion.
Pilates	Exercise that works your body from the inside out. With slow controlled movements and stretches developing core strength and flexibility.
Meditation	Let your thoughts and cares dissolve away and become present in this moment. An hour of tranquillity to refresh and inspire you.
Fabulous Abs	The focus on toning and strengthening the abdominal muscles during this short workout.
Forever Young	Ideal for an older age group this class includes gentle cardio and dance routines improving flexibility, core, muscle strength and balance.
Yoga	Based on physical postures, deep breathing, and mindfulness and listening to the body.
Aqua Zumba	A Zumba workout in the water. This is a low impact routine and great fun!
Aqua Fit	In the water for this low impact fun workout. Dance yourself fit in the water.