

# Billingshurst Leisure Centre

## MONDAY

9.30am – 10.30am	Easy Aqua
6.00pm – 6.10pm	Body Pump Technique clinic
6.10pm – 7.15pm	Body Pump
6.30pm – 7.30pm	Boxercise
7.30pm – 8.30pm	Aqua Circuits
7.15pm – 8.10pm	Aerobics
8.15pm – 9.15pm	Fusion

## TUESDAY

7.00pm – 9.00pm	L.A.Y (Look After Yourself)
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## WEDNESDAY

6.30pm – 7.30pm	Body Blitz
7.30pm – 8.25pm	Circuit Training
8.30pm – 9.25pm	Pilates

## THURSDAY

6.15pm – 7.15pm	Body Pump
7.45pm – 8.45pm	Zumba
8.00pm – 9.00pm	Aqua Fit

## FRIDAY

9.30am – 10.30am	Aqua Fit
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## SATURDAY

9.00am – 9.55am	Step/Step Circuits
10.00am – 11.00am	Body Pump
11.05am – 12.00noon	Zumba

## SUNDAY

9.00am – 10.00am	Body Combat
10.05am – 10.55am	Yoga

## Yoga

Relax and de-stress with our new yoga class. Using slow movements and stretching exercises you will increase flexibility and balance.

**Sundays 10.05am - 10.55am**

All classes may be booked an hour in advance of the class start time by calling reception on **01403 787500**.

Payment will be required at the time of booking for all non members.

## Class Descriptions

### Aerobics

A high/low aerobic class designed to burn calories. A floor exercise element will ensure the overall body is worked to the max.

### Aqua Circuits

A fun water based class using various aqua techniques to give a whole body workout. Suitable for all fitness levels.

### Aqua Fit

Water based aerobics class incorporating conditioning and aerobic exercises. Suitable for all fitness levels.

### Easy Aqua

A gentle session perfect for those wanting a light workout which can also be suitable for both pre/post natal mothers.

### Body Blitz

Total Body workout combines a low impact aerobic element with resistance and core exercises.

### Body Combat

An explosive mix of techniques from the martial arts world set to motivational music.

### Body Pump

Get in shape fast with this world famous resistance training programme, suitable for men and women of all abilities.

### Circuit Training

An all round conditioning class to help improve cardio fitness as well as improving strength and tone.

### Fusion

This class combines the best of yoga and pilates improving relaxation, strengthening and stretching muscles and balance.

### L.A.Y – Look After Yourself

A 2 part class combining a body conditioning circuit and followed by an hours worth of games including badminton, volleyball and hockey.

### Pilates

Focussing on core strength, stability, flexibility and stamina to improve posture.

### Step/Step Circuits

An easy to follow step class combining basic step moves with a little flair.

### Zumba

A fusion of latin rhythms and easy to follow dance moves that create a one of a kind workout.



The Pavilions In The Park  
 Hurst Road  
 Horsham  
 West Sussex  
 RH12 2DF  
 Tel: 01403 219200  
 Type Talk: 18001 01403 219200  
 Fax: 01403 219203

[enquiries@thepavilionsinthepark.co.uk](mailto:enquiries@thepavilionsinthepark.co.uk)  
[www.thepavilionsinthepark.co.uk](http://www.thepavilionsinthepark.co.uk)

**Prices**

	kinetika	Pay As You Go	LAC**
All classes	£0.00	£5.80	£3.65
Pilates	£0.00	£6.00	£3.65
Studio Cycling	£0.00	£6.25	£3.65
Core Stability	£0.00	£6.00	£3.65
Ab Fit	£0.00	£3.15	
Aqua Fit	£0.00	£4.50	£3.65



Broadbridge Heath Leisure Centre  
 Wickhurst Lane  
 Horsham  
 West Sussex  
 RH12 3YS  
 Tel: 01403 211311  
 Type Talk: 18001 01403 211311  
 Fax: 01403 273970

[enquiries@broadbridgeheathleisurecentre.co.uk](mailto:enquiries@broadbridgeheathleisurecentre.co.uk)  
[www.broadbridgeheathleisurecentre.co.uk](http://www.broadbridgeheathleisurecentre.co.uk)

**Prices**

	kinetika	Pay As You Go	LAC**
All classes	£0.00	£5.60	£3.65
Pilates	£0.00	£6.00	£3.65
Studio Cycling (45)	£0.00	£6.25	£3.65
Studio Cycling (1hr)	£0.00	£6.75	£3.65



Steyning Leisure Centre  
 Horsham Road  
 Steyning  
 West Sussex  
 BN44 3AA  
 Tel: 01903 879666  
 TypeTalk: 18001 01403 879666  
 Fax: 01903 879469

**Prices**

	kinetika	Pay As You Go	LAC**
All Classes	£0.00	£5.80	£3.65
Aqua Fit	£0.00	£5.80	£3.65
Yoga/Pilates	£0.00	£6.15	£3.65
14+ Junior Gym	£0.00	£3.00	
Studio Cycling	£0.00	£6.15	£3.65

[enquiries@steyningleisurecentre.co.uk](mailto:enquiries@steyningleisurecentre.co.uk)  
[www.steyningleisurecentre.co.uk](http://www.steyningleisurecentre.co.uk)



Billingshurst Leisure Centre  
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**Prices**

	kinetika	Pay As You Go	LAC**
All Classes*	£0.00	£5.80	£3.65
Pilates/Yoga	£0.00	£6.15	£3.65
AquaFit	£0.00	£5.80	£3.65

**Timetable available in large format. Contact reception to request your copy.**

\*\*LAC- Horsham District Council Leisure Access Card. Contact on 01403 215263 for further information  
 Please note our timetables can change at anytime without prior notice to our customers.