



# Workout Timetable

September – December 2010

The Pavilions In The Park  
Broadbridge Heath Leisure Centre  
Steyning Leisure Centre  
Billingshurst Leisure Centre

# The Pavillions In The Park

## Workout Class Programme

### MONDAY

9.30 – 10.15am	Body Pump	美
9.30 – 10.15am	Stability Ball	美 B
10.35 – 11.30am	Pilates	美
6.05 – 7.00pm	Body Combat	
7.05 – 8.00pm	Aerobics*	
8.00 – 9.00pm	Body Pump	
8.05 – 9.00pm	Body Balance	B

### TUESDAY

9.30 – 10.25am	Legs, Bums & Tums	美
10.30 – 11.30am	Body Pump	美
5.50 – 6.45pm	Body Pump	
6.15 – 6.30pm	Body Balance Technique	
6.30 – 7.30pm	Body Balance	B
7.00 – 7.55pm	Super Circuits	
7.35 – 8.30pm	Pilates	B

### WEDNESDAY

9.15 – 9.30am	Body Pump Technique	美
9.30 – 10.25am	Body Pump	美
10.35 – 11.30am	Back to Basic Aerobics	美
12.30 – 1.15pm	Yoga	美
6.00 – 6.55pm	Body Step	
7.00 – 7.55pm	Body Combat	
7.45 – 8.45pm	Body Balance	B

### THURSDAY

9.30 – 10.30am	Zumba	美
10.30 – 11.25am	Yoga	美 B
12.15 – 1.00pm	Body Pump	美
1.00 – 1.30pm	Ab Fit	
4.00 – 4.45pm	Teen Yoga	B
6.00 – 6.55pm	Legs Bums & Tums	
7.00 – 8.00pm	Body Balance	B
7.00 – 8.00pm	Body Combat	
8.05 – 9.05pm	Pilates	B
8.05 – 9.00pm	Body Pump	

### FRIDAY

9.25 – 10.25am	Body Step	美
10.30 – 11.30am	Stability Ball	美 B
10.35 – 11.30am	Body Balance	美
5.45 – 6.00pm	Body Balance Technique	
6.00 – 6.55pm	Body Balance	B

### SATURDAY

9.00 – 9.55am	Body Pump	
9.00 – 9.55am	Pilates	B
10.00 – 10.55am	Pilates	B
10.00 – 10.55am	Aerobics	
11.00 – 11.25am	Ab Fit	
11.30 – 12.30pm	Body Balance	

### SUNDAY

9.00 – 10.00am	Yoga	B
9.15 – 9.30am	Body Pump	
	Technique	
9.30 – 10.25am	Body Pump	
10.30 – 11.25am	Legs Bums & Tums	
5.15 – 6.15pm	Zumba	

#### Location key:

Activity Hall

Dance Studio

#### Please note:

- All beginners for Body Balance and Body Pump must attend a technique session prior to attending any classes
- If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor.
- No admittance to any class will be allowed after it has commenced
- All classes are subject to availability, please check in advance to avoid disappointment
- Payment for classes is non refundable (non transferable within 48 hours)

✳ Creche available for children aged 8 weeks – 4 years. Please book in advance

B Booking essential for classes indicated

- Teen classes are for those 12-16 years old. All other classes are for 16 years +

\* This class is not suitable for beginners.

#### Bookings & Cancellations Policy

Late cancellations or non attendance is unfair on customers who wish to attend a class but can not do so if it is fully booked. Therefore a cancellation fee of £5.45 will be charged for those customers who fail to attend/cancel before the specified time frame – for more detailed information please see our workout cancellation policy leaflet.

## POOL WORKOUT SESSIONS

### MONDAY

12.30 – 1.00pm Swim 4 Health

### TUESDAY

8.00 – 9.00am 50+ Aqua Aerobics

### WEDNESDAY

9.30 – 10.30am Aqua Natal 英  
10.30 – 11.15am Aqua Fit + 英  
7.00 – 8.00am Swim 7  
7.45 – 8.30pm Aqua Fit

### THURSDAY

8.00 – 8.45pm Deep Aqua Fit B

### FRIDAY

1.30 – 2.00pm Swim 4 Health

### SATURDAY

8.45am – 9.30am Aqua Fit

### SUNDAY

8.45 – 9.30am Deep Aqua Fit

\* This class will not run during the school holidays

## STUDIO CYCLING

### MONDAY

7.00 – 7.45am B  
9.30 – 10.15am B 英  
5.15 – 6.00pm B  
6.15 – 7.00pm B

### TUESDAY

12.15 – 1.00pm B 英  
6.15 – 7.00pm B  
7.15 – 8.00pm B

### WEDNESDAY

7.00 – 7.45am B  
6.00 – 6.45pm B  
7.45 – 8.30pm B

### THURSDAY

9.30 – 10.15am B 英  
6.45 – 7.30pm B

### FRIDAY

7.00 – 7.45am B  
9.30 – 10.15am B 英  
6.00 – 7.00pm\* B

### SATURDAY

10.30 – 11.15am B

### SUNDAY

10.00 – 11.00am – Cycle and Abs B

## 50+ AQUA FIT

Tuesdays  
8.00 – 9.00am

An easy to follow class that gently works the whole body whilst being low impact and soft on the joints.



## LEGS BUMS & TUMS

The complete conditioning class for those problem areas. Combines an aerobic workout with a variety of toning exercises to help you shape up.



## AEROBICS

A great fat burning workout that will improve your fitness levels. We offer classes for beginners and advanced choreographed sessions.



## YOGA

Our drop in yoga sessions are suitable for all levels and are great for those trying yoga for the first time or those unable to commit to a course.



# Broadbridge Heath Leisure Centre Workout Timetable

## MONDAY

9.30am – 10.25am	Zumba	美 美
10.30am – 11.30am	Body Pump	
5.00pm – 6.00pm	Teen Street Dance	
6.10pm – 7.05pm	Legs Bums & Tums	
7.15pm – 8.00pm	Pilates	
7.15pm – 8.10pm	Boxercise	
8.30pm – 9.30pm	Circuits	
8.30pm – 9.30pm	Adult Trampolining	

## TUESDAY

9.30am – 10.25am	Legs Bums & Tums	美 美
10.30am – 11.30am	Pilates	
6.15pm – 7.10pm	Step	
7.15pm – 8.10pm	Dance Aerobics	
8.15pm – 9.10pm	Legs Bums & Tums	

## WEDNESDAY

9.30am – 10.25am	Zumba	美 美
10.30am – 11.25am	Body Balance	
6.15pm – 7.10pm	Body Pump	
7.10pm – 8.10pm	Zumba	
8.15pm – 9.10pm	Body Attack	
8.30pm – 9.30pm	Adult Trampolining	

## THURSDAY

6.15pm – 7.10pm	Body Pump
7.10pm – 8.10pm	Zumba
8.15pm – 9.10pm	Body Balance

## FRIDAY

9.15am – 10.00am	Zumba Express	美 美
10.00am – 11.00am	Body Pump	
5.15pm – 5.45pm	Teen Urban Rebounding	
6.00pm – 6.45pm	Urban Rebounding	

## SATURDAY

9.15am – 9.30am	Body Pump Technique
9.30am – 10.30am	Body Pump

## SUNDAY

9.30am – 10.30am	Body Attack
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### Please note:

- All beginners for Body Pump must attend a technique session prior to attending any classes
- If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor.
- No admittance to any class will be allowed after it has commenced
- All classes are subject to availability, please check in advance to avoid disappointment
- Payment for classes is non refundable (non transferable within 48 hours)
- Teen Classes are for 12-16 year olds only
- Crèche available for children aged 8 weeks – 4 years. Please book in advance.

All classes may be booked an hour in advance of the class start time by calling reception on 01403 211311. Payment will be required at the time of booking for all non members.

## STUDIO CYCLING

### MONDAY

9.30 – 10.15am 美  
6.45 – 7.30pm

### TUESDAY

6.20 – 7.05pm

### WEDNESDAY

9.30 – 10.15am 美  
6.45 – 7.30pm

### THURSDAY

6.45 – 7.30pm

### FRIDAY

9.15 – 10.00am 美

### SATURDAY

9.15 – 10.15am

### SUNDAY

5.30 – 6.15pm\*

(\*class runs 3rd Oct – 27th Feb only)



If you are new to these classes, please arrive 5 minutes early to introduce yourself to the instructor and be shown the bike set up procedure.

Booking is recommended for all studio cycling classes.

## Ski & Board Fit

Courses running December – February

Prepare yourselves for the slopes this season with specially designed sessions to improve your strength and stamina.

For more information please speak to a member of the fitness team.



## Urban Rebounding

A safe, effective style of aerobics that provides a challenging cardiovascular workout. Performed on a spring enhanced mini trampoline, rebounding is based around 8 core moves that work all the muscles in the body.

Fridays

5.15pm – 5.45pm 12 – 16 years

6.00pm – 6.45 pm Adults



# Steypning Leisure Centre

## Workout Timetable

### MONDAY

9.30am – 10.30am	Body Pump	♀
10.30am – 11.30am	Body Balance	
3.30pm – 4.45pm	14+ Junior Gym	
6.00pm – 7.00pm	Body Step	
7.00pm – 8.00pm	Body Pump	
8.00pm – 9.30pm	Yoga	

### TUESDAY

9.25am – 10.25am	Body Step	♀
9.30am – 10.30am	Gym Fit	
10.30am – 11.30am	Pilates	♀
7.00pm – 8.00pm	Circuits	♀

### WEDNESDAY

10.45am – 11.45am	Gym Fit	
10.45am – 11.45pm	50+ Movement to Music/Tai Chi	
3.30pm – 4.45pm	14+ Junior Gym	
6.00pm – 7.00pm	Body Pump	
7.00pm – 8.00pm	Pilates	
8.00pm – 9.00pm	Boxercise	

### THURSDAY

9.15am – 10.15am	Body Step	♀
9.30am – 10.30am	Gym Fit	
7.00pm – 8.00pm	Legs, Bums & Tums	
8.00pm – 9.00pm	Body Balance	

### FRIDAY

9.30am – 10.30am	Body Pump	♀
10.35am – 11.30am	Body Balance	

### SATURDAY

9.15am – 9.30am	Body Pump Technique Class	
9.30am – 10.30am	Body Pump	
10.30am – 11.30am	Body Balance	



## POOL WORKOUT SESSIONS

### MONDAY

9.30am – 10.30am	Aqua Fit	♀
10.30am – 11.30am	Low Intensity Aqua	

### TUESDAY

7.00pm – 8.00pm	Aqua Fit	
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### FRIDAY

10.30am – 11.30am	Aqua Fit	♀
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## STUDIO CYCLING

### TUESDAY

6.05pm – 6.50pm	Studio Cycling
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### WEDNESDAY

7.00am – 8.00am	Studio Cycling
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### THURSDAY

6.05pm – 6.50pm	Studio Cycling
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### Location key:

<input type="checkbox"/>	Studio
<input checked="" type="checkbox"/>	Fitness Suite

### Please note:

- All beginners for Body Balance and Body Pump must attend a technique session prior to attending any classes.
- If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor.
- No admittance to any class will be allowed after it has commenced.
- All classes are subject to availability, please check in advance to avoid disappointment.
- Payment for classes is non refundable (non transferable within 48 hours).
- Classes can be booked 7 days in advance.
- ✳ Crèche available for children aged 8 weeks – 4 years. Please book in advance.

# Billingshurst Leisure Centre

## Workout Timetable

### MONDAY

9.30am – 10.30am	Easy Aqua
6.00pm – 6.15pm	Body Pump Technique clinic
6.15pm – 7.10pm	Body Pump
6.30pm – 7.30pm	Run Fit
7.30pm – 8.30pm	Aqua Fit
7.15pm – 8.10pm	Aerobics
8.30pm – 9.30pm	Pilates

### TUESDAY

7.00pm – 9.00pm	L.A.Y (Look After Yourself)
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### WEDNESDAY

6.30pm – 7.25pm	Body Blitz
7.30pm – 8.25pm	Circuit Training
8.30pm – 9.25pm	Pilates

### THURSDAY

6.15pm – 7.10pm	Body Pump
7.30pm – 8.25pm	Dance Aerobics
8.00pm – 9.00pm	Aqua Fit

### FRIDAY

9.30am – 10.30am	Aqua Fit
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### SATURDAY

9.00am – 9.55am	Step/Step Circuits
10.00am – 10.55am	Body Pump

### SUNDAY

9.00am – 9.55am	Body Combat
10.00am – 10.55am	Pilates

## Dance Aerobics

Try this all new class that will challenge your fitness and co-ordination with some fun dance moves thrown in.

**Thursdays 7.30pm – 8.25pm**

**Feature  
Class**

## Class Descriptions

### Aerobics

A high/low aerobic class designed to burn calories. A floor exercise element will ensure the overall body is worked to the max.

### Aqua Fit

Water based aerobics class incorporating conditioning and aerobic exercises. Suitable for all fitness levels.

### Easy Aqua

A gentle session perfect for those wanting a light workout which can also be suitable for both pre/post natal mothers.

### Body Blitz

Total Body workout combines a low impact aerobic element with resistance and core exercises.

### Body Combat

An explosive mix of techniques from the martial arts world set to motivational music.

### Body Pump

Get in shape fast with this world famous resistance training programme, suitable for men and women of all abilities.

### Circuit Training

An all round conditioning class to help improve cardio fitness as well as improving strength and tone.

### L.A.Y

A social session that includes an hour of keep fit followed by an hour of sports. Try Badminton, volleyball plus many more.

### Pilates

Focussing on core strength, stability, flexibility and stamina to improve posture.

### Run Fit

Whether you are training for a local race or the London Marathon run fit can help. Sessions include technique, speed & endurance with a focus on achieving your goals.

### Step/Step Circuits

An easy to follow step class combining basic step moves with a little flair.



The Pavilions In The Park  
Hurst Road  
Horsham  
West Sussex  
RH12 2DF  
Tel: 01403 219200  
Type Talk: 18001 01403 219200  
Fax: 01403 219203

[enquiries@thepavilionsinthepark.co.uk](mailto:enquiries@thepavilionsinthepark.co.uk)  
[www.thepavilionsinthepark.co.uk](http://www.thepavilionsinthepark.co.uk)

#### Prices

	kinetika	Pay As You Go	LAC**
All classes	£0.00	£5.45	£3.45
Pilates	£0.00	£5.70	£3.45
Studio Cycling	£0.00	£6.00	£3.45
Core Stability	£0.00	£5.70	£3.45
Ab Fit	£0.00	£2.85	
Aqua Fit	£0.00	£4.20	£3.45



Broadbridge Heath Leisure Centre  
Wickhurst Lane  
Horsham  
West Sussex  
RH12 3YS  
Tel: 01403 211311  
Type Talk: 18001 01403 211311  
Fax: 01403 273970

[enquiries@broadbridgeheathleisurecentre.co.uk](mailto:enquiries@broadbridgeheathleisurecentre.co.uk)  
[www.broadbridgeheathleisurecentre.co.uk](http://www.broadbridgeheathleisurecentre.co.uk)

#### Prices

	kinetika	Pay As You Go	LAC**
All classes	£0.00	£5.20	£3.45
Pilates	£0.00	£5.70	£3.45
Studio Cycling (45)	£0.00	£6.00	£3.45
Studio Cycling (1hr)	£0.00	£6.50	£3.45



Steyning Leisure Centre  
Horsham Road  
Steyning  
West Sussex  
BN44 3AA  
Tel: 01903 879666  
TypeTalk: 18001 01403 879666  
Fax: 01903 879469

#### Prices

	kinetika	Pay As You Go	LAC**
All Classes	£0.00	£5.40	£3.45
Aqua Fit	£0.00	£5.50	£3.45
Yoga/Pilates	£0.00	£5.95	£3.45
14+ Junior Gym	£0.00	£2.70	
Studio Cycling	£0.00	£5.95	£3.45

[enquiries@steyningleisurecentre.co.uk](mailto:enquiries@steyningleisurecentre.co.uk)  
[www.steyningleisurecentre.co.uk](http://www.steyningleisurecentre.co.uk)



Billingshurst Leisure Centre  
Station Road  
Billingshurst  
West Sussex  
RH14 9RY  
Tel: 01403 787500  
Type Talk: 1800101403 787500  
[www.billingshurstleisurecentre.co.uk](http://www.billingshurstleisurecentre.co.uk)  
[enquiries@billingshurstleisurecentre.co.uk](mailto:enquiries@billingshurstleisurecentre.co.uk)

#### Prices

	kinetika	Pay As You Go	LAC**
All Classes*	£0.00	£5.40	£3.45
Pilates/Yoga	£0.00	£5.70	£3.45
AquaFit	£0.00	£5.50	£3.45

**Timetable available in large format. Contact reception to request your copy.**

\*\*\*LAC- Horsham District Council Leisure Access Card. Contact on 01403 215263 for further information  
Please note Our timetables can change at anytime without prior notice to our customers.