

## KEY TO TYPES OF EXERCISE CLASSES

### CARDIO

#### Step Aerobics

Step Aerobics exercises heart and lungs for increased cardiovascular fitness. You will also be giving your lower body muscles a good workout, strengthening and toning your bottom, thigh and abdominal muscles.

#### Healthy Lifestyles

These 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.

#### Aerobics

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

### 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.

### 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.

#### Deep Water Aqua

Enjoyable class using a floatation belt and other aqua equipment. Deep water running is great for cross training and an excellent calorie burner. Water provides resistance for the body to work against which helps improve muscular strength and endurance. Suitable for all abilities.

### CIRCUITS

#### Boxercise

Powerful energetic fitness class using pads, gloves and fitness moves used for boxing.

### DANCE

#### Zumba

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

#### 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.

#### Pilates

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

### CORE / STRENGTH

#### LES MILLS FOR A FITTER PLANET BODY PUMP™

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.

#### LES MILLS FOR A FITTER PLANET CXWORX™

CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

#### 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.

### TONE ZONE OPENING TIMES

Monday - Friday	7am - 10pm
Saturday	8am - 5pm
Sunday	8am - 9pm

Various memberships available.

### CRÈCHE OPENING TIMES

Monday, Tuesday, Thursday and Friday	9.15 - 11.10am
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Places must be booked.

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.



Classes

EAST RIDING LEISURE  
FRANCIS SCAIFE

# Exercise Class Programme



East Riding Leisure Francis Scaife, Burnby Lane, Pocklington  
YO42 2QE Telephone (01759) 305052

[eastridingleisure.co.uk](http://eastridingleisure.co.uk)



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# Exercise Class Programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAYTIME		Healthy Lifestyles* 9 - 10am		Healthy Lifestyles* 9 - 10am	Yoga 9 - 10am
	RPM™ 9.15 - 10am	RPM™ 9.15 - 10am		Indoor Cycling 9.15 - 10am	RPM™ 9.15 - 10am
	CXWORX™ 10 - 11am	Yoga 10 - 11.30am	Aerobics* 10 - 11am	Zumba 10 - 11am	CXWORX™ 10.15 - 10.45am
	Pilates 11 - 11.45am	Deep Water Aqua 11.15am - 12 noon		Kettlecise 11am - 12 noon	Zumba 12 noon - 1pm
	Pilates 12 noon - 12.45pm	CXWORX™ 11.30am - 12 noon	BODYBALANCE™ 12 noon - 1pm	BODYBALANCE™ 12 noon - 1pm	Pilates 1 - 2pm
	Aqua Fit 1.15 - 2pm	Pilates 12.15 - 1pm	Deep Water Aqua 1.15 - 2pm		Step Aerobics** 2 - 3pm
EVENING			BODYBALANCE™ 5.15 - 6pm	Kettlecise 5 - 6pm	SH'BAM™ 6 - 6.45pm
	Boxercise 6 - 7pm				BODYPUMP™ 7 - 8pm
	Indoor Cycling 6.15 - 7pm	RPM™ 6.15 - 7pm	RPM™ 6.15 - 7pm	RPM™ 6.15 - 7pm	Indoor Cycling 6.15 - 7pm
	BODYPUMP™ 7 - 8pm	Kettlecise 7 - 8pm	Step Aerobics 7 - 8pm	CXWORX™ 7 - 8pm	
	RPM™ 7.15 - 8pm	Indoor Cycling* 8 - 8.45pm	Pilates 8.15 - 9.15pm	Aqua Fit 7.15 - 8pm	
			Indoor Cycling 8 - 8.45pm		

	SATURDAY	SUNDAY
WEEKEND	Yoga 8.30 - 9.30am	Indoor Cycling 9.15 - 10am
	SH'BAM™ 10 - 10.45am	Kettlecise 7 - 8pm

## EXERCISE CLASS – BOOKING POLICY

**Booking** – Bookings can be made 8 days in advance for members when booking online, 7 days for members who make bookings at reception.

Non members can also book online 7 days in advance or 6 days in advance who book at reception and must pay in full 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.

\*\* Class to start Friday, 12 May 2017

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