



# Workout Timetable

April – August 2009

The Pavilions In The Park  
Broadbridge Heath Leisure Centre  
Steyning Leisure Centre  
Billingshurst Leisure Centre



Another Leisure  
Service from...



# The Pavilions In The Park

## Workout Class Programme

### MONDAY

9.30 – 10.25am	Kickstart	美
10.35 – 11.30am	Pilates	美
4.00 – 4.45pm	Teen Box Fit	
6.05 – 7.00pm	Body Combat	
7.05 – 8.00pm	Aerobics	
8.00 – 9.00pm	Body Pump	
8.05 – 9.00pm	Body Balance	B

### TUESDAY

9.30 – 10.25am	Legs, Bums & Tums	美
10.30 – 11.30am	Body Pump	美
5.50 – 6.45pm	Body Pump	
6.15 – 6.30pm	Body Balance Technique	
6.30 – 7.30pm	Body Balance	B
7.00 – 7.55pm	Super Circuits	
7.35 – 8.30pm	Pilates	B

### WEDNESDAY

9.15 – 9.30am	Body Pump Technique	美
9.30 – 10.25am	Body Pump	美
10.35 – 11.30am	Latin Flava	美
12.30 – 1.15pm	Yoga	美
6.00 – 6.55pm	Dance Style Aerobics*	
7.00 – 7.55pm	Body Combat	
8.00 – 9.00pm	Body Balance	B

### THURSDAY

10.30 – 11.25am	Yoga	美
12.30 – 1.15pm	Body Pump	美
1.15 – 1.45pm	Ab Fit	美
4.00 – 4.45pm	Bring it on – Teen session	
6.00 – 6.55pm	Legs Bums & Tums	
7.00 – 8.00pm	Body Balance	B
7.00 – 8.00pm	Choreography Step*	
8.05 – 9.05pm	Pilates	B
8.05 – 9.00pm	Body Pump	

### FRIDAY

9.30 – 10.25am	Aerobics Combo	美
10.30 – 11.30am	Stability Ball	美
10.35 – 11.30am	Body Balance	美
4.00 – 4.45pm	Teen Yoga	
5.45 – 6.00pm	Body Balance Technique	
6.00 – 6.55pm	Body Balance	B

### SATURDAY

9.00 – 9.55am	Body Pump	
9.00 – 9.55am	Pilates	B
10.00 – 10.55am	Pilates	B
10.00 – 10.55am	Aerobics	
11.00 – 11.25am	Ab Fit	
11.30 – 12.30pm	Body Balance	

### SUNDAY

9.15 – 9.30am	Body Pump Technique	
9.30 – 10.25am	Body Pump	
10.30 – 11.25am	Legs Bums & Tums	
10.00 – 11.00am	Yoga	B



#### Location key:

- Activity Hall
- Dance Studio

#### Please note:

- All beginners for Body Balance and Body Pump must attend a technique session prior to attending any classes
- If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor.
- No admittance to any class will be allowed after it has commenced
- All classes are subject to availability, please check in advance to avoid disappointment
- Payment for classes is non transferable (non transferable within 48 hours)
- Creche available for children aged 8 weeks – 4 years. Please book in advance
- B Booking essential for classes indicated
- \* These classes are not suitable for beginners
- Teen classes are for those 12-16 years old. All other classes are for 16 years +

All beginners for Body Balance and Body Pump must attend a technique session prior to attending any classes.

## POOL WORKOUT SESSIONS

### MONDAY

12.30 – 1.00pm Swim 4 Health

### TUESDAY

8.00 – 9.00am 50+ Aqua Aerobics

### WEDNESDAY

9.30 – 10.15am Aqua Natal 

10.30 – 11.15am Aqua Fit 

7.45 – 8.30pm Aqua Fit

### THURSDAY

7.00 – 8.00am Swim 7 \*

8.00 – 8.45pm Deep Aqua Fit B

### FRIDAY

12.30 – 1.15pm Aqua Fit 

1.30 – 2.00pm Swim 4 Health

### SUNDAY

8.45 – 9.30am Deep Aqua Fit

6.00 – 7.00pm Aqua Fit B



## STUDIO CYCLING

### MONDAY

9.30 – 10.15am B 

5.15 – 6.00pm\* B

6.15 – 7.00pm\* B

### TUESDAY

12.15 – 1.00pm B 

6.15 – 7.00pm B

7.15 – 8.00pm B

### WEDNESDAY

7.00 – 7.45am B

9.30 – 10.15am B 

6.00 – 6.45pm B


7.45 – 8.30pm B

### THURSDAY

6.45 – 7.30pm B

### FRIDAY

7.00 – 7.45am B

9.30 – 10.15am B 

6.00 – 7.00pm\* B

### SATURDAY

10.30 – 11.15am B

### SUNDAY

10.30 – 11.30am – Cycle and Abs B

## STEP

Come and challenge yourself to a choreographed step routine. This class will burn calories, encourage weight loss and improve your co-ordination.



## KICKSTART

This is the perfect way to start your week. Each month the class will change, to keep you on your toes. The class may vary from 80's style step to belly dancing, aerobics or kick aerobics.



## AQUA FIT

This low impact water based class is designed to burn calories, increase fitness and is kind on your joints.



## SUPER CIRCUITS

This class is not for the faint hearted! Super circuits works on stamina, muscular strength and endurance and also includes weights. You are guaranteed to burn lots of calories.



# Broadbridge Heath Leisure Centre

## Workout Timetable

### MONDAY

9.30am – 10.25am	Aerobics	美 美
10.30am – 11.30am	Body Pump	
5.00pm – 6.00pm	Teen Street Dance	
6.10pm – 7.05pm	Legs Bums & Tums	
7.15pm – 8.10pm	Boxercise	
7.45pm – 8.40pm	Pilates	
8.30pm – 9.30pm	Circuits	

### TUESDAY

9.30am – 10.25am	Legs Bums & Tums	美 美
10.30am – 11.30am	Pilates	
4.30pm – 5.15pm	Teen Boxercise	
6.15pm – 7.10pm	Choreography Step*	
7.10pm – 8.10pm	Body Balance	
7.15pm – 8.10pm	Dance Aerobics	
8.15pm – 9.15pm	Legs Bums & Tums	

### WEDNESDAY

9.30am – 10.25am	Step/Aerobics	美 美
10.30am – 11.25am	Body Balance	
4.00pm – 4.45pm	Teen Circuits	
6.15pm – 7.10pm	Body Pump	
7.17pm – 8.10pm	Body Jam	
8.15pm – 9.10pm	Body Attack	
8.30pm – 9.30pm	Adult Trampolining	

### THURSDAY

6.00pm – 6.15pm	Body Pump Technique	
6.15pm – 7.10pm	Body Pump	
7.15pm – 8.10pm	Aerobics	
8.15pm – 9.10pm	Body Balance	

### FRIDAY

9.15am – 10.00am	Latin Flava	美 美
10.00am – 11.00am	Body Pump	

### SATURDAY

9.15am – 9.30am	Body Pump Technique	
9.30am – 10.30am	Body Pump	

### SUNDAY

9.30am – 10.30am	Body Attack	
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#### Location Key:

<input type="checkbox"/>	HDC Suite
<input type="checkbox"/>	Committee Room
<input type="checkbox"/>	Fitness Suite
<input type="checkbox"/>	Tube

#### Please note:

- All beginners for Body Pump must attend a technique session prior to attending any classes
- If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor.
- No admittance to any class will be allowed after it has commenced
- All classes are subject to availability, please check in advance to avoid disappointment
- Payment for classes is non refundable (non transferable within 48 hours)
- Teen Classes are for 12 – 16 year olds only
- Crèche available for children aged 8 weeks – 4 years. Please book in advance
- B Booking essential for classes indicated
- \* These classes are not suitable for beginners



## STUDIO CYCLING

### MONDAY

9.30 – 10.15am  
6.45 – 7.30pm

美 B  
B

### TUESDAY

6.20 – 7.05pm

B

### WEDNESDAY

9.30 – 10.15am  
6.45 – 7.30pm

美 B  
B

### THURSDAY

6.45 – 7.45pm

B

### FRIDAY

9.15 – 10.00am

美 B

### SATURDAY

9.15 – 10.15am

B



## Core Fit

Using the popular stability balls, this class will challenge and improve your core stability and strength with a variety of exercises.

**Please contact reception for more details.**



## Boxercise

**Something different,  
something new**

**Monday 7.15pm – 8.10pm**

Improves your balance and co-ordination. Increases strength and aids weight loss. Non contact.

**Have fun, work hard!**



# Steyning Leisure Centre

## Workout Timetable

### MONDAY

9.30am – 10.30am	Body Pump	♀
10.30am – 11.30am	Body Balance	♀
3.30pm – 4.45pm	14+ Junior Gym	
6.00pm – 7.00pm	Body Step	
7.00pm – 8.00pm	Body Pump	
8.00pm – 9.30pm	Yoga	

### TUESDAY

9.30am – 10.25am	Body Step	♀
9.30am – 10.30am	Gym Fit	♀
10.30am – 11.30am	Pilates	♀
7.00pm – 8.00pm	Circuits	

### WEDNESDAY

10.45am – 11.45am	Gym Fit	
11.30am – 12.30pm	50+ Movement to Music/ Tai Chi	
3.30pm – 4.45pm	14+ Junior Gym	
6.00pm – 7.00pm	Body Pump	
7.00pm – 8.00pm	Pilates	
8.00pm – 9.00pm	Boxercise	

### THURSDAY

9.15am – 10.15am	Body Step	♀
9.30am – 10.30am	Gym Fit	♀
7.00pm – 8.00pm	Legs, Bums & Tums	
8.00pm – 9.00pm	Body Balance	

### FRIDAY

9.30am – 10.30am	Body Pump	♀
10.35am – 11.30am	Body Balance	♀

### SATURDAY

9.15am – 9.30am	Body Pump Technique Class	
9.30am – 10.30am	Body Pump	
10.30am – 11.30am	Body Balance	

#### Location key:

- Studio
- Fitness Suite

#### Please note:

- All beginners for Body Balance and Body Pump must attend a technique session prior to attending any classes.
- If you are attending a class for the first time, we advise you arrive 5 minutes early to introduce yourself to the instructor.
- No admittance to any class will be allowed after it has commenced.
- All classes are subject to availability, please check in advance to avoid disappointment.
- Payment for classes is non refundable (non transferable within 48 hours).
- ♣ Crèche available for children aged 8 weeks – 4 years. Please book in advance.

## POOL WORKOUT SESSIONS

### MONDAY

9.30am – 10.30am	Aqua Fit	♀
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### TUESDAY

7.00pm – 8.00pm	Aqua Fit	
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### FRIDAY

10.30am – 11.30am	Aqua Fit	♀
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## STUDIO CYCLING

### TUESDAY

6.15pm – 7.00pm	Studio Cycling
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### THURSDAY

6.15pm – 7.00pm	Studio Cycling
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# Billingshurst Leisure Centre

## Workout Timetable

### MONDAY

9.30am – 10.30am	Easy Aqua/ Aqua Natal
6.00pm – 6.15pm	Body Pump Technique clinic
6.15pm – 7.10pm	Body Pump
7.00pm – 8.00pm	Aqua Fit
7.15pm – 8.10pm	Aerobics
8.15pm – 9.10pm	Yoga

### TUESDAY

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

6.30pm – 7.25pm	Body Blitz
7.30pm – 8.25pm	Yoga
8.30pm – 9.25pm	Circuit Training

### THURSDAY

6.15pm – 7.10pm	Body Pump
7.30pm – 8.25pm	Pilates
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 – 10.55am	Hi-Lo Aerobics

### SUNDAY

9.00am – 9.55am	Body Combat
10.00am – 10.55am	Pilates

## Look After Yourself

Feature Class

This great class includes one hour of fitness exercises followed by an hour of social sports. A fantastic way to keep active as well as meet new people whilst trying a range of different sporting activities. Please contact reception for more information.

## Class Descriptions

### Aerobics

A fat burning class with inspiring routines

### Aqua Fit

Water based aerobics class incorporating conditioning and aerobic exercises.

### Aqua Natal

A gentle aqua session perfect for those wanting a light workout for both pre/post natal mothers

### Body Blitz

Combining aerobic and conditioning exercises this class will improve fitness and strength

### 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

### Hi/Lo Aerobics

Fun energetic and inspiring this motivational session challenges co-ordination and fitness

### L.A.Y

A social session that includes an hour of keep fit followed by an hour of sports. Try Badminton, volleyball plus many more

### 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

### Yoga

A subtle blend of yoga postures and breathing patterns that help to develop flexibility and strength



The Pavilions In The Park  
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[www.thepavilionsinthepark.co.uk](http://www.thepavilionsinthepark.co.uk)

#### Prices

	kinetika	Pay As You Go	LAC**
<b>All classes*</b>	£0.00	£5.25	£3.35
* with the exception of			
<b>Pilates</b>	£0.00	£5.55	£3.35
<b>Studio Cycling</b>	£0.00	£5.85	£3.35
<b>Core Stability</b>	£0.00	£5.55	£3.35
<b>Abfit</b>	£0.00	£2.75	
<b>AquaFit (45mins)</b>	£0.00	£4.00	£3.35



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

#### Prices

	kinetika	Pay As You Go	LAC**
<b>All classes*</b>	£0.00	£5.00	£3.35
* With the exception of:			
<b>Pilates</b>	£0.00	£5.55	£3.35
<b>Studio cycling (45min)</b>	£0.00	£5.85	
<b>Studio cycling (1 hr)</b>	£0.00	£6.35	



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#### Prices

	kinetika	Pay As You Go	LAC**
<b>All classes*</b>	£0.00	£5.25	£3.35
* With the exception of			
<b>Aqua Fit</b>	£0.00	£5.35	£3.35
<b>Yoga/Pilates</b>	£0.00	£5.90	£3.35
<b>14+ Junior Gym Session</b>	£0.00	£2.60	

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



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#### Prices

	kinetika	Pay As You Go	LAC**
<b>All Classes*</b>	£0.00	£5.25	£3.35
<b>Pilates/Yoga</b>	£0.00	£5.55	£3.35
<b>AquaFit</b>	£0.00	£5.35	£3.35

**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.