

KEY TO TYPES OF EXERCISE CLASSES

| CARDIO | |
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| 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. |
| LES MILLS FOR A FITTER PLANET BODYSTEP™ | An energising step workout that makes you feel liberated and alive. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. |
| Triple Taster | Combines a mixture of styles which create a great full body and fat burning workout. A fun and motivating way to exercise. |
| 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. |
| 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. |
| Kettlecise | Kettlecise is a non-stop routine using weights, that will work every single muscle in your body. An all over body transform programme that will shift stubborn inches, increase lean muscle, improve core stability and dramatically improve endurance. Fat burning just got simple. |
| 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. |
| 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. |
| Indoor Cycling | A team cycling experience. An extremely motivating yet easy to follow class, which effectively burns fat. Appropriate for all levels of fitness from complete beginner to experienced cyclists. |

| DANCE | |
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| 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. |
| 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. |
| Fitness Pilates | Improve posture, flexibility and boost energy. This class will leave your body and mind in balance. |
| TONING | |
| 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. |
| 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! |
| 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. |
| Aqua Natal | A gentle workout in water for expectant mothers, suitable for all stages of pregnancy. This class is also suitable for post pregnant women. Aqua Natal is a gentle exercise class ideal to keep you active during pregnancy and also a great way to meet other 'mums to be'! |



Myride®

Tour the world with the most powerful, virtual way to experience indoor cycling. Available throughout the week at various times.

Imagine following the world's greatest cycle tracks, with terrain from canyons to mountainside to urban streetscapes - all from within the gym.

Myride® is an immersive, high resolution fitness adventure: the most challenging road races at a level to suit you. Thousands of preset challenges, stacks of music and over a million studio and real footage workouts so you can build your own cycle programme - no matter what your fitness level.



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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**.

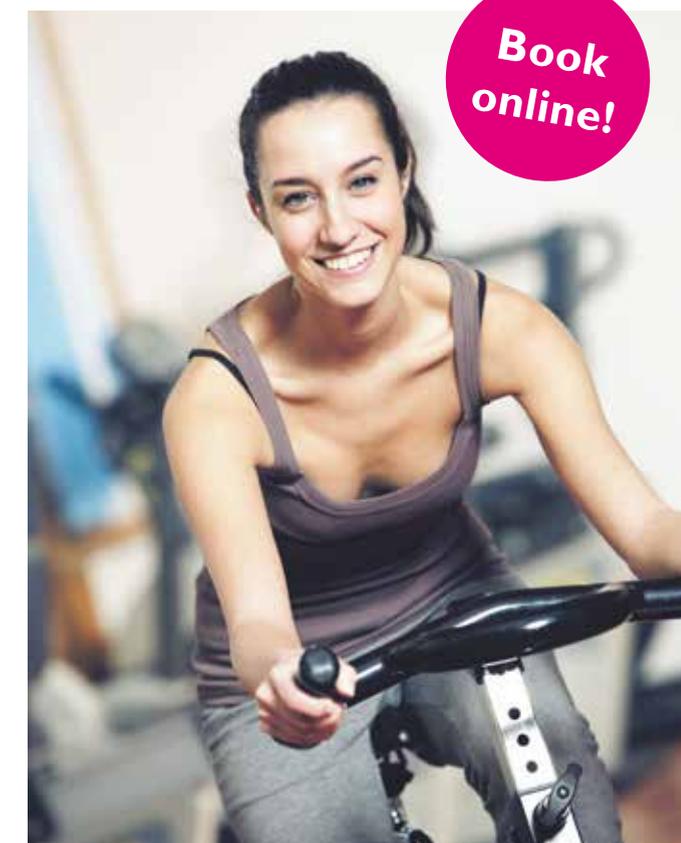
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EAST RIDING LEISURE
HALTEMPRICE

Exercise Class Programme



Book online!

2018



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Exercise Class Programme

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|---|---------------------------------|--|---------------------------------------|---------------------------------|
| DAYTIME | RPM™ 7 - 7.45am | BODYPUMP™ 7 - 7.45am | RPM™ 7 - 7.45am | BODYCOMBAT™ 7 - 7.45am | RPM™ 7 - 7.45am |
| | Indoor Cycling 9.30 - 10.15am | RPM™ 9.30 - 10.15am | BODYBALANCE™ 9 - 9.45am | Aqua Fit * 9 - 9.45am | RPM™ 9.30 - 10.15am |
| | BODYCOMBAT™ 9.30 - 10.30am | SH'BAM™ 9.30 - 10.30am | RPM™ 9.30 - 10.15am | RPM™ 9.30 - 10.15am | BODYCOMBAT™ 9.30 - 10.30am |
| | BODYBALANCE™ 10 - 11am | Aqua Fit * 11 - 11.45am | BODYCOMBAT™ 9.30 - 10.30am | Legs, Bums and Tums 9.30 - 10.30am | Fitness Pilates * 10 - 11am |
| | Aqua Fit * 11 - 11.45am | Aqua Jog * 12 noon - 12.45pm | Fitness Pilates * 10 - 11am | Aqua Jog * 12 noon - 12.45pm | RPM™ 10.30 - 11.15am |
| | Legs, Bums and Tums * 11am - 12 noon | Triple Taster * 2 - 3pm | Aqua Fit * 11 - 11.45am | | Aqua Jog * 11.30am - 12.15pm |
| | | Yoga * 2.30 - 4pm | Healthy Lifestyles * 11am - 12 noon | BODYBALANCE™ * 2 - 3pm | Yoga * 2.30 - 3.30pm |
| EVENING | Kettleercise 5 - 5.45pm | BODYPUMP™ 5 - 6pm | BODYBALANCE™ 5 - 6pm | | BODYSTEP™ 5 - 6pm |
| | BODYSTEP™ 6 - 7pm | Fitness Pilates * 5 - 6pm | BODYSTEP™ 5 - 6pm | Fitness Pilates * 5 - 6pm | SH'BAM™ 5 - 6pm |
| | BODYPUMP™ 6 - 7pm | BODYSTEP™ 6 - 7pm | Kettleercise 6 - 7pm | SH'BAM™ 6 - 7pm | Kettleercise 6 - 7pm |
| | SH'BAM™ 6 - 7pm | BODYPUMP™ 6 - 7pm | SH'BAM™ 6 - 7pm | | RPM™ 6.15 - 7pm |
| | BODYBALANCE™ 6 - 7pm | RPM™ 6.15 - 7pm | RPM™ 6.15 - 7pm | BODYBALANCE™ 6.15 - 7.15pm | Aqua Fit * 6.15 - 7pm |
| | Indoor Cycling 6.15 - 7pm | Aqua Natal * 6.30 - 7.15pm | BODYPUMP™ 6.30 - 7.30pm | | BODYPUMP™ 6.30 - 7.30pm |
| | BODYCOMBAT™ 7 - 8pm | | Yoga * 6.30 - 7.30pm | Aqua Fit * 6.45 - 7.30pm | |
| | Circuit Training 7 - 8pm | BODYBALANCE™ 7.15 - 8.15pm | Legs, Bums and Tums 7 - 8pm | BODYCOMBAT™ 7 - 8pm | |
| | RPM™ 7.15 - 8pm | RPM™ 7.15 - 8pm | Circuit Training 7 - 8pm | RPM™ 7.15 - 8pm | |
| | Aqua Fit * 7.15 - 8pm | Aqua Fit * 7.15 - 8pm | Aqua Fit * 7.15 - 8pm | | |
| | BODYPUMP™ 7.15 - 8.15pm | | Indoor Cycling 7.15 - 8pm | | |
| | Yoga * 7.30 - 8.30pm | | BODYBALANCE™ 7.30 - 8.30pm | BODYPUMP™ 7.30 - 8.30pm | |
| | SH'BAM™ 8 - 9pm | BODYCOMBAT™ 8 - 9pm | BODYCOMBAT™ 8 - 9pm | | |
| | Stability Ball 8.15 - 9pm | | BODYPUMP™ 8 - 9pm | | |

| | SATURDAY | SUNDAY |
|---------|--------------------------------------|-------------------------------|
| WEEKEND | RPM™ 9 - 9.45am | RPM™ 9 - 9.45am |
| | SH'BAM™ 9 - 10am | BODYPUMP™ 9 - 10am |
| | BODYPUMP™ 9 - 10am | BODYCOMBAT™ 9.30 - 10.30am |
| | RPM™ 10 - 10.45am | BODYCOMBAT™ 5 - 6pm |
| | Fitness Pilates * 10.15 - 11.15am | |

EXERCISE CLASS – BOOKING POLICY

All classes require advance booking.

Booking for Members: Online booking can be made up to 8 days in advance or up to 7 days in advance by contacting reception.

Booking for Non Members: Online booking can be made up to 7 days in advance or up to 6 days in advance by contacting reception.

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

Cancellations – If you are unable to attend a booked class please ensure you cancel your booking to open up a place for other customers. Management reserve the right to review a members booking privileges. Cancellations can be made online and via our cancellation line (01482) 652501.

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.

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

ZONE OPENING TIMES

Monday - Friday 7am - 10pm
(6.30am - 10pm for members)
Saturday and Sunday 8.30am - 8pm

Various memberships available.
Memberships can be used at all East Riding Leisure Centres.

FREE daytime squash or badminton 9am - 4pm
Available on Premier and Sunlight Memberships.

Book Online

Our online booking system is now live.
Book a wide range of classes or courts.

Mobile ready and on any device
Our new system works on all devices and at any screen size, so you get the same experience across all platforms, whether you are using a smartphone, tablet or desktop computer.

- No need to call - just book online!
- Optimised for smartphones and tablets
- Members can book up to 8 days in advance

To get started visit eastridingleisure.co.uk/bookonline

