



Workout Timetable

July 2011

Farnborough Leisure Centre

01252 370411

www.farnboroughleisurecentre.co.uk

Workout Timetable –

Mon		9.30am - 10.15am Water Workout Sarah ★	9.45am - 10.30am Indoor Cycling Sam A ★			12.30pm - 1.15pm Legs, Bums & Tums Jan ★	
Tues			9.45am - 10.45am Body Combat Jenny ★			12.15pm - 1.00pm Body Pump Jenny ★	
Weds		9.30am - 10.30am Zumba Giselle ★	9.45am - 10.30am Legs, Bums & Tums Jan ★	9.45am - 10.30am Indoor Cycling James ★	10.30am - 11.30am Body Pump Jan ★	1.00pm - 1.45pm Indoor Cycling Dave ★	2.00pm - 3.00pm Young @ Jan ★
Thurs			9.45am - 10.30am Indoor Cycling Gemma ★	10.00am - 10.45am Water Workout Max ★		12.30pm - 1.15pm Body Pump Jan ★	
Fri			9.45am - 10.45am Body Combat Sam A ★		11.15am - 12.00pm Young @ Jenny ★	12.15pm - 1.00pm Body Pump Sam A ★	
Sat	8.10am - 9.10am Zumba Tania	9.15am - 10.15am Zumba Tania	9.15am - 10.15am Body Pump Jenny	9.45am - 10.30am Indoor Cycling Elaine	10.30am - 11.30am Body Combat Sam A		
Sun		8.45am - 9.30am Indoor Cycling Sarah M	9.30am - 10.30am Body Pump Sam A	10.30am - 11.30am Body Balance Lynne			

Key to location



Pool



Studio 1



Studio 2



Cyclone



Crèche open
Monday - Friday
9.15am – 3.15pm

A lovely safe purpose built environment. Registered with OFTED, fun activities include sand, play dough, jigsaws, books, baby area, drawing & a home corner.

Crèche Shop & Drop – Contact Reception for further details on 01252 370411.

**Do you exercise
more than once a
week?**

Enjoy more for less!
Ask about membership
options!

Farnborough Leisure Centre

	5.30pm - 6.00pm Indoor Cycling James	6.15pm - 7.00pm Indoor Cycling James	6.15pm - 7.10pm Body Blitz Elaine	7.15pm - 8.15pm Body Balance Elaine	7.15pm - 8.15pm Body Pump Sam A	7.15pm - 8.00pm Water Workout Max	8.25pm - 9.25pm Body Combat Sam A	
	6.15pm - 7.00pm Indoor Cycling Paul	6.15pm - 7.15pm Body Step Sarah	6.15pm - 7.15pm Body Pump Elaine	7.15pm - 8.00pm Legs, Bums & Tums Sarah	7.30pm - 8.15pm Indoor Cycling Elaine	7.30pm - 8.30pm Circuits Paul	8.15pm - 9.00pm Street Jam Sarah	
pm	5.30pm - 6.00pm Indoor Cycling Caz	6.15pm - 7.00pm Indoor Cycling Sam A	6.15pm - 7.10pm Body Step Elaine		7.15pm - 8.00pm Indoor Cycling Hedi	7.15pm - 8.15pm Body Combat Sam A	8.15pm - 9.00pm Water Workout Hedi	8.30pm - 9.30pm Zumba Tania
	6.00pm - 7.00pm Body Combat Lynne	6.00pm - 6.15pm Body Pump Technique Max	6.15pm - 7.15pm Body Pump Max	6.15pm - 7.00pm Indoor Cycling Sarah M	7.00pm - 8.00pm Body Step Danni		7.30pm - 8.15pm Legs, Bums & Tums Max	8.30pm - 9.15pm Body Balance Sam G
	5.30pm - 6.00pm Indoor Cycling Caz		6.15pm - 7.15pm Body Pump Elaine	7.00pm - 7.45pm Water Workout Max	<p>PLEASE ENSURE YOU COLLECT YOUR TICKETS FROM RECEPTION, BRING WATER AND A TOWEL WITH YOU TO YOUR CLASS!</p>			

WORKOUT CLASSES

Water Workout – Designed to improve fitness and muscle tone with less stress on the joints, held in the shallow end of the pool.

Body Blitz – A mix of high and low impact aerobic routines providing a complete cardiovascular workout.

Circuits – An exciting mix of traditional circuit training and total body conditioning, this really is an “all round” workout.

Legs, Tums and Bums – The name says it all. A very popular aerobics class focusing on those important areas.

Indoor Cycling – Exciting group indoor cycling classes. Instructor led, these classes suitable for beginners or serious cyclists. A fantastic calorie burner for 30 or 45 minutes.

Street Jam – Street Dance based aerobic workout.

Young at Heart – A low impact exercise class for the over 50’s, a fun way to keep fit.

Members: Eight days advance booking privilege (including telephone bookings).

Non-members: Seven days advance booking privilege* (including telephone bookings).

Body Pump – A non-impact class designed to give your body a complete workout using weights to powerful motivating music. All ages and fitness levels can participate in the same class, you simply use heavier weights as you get fitter.

BodyStep – Step up the intensity not the complexity of your workout. Bodystep delivers inspiration to achieve results through the use of exciting and powerful music with inspirational instructors. It improves muscle strength and endurance with specific conditioning placed between bouts of aerobic activity.

Body Combat – Combines powerhouse moves and stances, into a ‘take-no prisoners’, adrenaline-pumping routine. It is an empowering, athletic workout that will have you “fighting-fit” in record time! Body Combat reduces stress, improves general well-being and vitality whilst encouraging assertiveness and self-confidence.

BodyBalance – invigorates and tones, releasing tight, tense muscles leaving you in a state of energised calm. BodyBalance is a dynamic yoga-based stretch programme that leaves you feeling relaxed and renewed to create a holistic workout that brings the body, mind and soul into a state of balance and harmony.

Zumba – A fusion of Latin rhythms and easy-to-follow moves that creates a dynamic, exciting, and effective fitness class which tones and sculpts the body while burning fat

BODY TRAINING SYSTEMS (BTS) New routines coming soon!



*payment is required at time of booking

Fitness Courses

We run a range of fitness courses to help you achieve your goals. Contact a member of the Fitness Team for more details.

Back Fit

A stronger back, a fitter you!
Benefit from our back fit course by strengthening and increasing your back mobility. Improve your posture and help to reduce the risk of future back problems.

Ab Attack

Want a flatter stomach? Improve your abdominal strength; Improve your body shape and posture and start feeling great about your body shape.

Kett Fit

A new way to get fit. Reduce body fat, increase strength and power, Improve flexibility all help to create a lean body.



Box Fit

Box your way to fitness. Learn basic boxing moves, improve your fitness, tone your body while having fun a training with other people.



Member Clinic Days

If you are looking to revitalise your workout come and speak to a gym instructor during one of our clinic open days or ask reception for more information.

Fit Lives believes that a truly healthy lifestyle is not just about physical fitness but also about mental and spiritual wellbeing.

The **Fit Lives** "Life Skills Coordinators" are here to support and encourage you and help you take time to consider your priorities and they are available to chat and listen at various times during the week.

If there are issues you want to consider in more depth, please look out for various lifestyle courses and seminars that are held in the centre such as parenting, marriage, relationships, stress and time management.

For more information or details on lifestyle courses and seminars watch the notice board in the gym or contact us at wil@stpetersfarnborough.co.uk

We look forward to meeting you.

