



Workout Timetable

2009 Programme

Arena Leisure Centre
01276 417111

Workout Class Programme

We reserve the right to cancel or alter any class without prior notice where necessary. There will be a fee of £3 for any classes cancelled after 3pm on the day of the class or non-collection of tickets. No refunds or transfers on booking available. Please ensure you bring water, a towel and are fit to attend.

Our extensive programme of workout classes provides different levels to suit customers of all ages and abilities. The wide range of classes, run by our qualified team of fitness staff, also ensures that there is always the right class for everyone to enjoy. Book your space at reception or call **01276 417111**

Workout Classes

BODY TRAINING SYSTEMS (BTS)

New routines coming soon!

Body Attack - Cardiovascular interval training that combines high intensity aerobics, strength and stabilisation exercises. A rapid calorie burner that delivers fast improvement in general endurance and an increase in overall body strength.

Body Balance - invigorates and tones, releasing tight, tense muscles leaving you in a state of energized calm. BodyBalance is a dynamic yoga-based stretch programme that leaves you feeling relaxed and renewed to create a holistic workout that brings the body, mind and soul into a state of balance and harmony.

Body Combat - Combines powerhouse moves and stances, into a 'take-no prisoners', adrenaline-pumping routine. It is an empowering, athletic workout that will have you "fighting-fit" in record time! Body Combat reduces stress, improves general well-being and vitality whilst encouraging assertiveness and self-confidence.

Body Jam - An addictive fusion of dance and aerobic moves to a blend of hip hop, funk and Latin music.

Body Pump - A non-impact class designed to give your body a complete workout using weights to powerful motivating music. All ages and fitness levels can participate in the same class, you simply use heavier weights as you get fitter.

Body Step - Step up the intensity not the complexity of your workout. Bodystep delivers inspiration to achieve results through the use of exciting and powerful music with inspirational instructors. It improves muscle strength and endurance with specific conditioning placed between bouts of aerobic activity.

FREESTYLE CLASSES

Stretch And Define - A more gentle approach to stretch and lift the body. Suit more mature/new clients.

All over body tone - An easy aerobic dance routine followed by a toning section. Suit more mature/new clients.

Circuits - An exciting mix of traditional circuit training and total body conditioning, this really is an "all round" workout.

Legs, Tums and Bums - The name says it all.

A very popular aerobics class focusing on those important areas.

Body Burst - An all-over explosive cardiovascular workout.

Box 'n' Bounce - Urban Rebounding incorporating Martial Arts movements. A real challenge.

Energy Sprint - Interval training on a step board which is easy to follow but a mission to complete!

Indoor Cycling - Exciting group indoor cycling classes. Instructor led, these classes suitable for beginners or serious cyclists. A fantastic calorie burner for 30 or 45 minutes.

Pilates - Pilates teaches you how to use your muscles in a controlled way so they work for you in harmony with your breathing. It strengthens the body through movement and is ideal for all levels of fitness.

Specifics - A disciplined exercise class with music, using techniques from Ballet, Pilates and Yoga. Each simple movement is designed to work and tone a specific muscle group, thereby improving the shape, control and grace of the body. Suitable for everyone, but be prepared to work!

Urban Rebounding - An intense and exciting workout on mini individual trampolines. A fantastic calorie burner.

Yoga - Not so much a 'workout' as a chance to really unwind, whilst gaining greater suppleness and flexibility. The content of our Yoga classes changes and there are two stages.

50+ Beginners Tap - A fun introduction to the basics of tap dancing. A 50 minute session.

Body Blitz - A combination of aerobic, dance and strength training performed at a basic level.

Core Stability - Fitness workout on the core stability balls working head to toe with weights.

Relaxation Class - For the mind and body. Using simple techniques and basic movements to loosen-up and wind down.

Boys Teen Sports Circuits - Combining a variety of sports specific skills and vital training for all your fitness needs. Good fun and hard work.

Girls Teen Fit - A combination of Body Jam and aerobics

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30				Traditional Circuits (MH)			
9.15		Core Stability with weights (S2) (45mins)				Body Attack (S1)	
9.30	Stretch 'n' Define (S1) * Energy Sprint (S2)	Body Step (S1)	* Body Burst (S1) Core Stability with weights (S2)	*Body Attack (S1) 50+ Keep Fit (S2)	Body Combat (S1) Body Jam (S2)		
10.00							*Urban Rebounding (S1)
10.15		Pilates (S2)				*Thighs, Bums & Tums (S1)	
10.30	Body Pump (S1) Body Blitz (S2)	Fit 'n' Fifty (S1)	Aerobics 'n' Tone (S2) *Thighs, Bums & Tums (S1)	Urban Rebounding (S1) 50+ Beginners Tap (S2)	Body Pump (S1)		
11.30	* Urban Rebounding (S1) 50+ Keep Fit (S2)	* Urban Rebounding (S1)	Specifics (S1)	Stretch and Define (S2)	Yoga (S2)		
12.30	Pilates (S1)			Pilates Course (S2)			
13.30				Pilates (S1)			
16.00	Girls Teen Fit (S2)		Boys Teen Sports Circuits (MH)				
17.00							Body Combat (S1)
17.45	Body Pump (S1)	* Thighs, Bums & Tums (S1)	Body Step (S1)	Body Pump (S1)	* Body Step (S1)		
18.00	Basic Step (S2)		Relaxation Class (C) NEW!				Body Pump (S1)
18.45	Body Step (S1)	Body Combat (S1)	* Body Attack (S1)	Body Combat (S1)	* Urban Rebounding (S1)		
19.00	Body Balance (S2)		Body Jam (S2)	* Thighs, Bums & Tums (S2)	Core Stability (S2) (7.15pm)		
19.30		Traditional Circuits (MH)					
19.45	* Thighs, Bums & Tums (S1)	* Urban Rebounding (S1)	Body Pump (S1)	Box 'N' Bounce (S1) NEW!			
20.00		Yoga (S2)					
20.30	Circuit Challenge (S1)						

KEY
(S1) Studio 1
(S2) Studio 2

(MH) Main Hall
(C) Crèche



Spinning Timetable

Below you will find our popular and energetic spinning classes timetable, run by our qualified and experienced staff. Spaces are limited so don't forget to book in advance.

Day	Time
Monday	07.00
Beginners	17.30
	18.00
	19.00
	20.00
Tuesday	07.00
	09.30
	10.45
	18.00
	19.00
Wednesday	07.00
	09.45
Beginners	17.30
	18.00
	19.00
	20.00
Thursday	09.45
	10.45
	18.00
	19.00
Friday	07.00
	09.45
	12.30
Beginners	17.30
	18.00
Saturday	09.30
	10.30
Sunday	09.30

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 **01276 417111**.

Day	Time	Class
Monday	10.00	Water Workout
	10.00	Deep Water Workout
Tuesday	09.45	Aqua Natal
	09.45	Hydrofit
	19.45	Deep Water Running
	19.45	Water Workout
Wednesday	10.45	Water Workout
	10.45	Hydrofit
Thursday	11.30	50+ Water Workout
	19.00	Wet Circuits
	19.45	Deep Water Running
	19.45	Water Workout
Friday	18.45	Water Workout

Class Descriptions

Water Workout A fun, water based aerobic class, suitable for all ages and abilities.

Aqua Natal Gentle toning exercises for before and after birth.

Hydrofit Deep water workout using resistance equipment.

Deep water running The new way to obtain fitness in the pool will challenge the whole body.

Wobble Workout Water based aerobic class using flotation devises.

Wet Circuits Water based circuit class

Deep Water Workout A fun, water based aerobic class in the deep end using belts and mitts.