



# Workout Timetable

April 2009

Farnborough Leisure Centre

Tel: 01252 370411

Aldershot Pools

Tel: 01252 323482

**DC LEISURE**  
Fitness Industry Association  
Operator of the Year 2008/9

**RUSHMOOR**  
BOROUGH COUNCIL

Operated by DC Leisure working in partnership with Rushmoor Borough Council

# Workout Timetable - Farnborough Leisure Centre

<b>Mon</b>	9.30am - 10.15am Water Workout Level 1 Sarah ★	9.45am - 10.30am Indoor Cycling Level 1/2 Sam A ★	10.00am - 11.00am Young at Heart (50 +) Level 1 Lesley ★		12.30pm - 1.15pm Legs, Bums & Tums Level 1 Jan ★			5.30pm - 6.00pm Indoor Cycling Level 1 Caz	6.15pm - 7.00pm Indoor Cycling Level 1/2 Tania	6.15pm - 7.10pm Body Blitz Level 1/2 Elaine	7.15pm - 8.15pm Body Balance Level 2 Elaine	7.15pm - 8.15pm Body Pump Level 2 Sam A	7.15pm - 8.00pm Water Workout Level 1 Heather	8.15pm - 9.15pm Body Combat Level 2 Tania	
<b>Tues</b>		9.45am - 10.45am Body Combat Level 2 Jenny ★			12.15pm - 1.00pm Body Pump Level 2 Jenny ★			6.15pm - 7.00pm Indoor Cycling Level 1/2 Hedi	6.15pm - 7.15pm Body Step Level 2 Sarah	6.15pm - 7.15pm Body Pump Level 2 Elaine	7.15pm - 8.00pm Legs, Bums & Tums Level 2 Sarah	7.30pm - 8.15pm Indoor Cycling Level 1/2 Elaine	7.30pm - 8.30pm Circuits Level 1/2 Paul	8.15pm - 9.00pm Street Jam Level 1 Sarah	
<b>Weds</b>	9.45am - 10.30am Legs, Bums & Tums Level 1 Jan ★	9.30am - 10.15am Indoor Cycling Level 1/2 Heather ★	10.30am - 11.30am Body Pump Level 2 Jan ★		12.30pm - 1.15pm Body Step Level 1/2 Elaine ★	1.00pm - 1.45pm Indoor Cycling Level 1/2 Dave ★	2.00pm - 3.00pm Young at Heart (50 +) Level 1 Lesley ★	5.30pm - 6.00pm Indoor Cycling Level 1 Caz	6.15pm - 7.00pm Indoor Cycling Level 1/2 Sam A	6.15pm - 7.10pm Body Blitz Level 2 Elaine		7.15pm - 8.00pm Indoor Cycling Level 1/2 Hedi	7.15pm - 8.15pm Body Combat Level 2 Sam A	8.15pm - 9.00pm Water Workout Level 1 Hedi	
<b>Thurs</b>	9.45am - 10.30am Indoor Cycling Level 1 Heather ★	10.00am - 10.45am Water Workout Level 1 Max ★	10.00am - 11.00am Young at Heart (50 +) Level 1 Lesley ★		12.30pm - 1.15pm Body Pump Level 2 Jan ★			6.00pm - 7.00pm Body Combat Level 2 Lynne	6.00pm - 6.15pm Body Pump Technique Max	6.15pm - 7.15pm Body Pump Level 2 Max	6.15pm - 7.00pm Indoor Cycling Level 1/2 Caz	7.00pm - 8.00pm Body Step Level 2 Becky		7.30pm - 8.15pm Legs, Bums & Tums Level 1/2 Max	8.30pm - 9.15pm Body Balance Level 1/2 Sam C
<b>Fri</b>	9.45 - 10.45 Body Combat Level 2 Sam A ★				12.15pm - 1.00pm Body Pump Level 2 Sam A ★	2.00pm - 3.00pm Young at Heart (50 +) Level 1 Lesley ★		5.30pm - 6.00pm Indoor Cycling Level 1/2 Caz		6.15pm - 7.15pm Body Pump Level 2 Elaine	7.00pm - 7.45pm Water Workout Level 1 Max	<b>PLEASE ENSURE YOU BRING WATER AND A TOWEL WITH YOU TO YOUR CLASS!</b>			
<b>Sat</b>	9.15am - 10.15am Body Pump Level 2 Jenny	9.45am - 10.30am Indoor Cycling Level 1/2 Elaine	10.15am - 10.30am Body Combat Technique Sam A	10.30am - 11.30am Body Combat Level 2 Sam A	<b>Fitness Courses</b> Yoga and Pilates are available as 5 or 6 week courses Other courses include: Core Fit, Back Fit, Box Fit and LE&N. Please contact reception for further details										
<b>Sun</b>	9.30am - 10.30am Body Pump Level 2 Sam A	10.35am - 11.20am Indoor Cycling Level 1/2 Jana													

## WORKOUT CLASSES

**Water Workout** - An all round workout in the shallow end of our main pool. Designed to improve fitness and muscle tone with less stress on the joints. Suitable for all regardless of their fitness levels.

**Body Blitz** - No two aerobics classes are truly the same, with each instructor adding their personal influence. Most classes include a mix of high and low impact routines providing a complete cardiovascular workout.

**Circuits** - An exciting mix of traditional circuit training and total body conditioning, this really is an "all round" workout.

**Legs, Tums and Bums** - The name says it all. A very popular aerobics class focusing on those important areas.

**Indoor Cycling** - Exciting group indoor cycling classes. Instructor led, these classes suitable for beginners or serious cyclists. A fantastic calorie burner for 30 or 45 minutes.

**Street Jam** - Street Dance based aerobic workout.

**Young at Heart** - Aerobics designed for the over 50's, a fun way to keep fit with classical jazz 20's style music.

**Members:** Eight days advance booking privilege (including telephone bookings)

**Non-members:** Seven days advance booking privilege\* (including telephone bookings)

\*payment is required at time of booking

## BODY TRAINING SYSTEMS (BTS) New routines coming soon!

**Body Pump** - A non-impact class designed to give your body a complete workout using weights to powerful motivating music. All ages and fitness levels can participate in the same class, you simply use heavier weights as you get fitter.



**BodyStep** - Step up the intensity not the complexity of your workout. Bodystep delivers inspiration to achieve results through the use of exciting and powerful music with inspirational instructors. It improves muscle strength and endurance with specific conditioning placed between bouts of aerobic activity.



**Body Combat** - Combines powerhouse moves and stances, into a 'take-no-prisoners', adrenaline-pumping routine. It is an empowering, athletic workout that will have you "fighting-fit" in record time! Body Combat reduces stress, improves general well-being and vitality whilst encouraging assertiveness and self-confidence.



**BodyBalance** - invigorates and tones, releasing tight, tense muscles leaving you in a state of energised calm. BodyBalance is a dynamic yoga-based stretch programme that leaves you feeling relaxed and renewed to create a holistic workout that brings the body, mind and soul into a state of balance and harmony.



## Key to location



Pool



Studio 1



Studio 2



Cyclone



Crèche open  
Monday - Friday  
9.15-3.15

Do you visit more than once a week? Enjoy more for less - ask about membership options. Sorry no ticket - no entry.

The management reserves the right to change the programme/instructor at any time. We reserve the right to charge for non-attendance.



**Prices-** See separate price information leaflet

Put a little sunshine into your life with a **SUNBED**.  
Please ask at reception for details.



### Class Stages

There is a class to suit everyone's needs. Classes are classified as level 1 or 2. If you have not exercised for a while or just want to workout at a steadier pace, try Level 1 Low Impact. Level 2 Intermediate.

### Workout Timetable - Aldershot Pools

Mon		2.00pm - 2.45pm Water Workout 1/2		7.30pm - 8.15pm Water Workout 1/2	8.15pm - 9.00pm Water Workout 1/2
Tues					
Wed	9.45am - 10.30am Water Workout 1/2				
Thur			6.30pm - 7.15pm Water Workout 1/2		
Fri	9.45am - 10.30am Water Workout 1/2				
Sat					
Sun					