

Workout Timetable

From Monday 6th September 2010

Monday

08.30 - 09.15 Aqua Fit (Therapy)
09.45 - 10.40 Body Pump
10.45 - 11.40 Body Balance
14.00 - 15.00 Active Lifestyle
18.00 - 18.45 Studio Cycling
19.00 - 20.00 Bootcamp Circuit
19.00 - 20.00 Pilates (beginner course)
19.15 - 20.00 Aqua Fit (Aerobics)
20.15 - 21.15 Dance Fusion

Wednesday

08.30 - 09.15 Aqua Fit (Therapy)
09.20 - 10.20 Active Lifestyle
10.30 - 11.30 Active Lifestyle
11.40 - 12.40 Box Fit
19.15 - 20.15 Body Blitz
20.15 - 21.15 Body Balance

Friday

09.15 - 10.00 Aqua Fit (Aerobics)
09.45 - 10.40 LBT
10.45 - 11.40 Fitness Yoga*
18.00 - 18.45 Studio Cycling

Tuesday

09.45 - 10.40 LBT
10.45 - 11.40 Pilates*
10.45 - 11.40 Natal Fit (pre & post course)
11.45 - 12.30 Studio Cycling
19.15 - 20.15 Body Attack
20.15 - 21.15 Body Pump
20.15 - 21.15 Fitness Yoga (beginner course)

Thursday

09.45 - 10.40 Body Pump
10.45 - 11.40 Body Balance
18.15 - 19.15 3 in 1
19.15 - 20.15 Pilates*
20.15 - 21.15 Body Pump

Saturday

09.00 - 10.00 Zumba
10.00 - 11.00 Body Attack
11.00 - 12.00 Body Pump

Sunday

09.00 - 10.00 Fitness Yoga*

*Beginners need to book onto a 4 week course prior to joining these classes
Courses start: Pilates - Mon 6th & Fitness Yoga - Tues 7th Sept - ask at reception for details
Natal Fit 6 week course starts Tues 14th Sept. (All courses in Multi Function room)

If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor

For more information, please call us on 01483 274400

Our timetables can change at anytime without prior notice.



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Class Descriptions

3 in 1 gives you the chance to combine basic aerobics, step and conditioning all in one class

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

Aqua Fit This is a safe and effective low impact workout utilising the water as your training partner. Therapy is less intense than aerobic sessions

BodyAttack is cardiovascular interval training that combines high intensity aerobics, strength & stabilisation exercises to burn calories, and improve endurance & strength

BodyBalance 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

BodyPump is a group exercise class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning.

Body Blitz is a combination class to give an overall body workout using cardiovascular fitness and toning exercises

Bootcamp Circuit is the progressive development of the muscular and cardio systems. High energy to achieve all round fitness and endurance using body weight & equipment for a sociable fun workout

Box Fit a high energy cardio workout using gloves and pads to really work the whole body. All fitness levels

Dance Fusion is a dance infused aerobic workout, which is fresh and funky using uplifting music for an enjoyable and energetic experience. Get ready to move your body and embrace the feel good factor!!!

Freestyle Fitness Yoga (FFY) is a challenging freestyle class that targets flexibility, core stability and strength. You can expect to improve your flexibility greatly in 8 weeks

Legs, Bums and Tums (LBT) is a class that focuses mainly on the toning and strengthening of the lower body utilising a variety of low impact and resistance exercises

Natal Fit is a 6 week course designed specifically to help you keep fit during pregnancy or regain fitness post birth

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

Studio Cycling is a group exercise class on static bikes. It's a great cardiovascular workout and an enjoyable way to burn calories. Limited spaces

Zumba is a combination of fitness and dance moves to swinging Latin music such as Salsa, Flamenco and Merengue. It's a fun, energetic workout for all ages and fitness levels, with no hard choreography



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