

Workout Timetable

From Thursday 5th January 2012

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
19.00 - 19.45 Aqua Power Circuit
19.00 - 19.55 Cardio Core
19.00 - 19.55 Pilates*
20.00 - 21.00 Just Jhoom! Cardio Dance

Wednesday

08.30 - 09.15 Aqua Fit (therapy)
09.20 - 10.20 Active Lifestyle
09.45 - 10.45 Zumba ★
10.30 - 11.30 Active Lifestyle
18.45 - 19.45 Body Pump
19.45 - 20.45 Zumba
20.15 - 21.00 Aqua Power Circuit

Friday

09.00 - 09.45 Aqua Fit
09.50 - 10.45 LBT Conditioning★
10.45 - 11.40 Fitness Yoga* ★
18.00 - 19.00 Zumba

Tuesday

09.45 - 10.40 LBT ★
10.45 - 11.40 Just Jhoom! Cardio Dance ★
10.50 - 11.35 Aqua Power Circuit★
19.15 - 20.15 Body Attack
20.15 - 21.15 Body Pump
20.15 - 21.15 Fitness Yoga*

Thursday

09.00 - 10.00 Pilates*
09.45 - 10.40 Body Pump ★
10.45 - 11.40 Body Balance ★
19.15 - 20.15 Circuits

Saturday

09.00 - 10.00 Zumba
10.00 - 11.00 Body Attack

Sunday

No classes

★ Creche available – please book

*Beginners (no experience of yoga/balance or pilates) need to book onto a 4 week introduction course prior to joining these classes. Please enquire for course start dates

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



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

Aqua Power Circuit This is a high energy yet low impact class utilising the water & equipment to maximise your workout. Suitable for all abilities

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 aids 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

Cardio Core is a workout that targets fat burning combined with functional core strength & stability exercises. Suitable for men & women of all ages and fitness abilities.

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

Fitness Yoga is a challenging freestyle class that targets flexibility, core stability, balance and strength. You can expect to improve your flexibility greatly in just a few weeks.

Just Jhoom! Cardio Dance is a brand new form of dancercise inspired by the glitz and glamour of Bollywood. It's energetic, sexy... and a great way to keep fit! You will progress an aerobic routine over a number of weeks.

Legs, Bums and Tums/Conditioning is a class that 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 aid improved sleep, wellbeing and recovery from injury

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.

Our timetables can change at any time without prior notice.



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