

Group Workout Programme

Autumn/Winter

Monday

9.30am – 10.15am



10.15am – 11.00am



11.00am – 11.45am

MIND AND BODY

6.15pm – 7.15pm



7.30pm – 8.00pm

STUDIO SPINNING

7.30pm – 8.15pm

AQUA

7.30pm – 8.30pm



8.15pm – 9.00pm

AQUA - DEEP

8.30pm – 9.30pm

ZUMBA

Tuesday

6.30am – 7.00am

STUDIO SPINNING

9.30am – 10.15am



10.15am – 11.00am



11.00am – 11.30am

WAR ON CORE

6.15pm – 7.00pm

STUDIO SPINNING

6.30pm – 7.00pm

HULA HOOP FIT

7.00pm – 7.30pm

HULA HOOP FIT

7.15pm – 7.45pm

ABS CIRCUIT

8.00pm – 9.00pm



8.15pm – 9.15pm

Dynamic Yoga

Wednesday

9.15am – 10.00am

AQUA - GENTLE

9.30am – 10.15am

ZUMBA

10.15am – 11.00am



11.00am – 11.45am

HULA TONE

6.45pm – 7.45pm



7.00pm – 7.30pm

STUDIO SPINNING

7.30pm – 8.15pm

AQUA - SHALLOW

7.45pm – 8.45pm



8.15pm – 9.00pm

AQUA - DEEP

Thursday

9.30am – 10.10am

RUN R

10.15am – 11.00am



6.00pm – 6.30pm

STUDIO SPINNING

6.30pm – 7.30pm

ZUMBA

7.30pm – 8.30pm

Legs, Bums & Tums

7.30pm – 8.15pm

AQUA JOG

8.00pm – 9.00pm

CIRCUITS

Friday

6.30am – 7.00am

STUDIO SPINNING

9.30am – 10.30am



10.30am – 11.30am

ZUMBA

11.00am – 11.45am

AQUA

Sunday




9.00am – 9.45am

STUDIO SPINNING

9.45am – 10.15am

AB ATTACK

Class Descriptions

	Body pump is the fastest way to shape up and lose body fat. It's a toning and conditioning class using weights and is suitable for just about everybody. The simplicity of the class makes it a great starting point to develop strength and confidence. Brilliant sounds and compelling choreography keep you going through each workout.
	Body combat is an energetic non-contact, martial arts-based aerobic workout. Each class is choreographed and supported by motivational music with inspiring instructions to guide you as you strike, punch, kick your way through calories to superior cardio fitness.
	Your legs will love it, eventually. Improve heart and lung fitness, agility, co-ordination. Increase strength and endurance
ZUMBA	Zumba uses unique Latin inspired international music and dance steps to create a freestyle dynamic, exciting and effective fitness class.
STUDIO SPINNING	Studio Spinning - This cardiovascular workout on a studio bike takes all the best elements from outdoor cycling to bring you a superior way to burn calories and improve fitness and stamina fast. With highly motivated instructions and amazing music you are guaranteed an intensive workout that will leave you feeling exhilarated.
Legs, Bums & Tums	This Intermediate intensity class combines an aerobic session followed by body conditioning and toning targeting the legs bottom and stomach areas. A low impact workout designed to shape and tone, this is perfect for all levels of fitness.
CIRCUITS	This social, fun class is a must for everyone. Work as hard as you want and make friends at the same time.
ABS CIRCUIT	30 minutes of pure abdominals. If you want a washboard stomach, this class is for you!
WAR ON CORE	A complete body workout using a combination of stability balls and mat work to ensure that all the core muscles are engaged. This class will improve muscle tone and strengthen and firm the entire body while increasing flexibility and posture. You will achieve a firmer toned physique in this simple but effective session.
AB ATTACK	A 30 minute blast of abdominals, with emphasis on those problem stomach muscles. A must for anyone who wants that elusive six pack!
HULA HOOP FIT	Try this class and tell me you didn't have fun! Great for the abdominals and core. It takes you back to your school days but with specialist hoops that are easier to keep up. Great fun!
HULA TONE	Due to the success of hula fit we have given you an hour of hula which will include aerobics and conditioning. Great fun for all abilities.
Run-R	A unique treadmill workout where participants work to their own ability to achieve results. Improve your fitness, burn fat and motivate yourself to run.
Mind and Body	A mixture of pilates and yoga, that is suitable for all abilities, and is at a slower pace. Putting more emphasis on correct technique, posture and breathing rhythms.
Dynamic yoga	Dynamic Yoga - This flowing style of yoga will increase strength and flexibility. Relax your mind and have a great workout at the same time. Great for strengthening the core and reducing back pain.
AQUA	Aqua - A non-impact water based aerobics class that helps to burn calories, improve cardiovascular fitness, flexibility and strengthen core muscles without putting pressure on the joints, this is an excellent class for all abilities and ages.
AQUA JOG	Aqua Jog - An instructor lead activity, for those who wish to use the positive benefits of water, such as resistance and buoyancy to gain a highly effective workout that has low or no impact on joints.

Bramston Sports Centre

Bridge Street, Witham

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Please note: You will only gain entry by registering at the beginning of class at main reception and by handing in a ticket to your instructor. PLEASE ARRIVE ON TIME. Classes may be booked 7 days in advance except Studio Spinning which may only be booked 24 hours in advance.

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