



# Group Workout Timetable

## September 2011 Issue 10

Braintree Leisure Centre  
01376 552585

# Workout Timetable


## Monday

9.30am – 10.30am*	 STOTT PILATES
10.30am – 11.30am*	 LESMILLS BODYPUMP
6.00pm – 6.45pm	<b>Keiser M3 Group Cycling</b>
6.00pm – 7.00pm	 ZUMBA FITNESS
7.00pm – 8.00pm	 LESMILLS BODYPUMP
8.05pm – 9.05pm	 LESMILLS BODYCOMBAT




## Tuesday

9.30am – 10.30am*	 LESMILLS BODYCOMBAT
10.30am – 11.30am*	STOTT PILATES
12.30pm – 1.30pm	 GENTLE TOUCH
6.00pm – 7.00pm	 Legs, Bums & Tums
7.05pm – 8.05pm	 LESMILLS BODYPUMP
8.10pm – 9.10pm	<b>Hula &amp; Tone</b>

## Wednesday

9.30am – 10.30am*	 LESMILLS BODYCOMBAT
10.30am-11.30am*	<b>Body Blitz</b>
12.15pm-1.00pm	<b>Keiser M3 Group Cycling</b>
6.00pm – 6.45pm	<b>Keiser M3 Group Cycling</b>
6.00pm – 7.00pm	STOTT PILATES
7.00pm – 8.00pm	<b>Groove &amp; Tone</b>

## Thursday

9.30am – 10.30am*	 LESMILLS BODYPUMP
10.45am – 11.30am*	<b>Keiser M3 Group Cycling</b>
12.30pm – 1.30pm	<b>Young At Heart</b>
6.00pm – 7.00pm	 LESMILLS BODYCOMBAT
7.15pm – 8.00pm	<b>Keiser M3 Group Cycling</b>
7.00pm – 8.00pm	<b>Step &amp; Tone</b>
8.00pm – 9.00pm	 ZUMBA FITNESS

## Friday

9.30am – 10.30am*	 LESMILLS BODYCOMBAT
10.30am-11.30am*	 Legs, Bums & Tums
6.00pm – 6.30pm	<b>Express Spin</b>
6.35pm – 7.35pm	 LESMILLS BODYPUMP

## Saturday

9.15am – 10.00am	<b>Keiser M3 Group Cycling</b>
9.30am – 10.30am	 ZUMBA FITNESS
9.15am – 10.00am	<b>Keiser M3 Group Cycling</b>

## Sunday

PLEASE NOTE: We prefer all classes to be booked in advance. You will only gain entry by registering at the beginning of the class at main reception and by handing in a ticket to your instructor. PLEASE ARRIVE ON TIME.

\* There is a crèche available for this session children aged 3 months to 4 years. Please pre-book to avoid disappointment. Fun Sessions are available during school holidays. Contact reception for further details.

## Class Descriptions

	<p>Body Pump is a revolutionary weight-training workout that strengthens, tones and defines every muscle in your body. You will gain all the benefits of a better looking, better feeling and better working body. Body Pump is suitable for men and women of all levels of fitness.</p>
<p><b>Groove &amp; Tone</b></p>	<p>Groove away the excess calories with this low impact class for all abilities guaranteed to make you sweat. No complicated routines, simple, fun and energising. Get your body grooving, shaking and toning for both upper and lower body. A total body workout.</p>
<p><b>Legs, Bums &amp; Tums</b></p>	<p>Intermediate intensity, low impact workout. It will include an aerobic session followed by body conditioning work on the legs, bums and tums. Suitable for all fitness levels.</p>
<p><b>STOTT PILATES</b></p>	<p>This method of pilates is a contemporary, anatomically based approach, incorporating modern exercise principles about spinal rehabilitation and performance enhancement. The STOTT pilates exercises are designed to restore the natural curves of the spine and rebalance muscles around the joints.</p>
	<p>Body Combat is a 60 minute class combining moves and stances from a range of self-defence disciplines like Karate, Tai-Chi, Kick-Boxing and Tae Kwon-do into a combat fighting routine. Body Combat classes create a fiercely energetic experience that raises fitness levels throughout the whole body.</p>
<p><b>Step &amp; Tone</b></p>	<p>A cardiovascular workout using a step. This class is a great fat-burner and tones buttocks and thighs at the same time. Choreography is used to increase the intensity of the workout, therefore making it more enjoyable and fun</p>
<p><b>Young At Heart</b></p>	<p>A beginner to intermediate class, for those who want to stay active in later years. This class includes a mixture of cardiovascular exercise and general conditioning. Relaxation and refreshments are included at the end of the class. Delivered by GP referral/cardio rehab instructor.</p>
	<p>This Class is a MUST for beginners to group exercise classes or for those who require a more gentle approach to their exercise regime. The class includes a mixture of cardiovascular exercise and some general conditioning exercises. Relaxation and refreshments are included at the end of the class. Delivered by GP referral/ Cardiac rehab instructor.</p>
	<p>This is a dance based fitness workout with easy to follow steps. Lots of HOT latin beats, and if you want to shed the pounds and inches, this is the class for you. If you want a good workout with lots of fun then come along and get hot.</p>
<p><b>Keiser M3 Group Cycling</b></p>	<p>A fun way to get fit and burn calories! You will participate in this class using a stationary spin cycle and will follow the routine that the instructor is doing on their spin cycle. This class is for all levels of fitness and is a very enjoyable and motivational way to get fit.</p>
<p><b>Hula &amp; Tone</b></p>	<p>If you're looking for a class to trim your mid section and is fun to do look no further. 30 minutes of Hula Hooping using weighted hoops then 30minutes of General Body Toning.</p>
<p><b>Body Blitz</b></p>	<p>A Body Conditioning Class which includes a variety of classes in one neat package! It will vary from week to week so not a class to get bored with.</p>

# Courses

## PROGRAMME PLUS\*

### Ab Attack

Get abs of steel and get great ideas for your workouts. Delivered by a level 3 advanced Fitness Instructor.

### Weight Management

Learn nutritional information, the best way to manage your weight and a variety of recipes. Delivered by a level 3 advanced Fitness Instructor.

### Muscle Attack

Barbell and free weights course.

## EXTRAS\*

### Teen Kinetika

For young adults aged 11-15 years. Gym programme design and designated gym use session supervised by a level 3 advanced instructor.

Young Adults Aged 14 / 15 can attend the Group Workout Classes alongside an Adult. With the exception of the following classes: Body Combat, Body Pump, Keiser Spin \*Please note – Adult Prices Apply.

\* Extra clubs & courses have an extra charge



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