

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.

Aerobics

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

Salsa Aerobics

A fabulous dance based class with influences from the music of Spain and the Caribbean. Whether you are a beginner or you've danced before you can have fun, tone up and get fit! No partner required.

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.

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.

Kettlercise

Kettlercise 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.

Body Conditioning

This is a workout to tone, sculpt and strengthen all the major muscles. Each class begins with an aerobic warm-up, followed by a variety of toning exercises using various resistant equipment. This session will develop your overall fitness and strength, burn fat, increase muscle tone and will help improve posture and body awareness.

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 Zumba

A challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Known as the Zumba 'pool party', the Aqua Zumba program gives new meaning to the idea of an invigorating workout.

CORE / STRENGTH

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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.

SPINNING

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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.

DANCE

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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.

Zumba

Zumba is the only Latin inspired dance-fitness programme that blends red hot international music. Ditch the workout, join the party!

FitSteps®

A simple energetic, upbeat dance class designed to achieve real measurable fitness results. The dance workout mixes the graceful steps of Ballroom and the up-tempo steps of Latin dances to create fun-filled classes where you don't even realise you're getting fit. Suitable for all fitness levels and beginners.

MIND AND BODY

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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.

Pilates

Improve posture, flexibility and boost energy. This class will leave your body and mind in balance.

ZONE OPENING TIMES

Monday - Friday 6.30am - 10pm

Saturday and Sunday 8.30am - 6pm

CRECHE OPENING TIMES

Monday, Tuesday, Wednesday and Friday 9.30 - 11.30am

Thursday 10am - 12 noon

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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eastridingleisure.co.uk





Classes

EAST RIDING LEISURE
DRIFFIELD

Exercise Class Programme



 EAST RIDING
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Exercise Class Programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAYTIME	RPM™ 6.45 - 7.30am	RPM™ 6.45 - 7.30am	BODYCOMBAT™ 6.45 - 7.30am	BODYPUMP™ 6.45 - 7.30am	RPM™ 6.45 - 7.30am
	BODYPUMP™ 9.30 - 10.30am	BODYPUMP™ 9.30 - 10.30am	SH'BAM™ 9.30 - 10.15am		Legs, Bums and Tums 9.30 - 10.30am
	Body Conditioning 10.30 - 11.30am	BODYBALANCE™ 10.30 - 11.30am	BODYBALANCE™ 10.30 - 11.30am	BODYPUMP™ 10 - 11am	BODYCOMBAT™ 10.30 - 11.15am
		RPM™ 12 noon - 12.45pm	FitSteps® 11.15am - 12 noon	BODYBALANCE™ 11am - 12 noon	
	Healthy Lifestyles 2 - 3pm	Aqua Fit 12.30 - 1pm	Healthy Lifestyles 12 noon - 1pm		Aqua Fit 12.30 - 1pm
EVENING	RPM™ 5.45 - 6.30pm		Pilates 6.30 - 7.30pm		
	Body Conditioning 6 - 7pm	RPM™ 5.30 - 6.15pm	BODYCOMBAT™ 6.30 - 7.30pm	RPM™ 5.45 - 6.30pm	
	BODYPUMP™ 7.30 - 8.30pm	BODYBALANCE™ 6 - 7pm	BODYPUMP™ 7.30 - 8.30pm	Body Conditioning 6 - 7pm	BODYBALANCE™ 6 - 7pm
	Aqua Jog 7.45 - 8.30pm	Kettlercise 6.30 - 7.15pm	BODYBALANCE™ 7.30 - 8.30pm	BODYCOMBAT™ 6.30 - 7.30pm	
	BODYCOMBAT™ 8.30 - 9.30pm	Aqua Zumba 7.10 - 7.55pm	Aqua Jog 7.45 - 8.30pm	Yoga 7 - 8pm	Kettlercise 6.30 - 7.15pm
	Pilates 8.30 - 9.30pm			Aqua Fit 8 - 8.45pm	RPM™ 7.30 - 8.15pm

	SATURDAY	SUNDAY
WEEKEND	BODYPUMP™ 8.45 - 9.45am	RPM™ 9.30 - 10.15am
	BODYCOMBAT™ 9.45 - 10.30am	BODYCOMBAT™ 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.

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