

Class Descriptions

BODY STEP is a simple, athletic and fun workout using an adjustable step platform and set to motivating music. Great for toning the lower and upper body, increasing cardio fitness and co-ordination, suitable for all levels of fitness. Trainers required

BODY COMBAT an exciting class that combines non contact moves from a range of martial art disciplines choreographed to inspiring music. This dynamic workout offers great mental and physical benefits improving fitness levels, strength agility and flexibility, suitable for all levels of fitness, trainers required.

SPIN CYCLING an indoor cycling class that is set to motivating music. The instructor will lead you through a journey involving hill climbs and sprints. This is a great workout and a good way of burning calories and improving your fitness levels. Trainers required.

YOGA the yoga style taught is Hatha fusion it is a form of Hatha that adapts to the ability of the individual and places emphasis upon flow and continuity between poses. Class done in bare feet.

MMA Circuits

A whole body workout that combines circuit based exercise with basic striking techniques from various martial arts.

GENTLE AEROBICS is a movement to music class that can help reduce blood pressure, increase mobility and muscle strength. Trainers required.

CIRCUIT TRAINING a straight forward complete workout for the whole body. No complicated moves just motivating exercise. Suitable for the super fit and the complete novice, you get to work at your own pace. Trainers required.

ZUMBA move your hips to the latin beats, burn calories and tone up with this fun dance workout.

BODY BALANCE a combination of Tai Chi, Yoga and Pilates. This class will improve flexibility, release tension and improve strength and tone through the body. Set to uplifting music the programme leaves you renewed and refreshed. Suitable for all levels the class is done in bare feet.

BODY PUMP a class that combines high repetition weight training with fat burning. Take the gym into the studio and watch your body change. Suitable for all levels, trainers required.

AQUAZUMBA is a fitness routine that is meant to improve your body and health in general. It is great for people who have difficulty moving because of joint or back problem. It is also a great cardio workout.

TAI CHI an ancient Chinese martial arts discipline where mental focus and controlled graceful moves are combined to unite the mind and body, creating a form of moving meditation.

PILATES focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine. The exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles, which can help to alleviate back pain.

ACTIVE BODIES 50+ a fun sociable session that involves gentle aerobics and finishes with a strength and flexibility section. Trainers required.

SIT FIT is a chair based activity for the 50+ participant this session will help improve strength and flexibility.

AQUA AEROBICS is a water based aerobics class that will help build strength and flexibility. Excellent for burning fat and is suitable for all levels of fitness.

DEEP WATER AQUA A great low impact, high intensity strength and cardio workout which is done in deep water, with a buoyancy belt which fits around the waist to keep you upright.

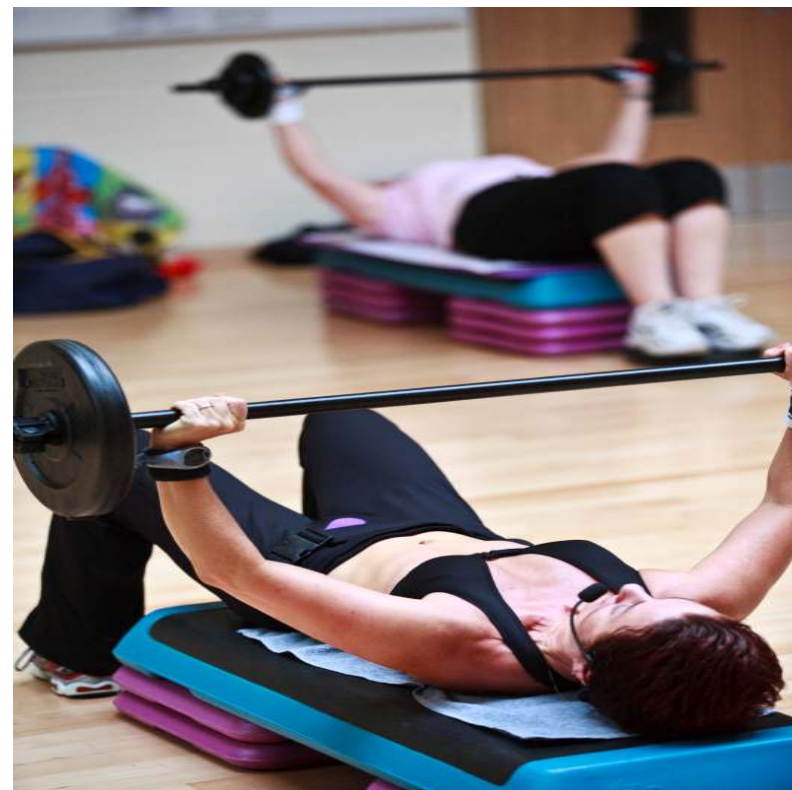
* On arrival please check in at Customer Services where you will receive a ticket for class entry, which then needs to be handed into the instructor. * Notify the instructor of any illness, injury or medical issue that may be affected due to exercise.

* It is important to wear the correct footwear and clothing for the session, and a small towel to place on the studio mats.

* Under 16's will not be permitted into adult classes.

* FOR HEALTH AND SAFETY REASONS YOU MAYBE REFUSED ENTRY ONCE THE CLASS HAS STARTED

Group Exercise Timetable



Classes are bookable up to 7 days in advance
Call 01242 528764 to book

www.leisureatcheltenham.com

	CLASS TYPE	LOCATION
MONDAY		
6.30am : 7.15am	Spin Cycling	Spin Room
8.45am : 9.30am	Aqua 50+	Training Pool
9.15am : 10.15am	Pilates	Multi
10.30am : 11.30am	Body Pump	Studio
10.45am : 11.30am	Sit Fit	Multi
11.45am : 12.30pm	Gentle Aerobics	Studio
12.40pm : 1.25pm	Spin Cycling	Spin Studio
1.30pm : 2.30pm	Body Step	Studio
6.00pm : 6.45pm	Tai Chi	Multi
6.00pm : 6.50pm	Zumba	Studio
6.45pm : 7.45pm	Circuit Training	Sports Hall
7.00pm : 8.00pm	Body Pump	Studio
7.15pm : 8.00pm	Spin Cycling	Spin Studio
08:00pm : 9:00pm	Body Balance	Multi
TUESDAY		
10.30am : 11.30am	Body Balance	Studio
11.45am : 12.30am	Pilates 50+	Studio
12:00pm : 12:40pm	Aqua Aerobics	Teaching Pool
12.45pm : 1.25pm	Aqua Fit	Teaching Pool
2.00pm : 2.45pm	Active Balance 2 **	Multi
2.15pm : 3.00pm	Active Bodies 50+	Studio
5:00pm : 5:45pm	Teen Spin	Spin Studio
6.00pm : 6.45pm	Spin Cycling	Spin Studio
6.15pm : 7.15pm	Body Pump	Studio
6.20pm : 7.10pm	Zumba	Sports Hall
7.20pm : 8.20pm	Body Combat	Sports Hall
8:00pm : 9:00pm	MMA Circuit Class	Studio
WEDNESDAY		
9.30am : 10:15pm	Zumba	Studio
12.40pm : 1.25pm	Body Pump	Studio
6.00pm : 6.45pm	Spin Cycling	Spin Studio
6.45pm : 7.45pm	Yoga	Multi
6:15pm : 7:10pm	Body Pump	Studio
7:15pm : 8:15pm	Body Combat	Studio
7.00pm : 7.45pm	Aqua Zumba	Teaching Pool
8:00pm : 9:00pm	Pilates	Multi
8.00pm : 9.00pm	Circuit Training	Sports Hall

	CLASS TYPE	LOCATION
THURSDAY		
6.45am : 7.30am	Spin Cycling	Spin Studio
9.15am : 10.15am	Body Step	Studio
9.30am : 10.15am	Beginners Pilates	Multi
10.30am : 11.30am	Yoga	Multi
11.45am : 12.30pm	Zumba	Studio
12.00pm : 1.00pm	Active Balance 1 **	Multi
12.40pm : 1.25pm	Aqua Aerobics	Teaching Pool
12.40pm : 1.25pm	Circuit Training	Sports Hall
2.15pm : 3.00pm	Active Bodies 50+	Studio
4.30pm : 5:15pm	TEEN Zumba	Studio
6.00pm : 7.00pm	Body Step	Studio
6.00pm : 6.45pm	Deep Aqua Aerobics	Diving Pit
6.15pm : 7.15pm	Spin Cycling	Spin Studio
07:05pm : 08:20pm	Pilates	Multi
7.20pm : 8.20pm	Body Pump	Studio
FRIDAY		
9.15am : 10.15am	Body Pump	Studio
10:15am : 11:15am	Body Step	Studio
11:45am : 12:30pm	Pilates 50+	Multi
12.45pm : 1.30pm	Body Balance	Multi
4.30pm : 5.30pm	Circuit Training	Sports Hall
5.30pm : 6.30pm	Body Conditioning	Multi
6.00pm : 7.00pm	Body Combat	Sports Hall
7.15pm : 8.15pm	Yoga	Multi Activity
SATURDAY		
9.00am : 10.00am	Circuits	Sports Hall
9.15am : 10:00am	Body Step	Studio
10.15am : 11.00am	Spin Cycling	Spin Studio
11.15am : 12.15pm	Body Pump	Studio
SUNDAY		
9:30am : 10:15am	Spin Cycling	Spin Studio
10.30am : 11.30am	Body Pump	Studio
11.30am : 12.30pm	Body Balance	Studio
5.30pm : 6.30pm	Yoga	Multi

leisure@cheltenham reserve the right to change or cancel classes at any time . Please check our website www.leisureatcheltenham.co.uk for up to date weekly timetable

All classes are £5:70 per class

Sign up for a membership and enjoy all classes for FREE

** Active Balance Classes are £2.10 regardless of membership