

# Workout Timetable

From Monday 9<sup>th</sup> January 2012

## MONDAY

10.00 – 10.45 Functional Fitness  
10.45 – 11.45 Fitness Yoga  
18.00 – 19.00 Pilates  
19.00 – 20.00 Shape & Tone  
20.00 – 21.00 Back 2 Basics Bootcamp

## WEDNESDAY

09.30 – 10.30 Conditionize  
10.30 – 11.30 Zumba  
17.00 – 18.00 Teenfit Just Jhoom! Yoga\*  
18.00 – 18.45 HiLo Blitz  
18.45 – 19.30 Fitness Yoga  
19.30 – 20.30 Fitness course

## FRIDAY

10.30 – 11.30 Pilates  
18.00 – 19.00 Core Fit  
19.00 – 20.00 Just Jhoom! Cardio Dance

## SUNDAY

09.15 – 10.00 Aqua Fit  
09.30 – 10.30 Circuits

## TUESDAY

09.00 – 10.00 Zumba  
10.00 – 12.00 Active Lifestyle  
18.00 – 19.00 Class of the month  
19.00 – 20.00 Boxercise  
19.50 – 20.40 Aqua Fit  
20.00 – 21.00 Zumba

## THURSDAY

10.00 – 12.00 Active Lifestyle  
18.00 – 19.00 Kick Box  
19.00 – 20.00 Legs, Bums & Tums  
20.00 – 21.00 Zumba  
20.20 – 21.00 Aqua Fit

## SATURDAY

09.30 – 10.30 Shape & Tone  
10.30 – 11.30 Pilates  
11.30 – 12.30 Pilates

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

*\* This class is for Teens 14 years plus*

**Our timetables can change at any time without prior notice**



Managed by DC Leisure with the support of Waverley Borough Council

# Class Descriptions

**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** 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.

**Conditionize** is designed to tone and condition muscles while raising metabolic rate.

**Back 2 Basics Bootcamp** basic cardiovascular and strengthening exercises in a fast, fun format to burn fat and increase your heart rate

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

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

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

**Fitness Yoga** is a challenging, freestyle yoga class that targets flexibility, core stability and strength. You can expect to improve your flexibility in 8 weeks.

**Functional Fitness** is a class using barbells, hand weights & body weight with a range of low impact and resistance exercises

**HiLo Blitz** is a high energy class combining high & low impact aerobics and conditioning.

**Kick Box** is a dynamic workout to improve stamina, define the body and increase overall fitness (non contact).

**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.

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

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

**Studio Strength** is a class using barbells & hand weights to tone & condition muscles, build strength and burn fat.

**Teenfit Just Jhoom! Yoga (for 14+)** is a fun aerobic and flexibility class combining Bollywood style dance with fitness yoga

**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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