

Group Exercise Timetable – July 2019

Leventhorpe Leisure Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Studio

18.00 18.30	ExpressCircuits	18.00 18.15	AbAttack	18.15 19.15	StudioPump	18.00 18.45	Legs, Bums & Tums	18.15 18.25	AbAttack	9.00 10.00	BodyAttack™	9.00 10.00	BodyPump™
18.45 19.15	StudioCycle	18.20 18.50	StudioCycle	19.30 20.10	StudioCycle	18.55 19.40	Step It Up	18.30 19.00	StudioCycle	10.00 11.00	BodyPump™	10.05 10.50	Bootcamp
19.30 20.00	HIIT	19.00 20.00	Total Body Training	20.10 20.20	Stretch10	19.45 20.30	FitnessPilates			11.00 12.00	Zumba (£)	10.50 11.05	AbAttack
20.00 20.15	AbAttack					20.30 21.30	HipHopPop (£)						

Classroom

18.30 19.30	Yoga (Hatha)			18.15 19.15	Yoga (Sivananda)					9.00 10.00	Yoga (Hatha)		
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Key

Core	Aerobic	Functional
Mind and Body	Strengthen	(£) – an external class and requires an additional cost (directly to the instructor).

Timetable is subject to change. A minimum of 3 participants are required for a class to take place. Maximum attendance for classes is 18.

Functional			
Fitness Pilates	Applying fundamental Pilates techniques and exercises, this class is suitable for people of all ages aiming to offset musculoskeletal imbalances.	Stretch10	A 10 minute long stretching class focusing on aiding recovery and preventing injury through getting a deeper and longer stretch.
Aerobic			
StudioCycle	Taking you through a series of sprints, climbs and a variety of other moves to maximise your calorie burn.	H.I.I.T	A high intensity class using a mixture of cardiovascular and resistance exercise to get your heart rate up..
Step It Up	This class will combine a mixture of step and toning exercises designed to raise your heart rate and tone muscles.	Bootcamp	A high intensity mix of stengthening and cardiovascular exercises put together to create the ultimate fat burn.
Body Attack™	Improve your functional fitness with a combination of cardiovascular and bodyweighted exercises.	Core	
		AbAttack	A 10-15 minute class focusing solely on toning and strengthening your abdominal muscles.
Mind & body			
Hatha Yoga	A form of yoga that develops strength, flexibility, bodily relaxation, and mental concentration.	Sivananda Yoga	A gentle form of yoga which concentrates on breathing control, stretching, and silent meditation.
Strengthen			
BodyPump™	Using light to moderate weights with lots of repetitions, this class gives you a total body workout that burns lots of calories.	Total Body Training	A combination of resistance and cardiovascular exercises designed to give you a full body workout.
Legs, Bums & Tums	Combining glute activation, weighted and bodyweight exercises to achieve a strong and toned core, and lower body.	Express Circuits	A quick, high intenisty, 30 minute workout, moving through each exercise station aiming to get the heart rate up to burn some calories.

For class bookings, contact us via –

Web: <https://member.nuffieldhealth.com/bookings>

Email: leventhorpe.school@nuffieldhealth.com

Tel: **01279 721310**

To create an account you will need your membership number and email address that is registered to you on our membership system.