

## KEY TO TYPES OF EXERCISE CLASSES

### CARDIO

**LES MILLS**  
FOR A FITTER PLANET  
**BODY COMBAT™**

An empowering cardio workout where you are totally unleashed. This fiercely energetic programme is inspired by martial arts. Supported by powerful music, punch, kick and kata your way through calories to superior cardio fitness.

**Chair Aerobics**

A seated exercise session working on full body movements, improving joints, balance and coordination with little or no stress on the body targeting all major muscle groups.

**Aerobics**

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

**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. These classes are an excellent way to start exercising.

**Triple Taster**

Combines a mixture of styles which create a great full body and fat burning workout. A fun and motivating way to exercise.

### TONING

**Stability Ball**

A unique toning, lower body workout and core strength class. Ever wanted to learn how to use the stability ball? Here's your chance!

### CORE / STRENGTH

**LES MILLS**  
FOR A FITTER PLANET  
**BODYPUMP™**

The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups using exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights inspire you to get results.

### CIRCUITS

**Circuit Training**

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

**Legs, Bums and Tums**

Sculpt, tone and tighten those problem areas with exercises to increase muscular strength and endurance. Suitable for all ages and abilities.

### DANCE

**LES MILLS**  
FOR A FITTER PLANET  
**SH'BAM™**

Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise.

### SPINNING

**LES MILLS**  
FOR A FITTER PLANET  
**RPM™**

An indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.

### AQUA

**Aqua Fit**

The ultimate low impact, total body workout. A refreshing form of exercise only water can provide. Ideal for any age and excellent if you are new to exercise.

**Aqua Jog**

This is a 45 minute class with a qualified instructor. Jog, run or walk through varying depths of water using buoyancy aids and floatation devices. This is a great class for toning, fitness and injury rehabilitation.

### MIND AND BODY

**LES MILLS**  
FOR A FITTER PLANET  
**BODY BALANCE™**

BODYBALANCE™ is a Yoga, Tai Chi and 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.

**Yoga**

Yoga is about creating balance in the body whilst developing strength and flexibility. This is done through a series of poses, each of which has specific physical benefits.

### OPENING TIMES

Monday - Thursday	7am - 10pm
Friday	7am - 9pm
Saturday	9am - 6pm
Sunday	9am - 9pm

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

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

East Riding Leisure Hornsea, Broadway, Hornsea HU18 1PZ  
Telephone (01964) 533366  
[eastringleisure.co.uk](http://eastringleisure.co.uk)



Classes

EAST RIDING LEISURE  
HORNSEA

# Exercise Class Programme



 EAST RIDING  
OF YORKSHIRE COUNCIL

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# Exercise Class Programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAYTIME	BODYPUMP™ 9.30 - 10.30am		BODYBALANCE™ 9 - 10am	Aerobics* 9.30 - 10.30am	Aqua Jog* 9 - 9.30am
	SH'BAM™ 10.30 - 11.30am	RPM™ 10 - 10.45am	SH'BAM™ 10 - 11am	SH'BAM™ 9.30 - 10.30am	Stability Ball* 10 - 10.30am
	Healthy Lifestyles* 11am - 12 noon	Stability Ball* 11 - 11.30am	RPM™ 10.30 - 11.15am	RPM™ 10.30 - 11.15am	Healthy Lifestyles* 11am - 12 noon
	BODYBALANCE™ 11.30am - 12.30pm	Aqua Jog* 11.45am - 12.15pm		BODYBALANCE™ 10.30 - 11.30am	Aqua Fit* 12.30 - 1.15pm
	Aerobics* 1.15 - 2.15pm	Aqua Jog* 12.15 - 1pm		Aqua Fit * 10.30 - 11.30am	
	Aqua Fit * 2.15 - 3.15pm	Chair Aerobics* 12.30 - 1.30pm		Chair Aerobics* 1 - 2pm	
EVENING				RPM™ 4.15 - 5pm	
	Legs, Bums and Tums 6 - 7pm	RPM™ 6 - 6.45pm	RPM™ 6 - 6.45pm	RPM™ 6 - 6.45pm	
	Yoga 6 - 7pm	Triple Taster 7 - 7.30pm	BODYCOMBAT™ 7 - 8pm	BODYPUMP™ 7 - 8pm	RPM™ 6.30 - 7.15pm
	RPM™ 6 - 6.45pm	RPM™ 7.15 - 8pm	Aqua Fit * 8 - 8.45pm		BODYPUMP™ 7.30 - 8.30pm
	BODYCOMBAT™ 7 - 8pm	SH'BAM™ 7.30 - 8.30pm	BODYBALANCE™ 8 - 9pm		
					RPM™ 7.15 - 8pm

	SATURDAY	SUNDAY
WEEKEND	RPM™ 9.30 - 10.15am	
	Circuit Training 10.30 - 11.30am	

## EXERCISE CLASS – BOOKING POLICY

**Booking** – Bookings can be made 7 days in advance for members. Non-members can book 6 days in advance and must pay on booking. To guarantee a class place it is advisable to book in advance.

**Attendance** – Customers must record their attendance at reception. Professional exercise classes require a warm up. Please arrive on time.

**Cancellations** – We require a minimum of 24 hours notice. If we are able to re-sell your place we will either issue you a refund or reschedule the booking in accordance with the booking policy.

Most classes are suitable for 14 years upwards this is at the discretion of the fitness coach, with the exception of classes which include the use of weights.

\* These classes are suitable for beginners and over 50s.





10% discount on selected purchases with your SURE Card

KEY	CARDIO	SPINNING	AQUA
	MIND AND BODY	CORE / STRENGTH	CIRCUITS
	TONING	JUNIOR	DANCE