

Wath upon Dearne Leisure Centre – Workout Timetable

Time	Level	Session	Location
Monday			
10.00am – 11.00am	123	Aerobics	Studio
11.00am – 12.00pm	1234	Body Pump	Studio
12.00pm – 1.00pm	123	Pilates	Studio
6.30pm – 7.30pm	234	Body Combat	Studio
7.30pm – 8.30pm	123	Body Conditioning	Studio
Tuesday			
10.00am – 11.00am	123	Aqua Fit	Main Pool
10.00am – 11.00am	1234	Body Pump	Studio
11.00am – 12.00pm	234	Body Combat	Studio
12.30pm – 1.30pm	234	Active Always	Studio
6.30pm – 7.30pm	123	Aerobics	Studio
7.30pm – 8.30pm	123	Street Dance	Studio
Wednesday			
9.30am – 10.30am	123	Yoga	Studio
11.00am – 11.45am	123	Legs, Bums & Tums	Studio
1.00pm – 1.45pm	234	Body Combat	Studio
1.45pm – 2.30pm	123	Yoga/Pilates	Studio
5.30pm – 6.00pm	123	Abs Blast	Studio
6.00pm – 7.00pm	123	Body Combat	Studio
7.00pm – 8.00pm	123	Body Pump	Studio
Thursday			
09.45am – 10.30am	123	Aerobics	Studio
09.45am – 10.30am	123	Aqua Fit	Main Pool
10.30am – 11.15am	123	Aqua Fit	Main Pool
10.30am – 11.15am	123	Body Conditioning	Studio
11.15am – 12.00pm	123	Stretch & Relax	Studio
6.30pm – 7.30pm	123	Body Attack	Studio
7.30pm – 8.30pm	123	Legs Bums & Tums	Studio
Friday			
09.30am – 10.30am	123	Body Conditioning	Studio
2.00pm – 3.00pm	123	Yoga	Studio
5.30pm – 6.30pm	1234	Body Pump	Studio
Saturday			
09.30am – 10.30am	123	Aerobics	Studio
10.30am – 11.30am	123	Legs, Bums & Tums	Studio
Sunday			
09.30am – 10.30am	234	Body Combat	Studio
10.30am – 11.30am	1234	Body Pump	Studio

Descriptions

Active Always - A gentle aerobic activity class suitable for 50+.

Aqua Fit - A water based fitness class using the natural resistance of the water, as well as resistance equipment. This class will help tone your body and increase your general fitness levels.

Abs Blast - An intense workout concentrating on the abdominal muscles.

Body Conditioning - An all over body workout to strengthen, condition and improve muscle tone.

Body Pump - Uses barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat burning. Pre-choreographed with awesome music.

Levels

1 = Not exercised before or for a long time

2 = Some experience of exercise

3 = Regular exercise, looking to step it up a gear

4 = Looking to push your body to achieve maximum results

Prices Adult £4.00 Concessions £2.80

Body Combat - A non contact, martial arts-based fitness programme with moves drawn from karate, taekwon do, kung fu, kickboxing, muay tai and tai chi.

Each class is an exhilarating exercise experience that delivers ultra-fast fitness results

Street Dance - A calorie burning class with a mixture of basic aerobic moves, disco/hip hop and Urban dance.

Legs, Bums & Tums - A class with a specific focus to shape and tone those problem areas.

Pilates - Exercise technique targeting deep postural muscles, re-balancing of the body, improving posture and strength and flexibility.

Body Attack - This workout is ideal to improve cardiovascular fitness, an athletic challenge that delivers a high intensity aerobic workout.

Yoga - Strong postures, breathing techniques and deep relaxation will give you a strong and supple body and a de-stressed mind.