

Workout Timetable

From 4th January 2010

Monday

09.45 - 10.40 Body Pump
10.45 - 11.40 Body Balance
12.30 - 13.00 Ab Attack*
14.00 - 15.00 Active Lifestyle
18.15 - 19.15 3 in 1
19.15 - 20.15 Circuits
20.15 - 21.15 Zumba

Tuesday

08.55 - 09.40 Butt Buster Aerobics*
09.45 - 10.40 Pilates
10.45 - 11.40 LBT
19.15 - 20.15 Body Attack
20.15 - 21.15 Body Pump

Wednesday

09.20 - 10.20 Active Lifestyle
10.30 - 11.30 Active Lifestyle
19.15 - 20.15 Body Blitz*
20.15 - 21.15 Body Balance

Thursday

09.45 - 10.40 Body Pump
10.45 - 11.40 Body Balance
12.30 - 13.00 Ab Attack*
18.15 - 19.15 Freestyle Dance*
19.15 - 20.15 Body Step
20.15 - 21.15 Body Pump

Friday

09.45 - 10.40 LBT
10.45 - 11.40 Body Step

Saturday

10.00 - 11.00 Body Attack
11.00 - 12.00 Body Pump

* These classes are NEW in January



cranleigh
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Managed by DC Leisure with the support of Waverley Borough Council

Class Descriptions

BodyPump is a group exercise class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning.

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 promotes relaxation.

BodyStep is a cardiovascular programme providing a high energy cardio workout to music. It features high intensity intervals followed by muscle conditioning tracks designed to shape and tone the lower body while pushing the fat-burning systems into high gear.

BodyAttack is a cardiovascular interval training programme that combines high intensity aerobics, strength and stabilisation exercises. It is a rapid calorie burner that delivers fast improvement in endurance and an increase in overall body strength.

Butt Buster Aerobics a fun high impact freestyle aerobics class to get your heart rate up and your body working.

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.

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

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.

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.

3 in 1 gives you the chance to combine basic aerobics, step and conditioning all in one class.

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

Ab Attack an intense yet effective workout for your abdominal and core muscles. Suitable for all levels.

Body Blitz a combination class to give an overall body workout using cardiovascular fitness and toning exercises.



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