

KEY TO TYPES OF EXERCISE CLASSES

What is Healthy Lifestyles?

Healthy Lifestyles sessions are aimed at people who want to start taking regular exercise, have help with weight-loss and learn about healthy eating.

The Healthy Lifestyle Advice session will include a confidential weigh-in and advice. We will help support and monitor your progress. These sessions are a great opportunity to discover great ideas to lose weight and meet new friends.

Healthy Lifestyles exercise classes are a gentle way to improve your fitness.

Aerobic

Aerobics Aerobics is ideal to improve fitness and burn calories. Easy to learn fun movement to music.

Boxercise Powerful, energetic, fitness class using pads, gloves and fitness moves used for boxing. It's fun and simple to do for both male and female. No previous experience necessary.

Salsa Aerobics Work those hips in this salsa aerobic workout. Combines dance with easy to follow fun moves.

Freestyle Funk Smooth and easy to follow urban dance style with great music and refreshing style.

Young at Heart An effective fitness class aimed at 50+, however no previous experience necessary as all levels of fitness are accommodated.

Triple Taster Combines Step which is a great lower body and fat burning workout. Boxercise and Urban Dance a fun and groovy way to workout.

Circuit Training

Circuit Training Circuit training is simple to follow and an ideal way to get fit and stay fit. Just work at your own pace.

Toning

Fab Abs/LBT's A class for lower body and mid-section especially, legs, bums and tums!

Junior

Urban Street The latest in street urban dance moves and grooves. These sessions are seriously fun! For 3^{1/2} - 16 years. Most classes are on a course basis and will need to be booked in advance and are subject to availability.

Mind & Body

Pilates Improve posture, strength, flexibility and boost energy leaving your body and mind in balance.

The Revolution - Group Indoor Cycling

Group Indoor Cycling Indoor cycling is a workout led by an instructor. Classes are extremely motivating, easy to follow and an effective fat burning workout. Let the instructor take you on a journey of unlimited imagination. There are three levels to choose from:

Discovery Progression Ideal class to discover a new exercise concept
A more challenging journey

Inspiration For a frequent exerciser who want a challenge

Aqua

Aqua Aerobics Ultimate low impact workout and total body toning. A refreshing form of exercise only water can provide. It is also an excellent first class to try if you are new to exercise.

BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

STONE ZONE OPENING TIMES

Monday - Friday 7.00am - 11.00pm
Saturday & Sunday 8.00am - 10.00pm

CRECHE OPENING TIMES

Monday, Wednesday & Friday 10.00am - 12.00noon
Tuesday & Thursday 9.45am - 11.45noon

Beverley Leisure Complex

Class Exercise Programme



East Riding of Yorkshire Council will, on request, provide this document in braille or **large print**.

If English is not your first language and you would like a translation of this document, please telephone **(01482) 393939**

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www.beverleyleisurecomplex.co.uk



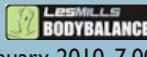
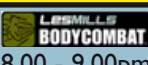
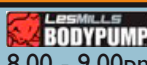
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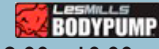
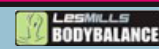
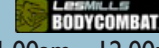
BEVERLEY LEISURE COMPLEX FITNESS CLASS PROGRAMME

- To guarantee a class place it is advisable to book in advance.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING CLASSES		Indoor Cycling - Discovery 09.00 - 09.45am	Triple Taster 6.45 - 7.30am	
		Aerobics 09.45 - 10.45am	Aqua Fit 8.30 - 9.00am	Indoor Cycling - Progression 9.00 - 9.45am
		Pilates 11.00 - 11.45am	Young at Heart Aerobics 9.30 - 10.30am	Aerobics 9.45 - 10.45am
		Indoor Cycling - Progression 12.15 - 1.00pm		Pilates 11.00 - 11.45am
AFTERNOON CLASSES		Healthy Lifestyle - Advice 12.30 - 1.00pm	Boxercise Circuit 12.15 - 1.00pm	Healthy Lifestyle - Aerobics 12.00 - 1.00pm
	Urban Street Boppers (5-7yrs) 4.00 - 5.00pm	Healthy Lifestyle - Class 1.15 - 2.00pm	Aqua Fit 50+ 3.00 - 3.30pm	Aqua Fit 50+ 2.00 - 2.30pm
EVENING CLASSES	Urban Street (8-12yrs) 5.00 - 6.00pm	Urban Street Tots (3½ - 4yrs) 2.00 - 2.45pm		
	Pilates 5.30 - 6.15pm	Aqua Fit 6.00 - 7.00pm		
	Indoor Cycling - Discovery 6.00 - 6.45pm	 6.00 - 7.00pm		
	 6.00 - 7.00pm	Fab Abs/LBT's 6.00 - 6.45pm	Boxercise 6.00 - 6.45pm	Freestyle Funk 6.00 - 7.00pm
	Yoga - Beginners 6.30 - 8.00pm	Indoor Cycling - Discovery 7.00 - 7.45pm	 Starts January 2010, 7.00 - 8.00pm	
	Aerobics 7.00 - 8.00pm	Triple Taster 7.00 - 8.00pm	Salsa Aerobics 7.00 - 8.00pm	Indoor Cycling - Progression 7.00 - 8.00pm
	Circuit Training 8.00 - 9.00pm	Circuit Training 7.00 - 8.00pm	Indoor Cycling - Progression 7.00 - 8.00pm	Boxercise 8.00 - 9.00pm
	Yoga Intermediate 8.00 - 9.30pm	Pilates 8.00 - 8.45pm	Indoor Cycling - Inspiration 8.00 - 9.00pm	
		 8.00 - 9.00pm	 8.00 - 9.00pm	

	FRIDAY
MORNING, AFTERNOON & EVENING CLASSES	Aqua Fit 8.30 - 9.00am
	Salsa Aerobics 2.00 - 2.45pm
	Step Aerobics 5.00 - 6.00pm, 6.00 - 7.00pm
	Aqua Fit 6.00 - 7.00pm

	SATURDAY
MORN CLASS	 11.00am - 12.00pm

	SUNDAY
MORNING CLASSES	Indoor Cycling 9.00 - 9.45am
	 9.00 - 10.00am
	Triple Taster 10.00 - 11.00am
	 Starts January 2010, 10.00 - 11.00am
	 11.00am - 12.00pm

The Aqua Fit 50+ classes held on Wednesdays and Thursdays will start at 12.30pm during school holidays.

Please arrive early for classes as during busy periods there may be queues at the reception.

Sure Card Memberships allow you to book 8 days in advance. Casual users can only book 7 days in advance.

Most classes are suitable for 14 years upwards, however this is at the discretion of the fitness coach. Please check at the Reception before showing up at a class.

Safe and effective professional exercise classes require a warm up please arrive on time for classes so we can achieve this professionalism.

If you have any suggestions or comments please contact Paul Cuttill - Fitness Co-ordinator on (01482) 395247 or e-mail paul.cuttill@eastriding.gov.uk

www.beverleyleisurecomplex.co.uk

KEY TO TYPES OF EXERCISES

Mind & Body	Aerobic	Cycling	Discovery - Beginners Progression - Moderate Inspiration - Advanced	Toning	Circuit	Junior	Aqua
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