

Class Descriptions

Body Pump Clinic is a 15 minute clinic, taking you through the Body Pump Moves ensuring good technique. If you are new to this class it is advisable to attend the clinic first.

Body Pump is a revolutionary weight-training workout that strengthens, tones and defines every muscle in your body. You will gain all the benefits of a better looking, better feeling and better working body. Body Pump is suitable for men and women of all levels of fitness.

Body Combat is your licence to kick and punch your way to great results. Body Combat will increase fitness and provide a challenging all over body workout.

Body Vive is a low impact class, integrating aerobic exercise for heart fitness, resistance training for strength and stability, and stretching and mobility work.

Step Aerobics is a cardiovascular workout using a step. This class is a great fat burner that will also condition your buttocks and thighs, using a choreographed routine to add excitement and fun into your class.

Legs, Bums & Tums is an intermediate intensity, low impact workout. It will include an aerobic session followed by body conditioning work on the legs, bum and tum. Suitable for all fitness levels.

20-20-20 a varied class incorporating three 20 minute sections consisting of anything from Step Aerobics, LBT, Body Pump, Body Combat and Aerobics. You will not get bored in this class!

Aerobics old school Aerobics is back. This is a great fat burner which will help you tone up muscles you didn't even know you had as well as increasing stamina.

Abs Circuit is an all over abdominal workout designed to strengthen and tone that real problem area.

Circuit this class uses a variety of different stations to improve stamina, strength and flexibility. Circuit training is suitable for both men and women and all fitness levels.

Aerobatone is a mixture of aerobics and toning which will use weights, bands and your own body weight. This is a great way to get your heart pumping.

Core predominantly designed to target the Abdominal area as well as incorporating a full body work out. Specific exercises targeting stubborn areas, as well as strengthening and toning the core.

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. No jumping around, no complicated routines, just rewarding mat work.

Mind & Body is a non strenuous, relaxing class which incorporates the principles of Pilates and Ballet.

Aqua is a great cardio workout which will also improve your muscular endurance. No impact and a great way to tone the body.

Aqua Circuits is made up of shallow water exercises at a variety of stations.

Aqua Gentle is brilliant for rehabilitation. A light workout great for strengthening muscles and improving a range of movement.

Aqua Deep will help strengthen your core muscles and tighten your abdominals. A muscular endurance workout that will help tighten those troublesome areas.



Bramston Sports Centre

Aerobic Timetable

Spring 2009 - Issue 1

01376 533400

www.bramstonsportscentre.co.uk

Date of Issue: Monday 6th April 2009



Dryside Classes

Monday

9.00am - 10.00am	Body Vive	Crèche
10.30am - 11.15am	Body Pump	Crèche
11.15am - 12.00noon	Legs, Bums & Tums	Crèche
12.00noon - 12.45am	Mind & Body	Crèche
6.15pm - 7.15pm	Body Pump	Dance Studio
7.30pm - 8.30pm	20-20-20	Gymnasium

Tuesday

9.15am - 10.00am	Aerobatone	Crèche
10.00am - 11.00am	Legs, Bums & Tums	Crèche
11.00am - 11.30am	Core First	Crèche
5.45pm - 6.00pm	Body Pump Clinic	Dance Studio
6.00pm - 7.00pm	Body Pump	Dance Studio
7.15pm - 7.45pm	Abs Circuit	Dance Studio
7.45pm - 8.45pm	Pilates	Gymnasium
8.00pm - 9.00pm	Body Combat	Sports Hall
8.15pm - 9.00pm	Circuits	Dance Studio

Wednesday

9.30am - 10.30am	Aerobics	Crèche
10.45am - 11.45am	Step Aerobics	Crèche
6.30pm - 7.30pm	20-20-20	Dance Studio
7.30pm - 8.30pm	Legs, Bums & Tums	Dance Studio

Thursday

9.30am - 10.30am	Aerobics	Crèche
10.45am - 11.45am	Legs, Bums & Tums	Crèche
8.00pm - 9.00pm	Circuits	Sports Hall
8.00pm - 9.00pm	Body Combat	Dance Studio

Friday

9.30am - 10.30am	20-20-20	Crèche
10.30am - 11.00am	Abs Circuit	Crèche
11.00am - 12.00noon	Body Pump	Crèche

Saturday

9.30am - 10.30am	Body Pump	Dance Studio
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Indoor Cycling Classes

Monday	7.30pm - 8.00pm
Tuesday	6.30am - 7.00am 6.30pm - 7.15pm - Advanced
Wednesday	7.00pm - 7.30pm
Thursday	6.00pm - 6.30pm
Friday	6.30am - 7.00am
Saturday	9.00am - 9.30am

Aqua Aerobic Classes (starting W/C 20/4/09)

Monday	7.45pm - 8.30pm	Aqua Deep
Tuesday	9.15am - 10.00am 12.30pm - 1.15pm 8.15pm - 9.00pm	Aqua Deep Aqua Aqua
Wednesday	12.35pm - 1.20pm 7.25pm - 8.10pm 8.15pm - 9.00pm	Aqua Gentle Aqua Aqua Deep
Thursday	7.25pm - 8.10pm 8.15pm - 9.00pm	Aqua Aqua Circuit
Friday	9.00am - 9.45am 9.45am - 10.30am	Aqua Aqua Deep

Do 2 or more classes a week?

You could save money with one of our membership packages! Speak to a Customer Advisor to find out more!

Aqua Natal Courses

A 6 week course designed to help you keep fit during or just after your pregnancy.

All instructors are fully qualified.

Ask at Main Reception for more details.

Classes may be booked up to 7 days in advance. Indoor cycling may only be booked 24 hours in advance.