









Group Workout Timetable

From January 2012

Halstead Leisure Centre
01787 472480
halsteadleisurecentre.co.uk

Class Descriptions

BODY PUMP	Body pump is the fastest way to shape up and lose body fat. It's a toning and conditioning class using weights and is suitable for just about everybody. The simplicity of the class makes it a great starting point to develop strength and confidence. Brilliant sounds and compelling choreography keep you going through each workout.
BODY COMBAT	Body combat is an energetic non-contact, martial arts-based aerobic workout. Each class is choreographed and supported by motivational music with inspiring instructions to guide you as you strike, punch, kick your way through calories to superior cardio fitness.
BODY STEP	Body step is the energising step workout using simple steps and motivational music. Cardio sections push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.
BOKWA	Bokwa is an intense cardiovascular workout combined with South African war dance, Capoeira, Kickboxing and Steps. It has been proven to burn a great amount of calories, making it easier for weight loss goals. This is a fun, challenging and energising total body workout.
DANCERSIZE	This exercise class offers a variety of dance styles including Latin, Jazz, Street Salsa and many more. The session begins with an aerobic warm up and slowly introduces a combination of both simple step sequences and more advanced routines that are designed to develop a sense of timing, technique, co-ordination and rhythm. The class offers an enjoyable and fun way to improve cardio fitness and achieve lasting results.
STUDIO SPINNING/ EXPRESS SPIN	This cardiovascular workout on a studio bike takes all the best elements from outdoor cycling to bring you a superior way to burn calories and improve fitness and stamina fast. With highly motivated instructions and amazing music you are guaranteed an intensive workout that will leave you feeling exhilarated. Why not try our intense 30 minute express spin.
BODY CONDITIONING	An all over body workout suitable for everyone of all levels of fitness this class incorporates a 15 minute aerobic warm up followed by upper and lower body strengthening and toning exercises which may include weights. An excellent low impact class providing amazing results.
STEP, TONE & ABS	A class that combines step, body conditioning and abdominal exercises. Burn Calories and achieve a firmer more toned body in this class that offers the best of everything.
	Pilates is an alternative body conditioning technique which concentrates on the deep postural muscles (torso and back) and works by building strength from the inside out. This low impact class suitable for all abilities and ages has no routines and is physically and emotionally rewarding in its simplicity.
CORE STABILITY	A complete body workout using a combination of stability balls and mat work to ensure that all the core muscles are engaged. This class will improve muscle tone and strengthen and firm the entire body while increasing flexibility and posture. You will achieve a firmer toned physique in this simple but effective session.
	A gentle, social class concentrating on improving mobility, flexibility and overall fitness to give you energy and vitality for the rest of the day.
	Zumba uses unique Latin inspired international music and dance steps to create a freestyle dynamic, exciting and effective fitness class.
	Adapted dance routines from our popular Zumba class. For ages 4-7 yrs.
	Adapted dance routines from our popular Zumba class. For ages 8+ yrs.
	This Intermediate intensity class combines an aerobic session followed by body conditioning and toning targeting the legs bottom and stomach areas. A low impact workout designed to shape and tone, this is perfect for all levels of fitness.
HULA AND TONE	An all over body toning and conditioning class which is particularly good for working the stomach area and waist line using a Sports Hula Hoop.
BOOTCAMP	A military style workout held outside for an hour, including drills, circuits, speedwork and strength training. The best way to improve fitness and sculpt your body.

Classes begin at	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30						Studio Spinning 45 mins	
9.00							Legs, bums & tums 1 hour
9.30	Body Conditioning* 1 hour		Dancersize* 1 hour	Zumba* 1 hour	Legs, bums & tums* 1 hour	Body Combat 1 hour	
9.45		Studio Spinning* 45 mins					
10.15							Studio Spinning 45 mins
10.30						Body Pump 1 hour	
10.45		Pilates* 1 hour	Core Stability* 1 hour	Body Conditioning* 1 hour	Pilates* 1 hour		
11.00	Hula and Tone* 45 mins						
14.00			50+ 1 hour				
16.30				Zumatonic Little Stars 45mins			
17.15				Zumatonic Big Stars 45 mins	Hula and Tone 45 mins		
18.00	Pilates 1 hour	Studio Spinning 45 mins	Legs, bums & tums 1 hour	Dancersize 1 hour	Body Pump 1 hour		
19.00	Body Balance 1 hour	Step, tone & Abs Bootcamp (outdoors) Both 1 hour	Body Step 1 hour	Body Combat 1 hour			
19.15					Express spin 30 mins		
20.00	Body Combat 1 hour		Zumba 1 hour	Bokwa 1 hour			
20.15		Bokwa 1 hour					

Please note: To ensure your place on the classes it is advisable to book in advance. You will only gain entry by registering at Reception prior to the class and presenting a ticket to the instructor.

PLEASE ARRIVE ON TIME

*Crèche available at these times; please ask at Reception for details.

Wetside Programme

All wetside classes are fun and enjoyable whilst giving you a good workout. All classes are run by fully qualified instructors, and include different levels to suit your needs.

Don't forget to book your place beforehand at reception, or by calling **01787 472480**

Day	Time	Class
Monday	10.45 - 11.30	Aqua Fit
Tuesday	12.15 - 13.00	Aqua Fit
Wednesday	20.15 - 20.45	Aqua Jog
Thursday	20.15 - 21.00	Aqua Circuits
Friday	11.15 - 12.00	Aqua Fit

Class Descriptions

Aqua Fit A non-impact water based aerobics class that helps to burn calories, improve cardiovascular fitness, flexibility and strengthen core muscles without putting pressure on the joints, this is an excellent class for all abilities and ages.

Aqua Jog Jogging in the water this class provides a non-impact workout and is suitable for all abilities - especially good for those wanting an alternative activity to running on land.

Aqua Circuits This class is an aquatic version of circuits in the gym. Based on a variety of exercises using weights and floats participants move between stations to improve body tone and aerobic fitness.

Programme Plus



Ab Attack

This 5 week course will help improve abdominal strength, body shape and posture.



Back Fit

This 4 week course will help strengthen and mobilise your back and help reduce the risk of future back problems.

Le&n

A 4 week course that will give you information on nutrition and healthy eating and how to combine with fitness.



Personal Training

Take your training to the next level, achieve your goals and improve motivation with one of our qualified personal trainers.

