

Group workout programme commencing July 2009

HALSTEAD
Leisure Centre



Monday

- *9.30 – 10.30 BODY CONDITIONING
- *10.45 – 11.45 **Body Balance**
- 6.00 – 7.00 **Pilates**
- 7.00 – 8.00 **Body Balance**
- 8.00 – 9.00 **Body Combat**

Tuesday

- *9.45 – 10.30 **Schwimm Cycling**
- *10.45 – 11.45 **Pilates**
- 12.00 – 12.45 **Aqua**
- 6.00 – 6.45 **Schwimm Cycling**
- 7.00 – 8.00 **Body Combat**
- 8.00 – 9.00 **Body Pump**

Wednesday

- *9.30 – 10.30 DANCERSIZE
- *10.45 – 11.45 CORE STABILITY
- 2.00 – 3.00 **50%**
- 3.45 – 4.30 JNR CHEER DANCE
- 6.00 – 7.00 **Legs, Bums & Tums**
- 7.15 – 7.45 **Schwimm Cycling**
- 8.00 – 9.00 **Body Combat**

Thursday

- *9.30 – 10.30 **Step and Tone**
- *10.45 – 11.30 **Schwimm Cycling**
- 5.15 – 6.00 JNR STREET DANCE
- 6.00 – 7.00 DANCERSIZE
- 6.00 – 7.00 ** **Pilates**
- 7.00 – 8.00 **Body Balance**
- 8.00 – 9.00 **Body Pump**
- 8.00 – 8.45 **Aqua**

Friday

- *9.30 – 10.30 **Legs, Bums & Tums**
- *10.45 – 11.45 **Pilates**
- 6.00 – 7.00 **Body Pump**



Saturday

- 9.30 – 10.30 **Body Combat**
- 10.30 – 11.30 **Body Pump**
- 11.45 – 12.30 **Schwimm Cycling**

Sunday

- 9.30 – 10.30 **Legs, Bums & Tums**
- 10.45 – 11.30 **Schwimm Cycling**

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

** This session will take place in the Creche

Class Descriptions

	<p>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.</p>
	<p>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</p>
	<p>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.</p>
	<p>A cardiovascular class, which uses the step as a tool to increase fitness, encourage weight loss and tone the lower body. With toning of the upper body and stomach included there is for something for everybody in this fun and highly effective calorie burning class set to motivational</p>
	<p>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.</p>
	<p>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.</p>
	<p>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.</p>
	<p>A mind and body experience to music, incorporating the elements of Tai Chi, Yoga and Pilates. This class improves flexibility, and core postural strength while taking you to a higher level of relaxation.</p>
	<p>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.</p>
	<p>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.</p>
	<p>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.</p>
	<p>A gentle, social class concentrating on improving mobility, flexibility and overall fitness to give you energy and vitality for the rest of the day.</p>
	<p>Dance style class based on Cheerleading moves. For ages from 8-15yrs.</p>
	<p>Urban style energetic dance class for 8-15yrs old.</p>

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Please note: We prefer all classes to be booked in advance. You will only gain entry by registering at the beginning of class at main reception and by handing in a ticket to your instructor. PLEASE ARRIVE ON TIME.