

Workout Timetable

From Monday 4th January 2010

Monday

9.30am-10.30am	Legs, Bums & Tums	Studio
10.30am-11.30am	Body Balance	Studio
7.00pm-8.00pm	Shape & Tone	Studio

Tuesday

10.00am-12.00noon	Active Lifestyle	Studio/Pool
6.30pm-7.00pm	Ab Attack	Studio
7.15pm-8.15pm	Boxercise	Studio
7.50pm-8.35pm	Aqua Fit	Pool

Wednesday

9.30am-10.30am	Body Condition	Studio
10.30am-11.30am	Body Balance	Studio
6.00pm-7.00pm	Pilates	Studio

Thursday

10.00am-12.00noon	Active Lifestyle	Studio/Pool
6.00pm – 7.00pm	Salsa Fit (New Class!)	Studio
7.30pm-8.30pm	Legs, Bums & Tums	Studio

Friday

11.30am-12.30pm	Body Balance	Studio
6.00pm-7.00pm	Core Fit	Studio
7.00pm-8.00pm	Circuits	Studio

Saturday

9.30am-10.30am	Shape & Tone	Studio
10.30am-11.30am	Pilates	Studio

Sunday

11.30am-12.30pm	Body Balance	Studio
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Class Descriptions

Core Fit Core Fit is a low impact class that will challenge and improve your core stability and strength using a variety of exercises.

Body Balance is a dynamic, fitness to music class incorporating Yoga, Tai Chi, Pilates and Feldenkrais. It allows individuals to increase muscle strength, improve flexibility, and promotes relaxation.

Shape & Tone is an overall workout, designed to shape and tone the body using light weights and aerobic moves.

Boxercise[®] is an aerobic & anaerobic workout that works the major muscle groups, enhances range of movement, develops balance & hand-eye coordination, and is great fun!

Ab Attack is a training programme that works specifically on the abdominal region to strengthen and tone muscles in that region.

Active Lifestyle is a gentle to moderate exercise session for Seniors incorporating low impact aerobic, muscle conditioning, and stretch exercises. Classes cater for all abilities.

Salsa Fit is a new fun class using Latin American salsa-style dance moves to keep you fit and supple.

Circuit Training is the progressive development of the muscular and cardio systems. It achieves all round fitness and endurance whilst being extremely sociable and fun.

Legs, Bums and Tums (LBT) is still one of the most popular classes on a gym timetable. The class focuses mainly on the toning and strengthening of the lower body utilising a variety of low impact and resistance exercises.

Aqua Fit has a major emphasis on aerobic type exercise including exercises which develop flexibility, muscular strength and endurance – all in the water. This is a safe and effective workout utilising the water as your training partner. Ideal for post and pre natal exercisers and rehabilitation from sports injuries.

Pilates focuses on breathing, relaxation, core strength, stability, flexibility and stamina to improve posture. It can promote improved sleep, wellbeing and recovery from injury.

Body Condition is a group exercise class designed to tone and condition muscles while raising metabolic rate.



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