



Workout Timetable

2012

Arena Leisure Centre
01276 417111

Workout Class Programme

LES MILLS

New routines coming soon!

Body Attack – Cardiovascular interval training that combines high intensity aerobics, strength and stabilisation exercises. A rapid calorie burner that delivers fast improvement in general endurance and an increase in overall body strength.

Body Balance – Invigorates and tones, releasing tight, tense muscles leaving you in a state of energized 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.

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.

Body Jam – An addictive fusion of dance and aerobic moves to a blend of hip hop, funk and Latin music.

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.

Body Step – 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.

FREESTYLE CLASSES

Aerobics 'N' Tone – Simple aerobic pattern workout with toning and defining challenges.

Bokwa A combination of boxing and dance for all levels of fitness. This amazing new programme is full of fun and energy from start to finish.

Stretch And Define – A more gentle approach to stretch and lift the body. Suit more mature/new clients.

Circuit Challenge – An exciting mix of traditional circuit training and total body conditioning, this really is an "all round" workout.

Bounce Beyond & Glide – A 20mins combination workout on urban rebounders then toning and conditioning with the glide plate

Thighs, Bums & Tums – 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.

Pilates – Pilates teaches you how to use your muscles in a controlled way so they work for you in harmony with your breathing. It strengthens the body through movement and is ideal for all levels of fitness.

Power Yoga – An energetic and dynamic form of yoga giving you an intense full body work out. Strengthens, defines muscles and builds flexibility in joints. Suits those already fit and looking for a new challenge

Specifics – A disciplined exercise class with music, using techniques from Ballet, Pilates and Yoga. Each simple movement is designed to work and tone a specific muscle group, thereby improving the shape, control and grace of the body. Suitable for everyone, but be prepared to work!

Urban Pop – Dance, hip hop and street combined choreographed routines. Suitable for all levels. A fun and energetic work out.

Urban Rebounding – An intense and exciting workout on mini individual trampolines. A fantastic calorie burner.

Yoga – Not so much a 'workout' as a chance to really unwind, whilst gaining greater suppleness and flexibility. The content of our Yoga classes changes and there are two stages.

50+ Beginners Tap – A fun introduction to the basics of tap dancing. A 50 minute session.

Body Blitz – A combination of aerobic, dance and strength training performed at a basic level.

Core Stability – Fitness workout on the core stability balls working head to toe with weights.

Zumba – A class combining salsa, cumbia, cha cha cha, hip hop and many more easy to follow dance routines. A fun class for all levels.

NEW Junior Zumba (8-11yrs) – The crazy-cool dance-fitness workout for juniors, set to hip-hop, salsa and reggaeton.



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.15		Corefit with Weights* (S2)				Body Attack (S1)	
9.30	NEW Aerobics 'n' Tone (S1)	Body Step (S1)	*Circuit Challenge (S1) Corefit with weights (S2)	*Body Attack (S1) 50+ Keep Fit (S2)	Body Combat* (S1) Body Jam (S2)		
10.00							*Urban Rebounding (S1)
10.15						*Thighs, Bums & Tums (S1)	
10.30	Body Pump (S1) Body Blitz (S2)	Fit 'n' Fifty (S1) Pilates (S2)	Aerobics 'n' Tone (S2) *Thighs, Bums & Tums (S1)	*Urban Rebounding (S1) 50+ Beginners Tap (S2)	Body Pump* (S1)		
11.30	*Urban Rebounding (S1) NEW Stretch & Define (S2)	NEW Bokwa (S1) Power Yoga (S2)	Specifics (S1)	Stretch and Define (S2) Corefit with weights (S1)	Yoga (S1) Basic Aerobics (S2)	Urban Pop (S1)	
12.30	Pilates (S1)			Pilates Course (S2)			
13.00					ZUMBA (S1)		
13.30				Pilates (S1)			
16.00							NEW Bokwa (S1)
16.15		NEW Junior Zumba* (S1) 8-11 yrs STARTS FEB					
17.00							Body Combat (S1)
17.45	Body Pump (S1)	*Thighs, Bums & Tums (S1)	Body Step (S1)	Body Pump (S1)	*Body Step (S1)		
18.00							Body Pump (S1)
18.45	Body Step (S1)	Body Combat (S1)	Body Attack (S1)	Body Combat (S1)	*Urban Rebounding (S1)		
19.00	Body Balance (S2)	Pilates (c)		*Thighs, Bums & Tums (S2)			
19.30		Traditional Circuits (MH)	Body Jam (S2)				
19.45	*Thighs, Bums & Tums (S1)	*Urban Rebounding (S1)	Body Pump (S1)	NEW *Bounce Beyond & Glide (S1)			
20.00		Yoga (S2) Pilates Course (seasonal)					
20.30	NEW Bokwa (S1)						
20.45		NEW Zumba (S1)		ZUMBA! (S1)			
21.00				Yoga 4 All (S2)			

KEY
(S1) Studio 1
(MH) Main Hall
(S2) Studio 2
(C) Crèche
***45 minute class**

Our extensive programme provides classes to suit all ages and abilities. Our qualified and highly experienced fitness team ensure that you choose the right class and work out safely. Classes are free to members and start from £5.20 to non-members. You can book your space up to two weeks in advance by telephoning reception on 01276 417111.

We reserve the right to cancel or alter any class without prior notice where necessary. There will be a fee of £3 for any classes cancelled after 3pm on the day of the class or non-collection of tickets. No refunds or transfers on booking available. Please ensure you bring water, a towel and are fit to attend.

Indoor Cycling

Below you will find our popular and energetic Indoor Cycling classes timetable, run by our qualified and experienced staff. Spaces are limited so don't forget to book in advance.

Day	Time
Monday	
Spin	07.00
Spin	09.30
Beginners	17.30
Multi Mix	18.00
Speed/Climb	19.00
Tuesday	
Spin	07.00
Endurance	09.30
Spin Combo	10.30
Power Blast	18.00
Power Blast+	19.00
Wednesday	
Spin	07.00
Multi Mix	09.45
Beginners	17.30
Spin Combo	18.00
Endurance	19.00
Thursday	
Spin	07.00
Multi Mix	09.45
Power Blast	18.00
Power Blast+	19.00
Friday	
Spin	07.00
Beginners	09.15
Multi Mix	09.45
Beginners	17.30
Speed/Climb	18.00
Saturday	
Power Blast	09.30
Endurance	10.30
Sunday	
The Challenge	10.00
Juniors*	11.00

*1/2 an hour class for 11-15 year olds

Wetside Programme

All wetside classes are fun and enjoyable whilst giving you a good workout. All classes are run by fully qualified instructors, and include different levels to suit your needs.

Don't forget to book your place beforehand at reception, or by calling **01276 417111**.

Day	Time	Class
Monday	10.00	Water Workout
	10.00	Deep Water Workout
Tuesday	09.45	Hydrofit
	19.45	NEW Global Dance Aquatics
	19.45	Deep Water Running
	Wednesday	10.45
	10.45	Hydrofit
	Thursday	11.30
	19.00	Aquanatal (Starts March)
	19.00	Wet Circuits (Ends February)
	19.45	Hydrofit
	19.45	Water Workout
Friday	18.45	Water Workout

Class Descriptions

Aqua Natal Gentle toning exercises for before and after birth.

Deep water running The new way to obtain fitness in the pool will challenge the whole body.

Deep Water Workout A fun, water based aerobic class in the deep end using belts and mitts.

Global Dance Aquatics A water based dance combination with the latest routines from around the globe.

Hydrofit Deep water workout using resistance equipment.

Water Workout A fun, water based aerobic class, suitable for all ages and abilities.