

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.

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.

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.

TONING

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.

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.

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.

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.

DANCE

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

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.

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

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.

MIND AND BODY

LES MILLS FOR A FITTER PLANET
BODY BALANCE™
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.

ZONE OPENING TIMES

Monday - Friday **7am - 10pm**
Saturday and Sunday **8am - 8pm**

CRÈCHE OPENING TIMES

Monday, Wednesday and Thursday **9am - 12 noon and 1 - 3.30pm**
Tuesday and Friday **9am - 12.30pm and 1.30 - 3.30pm**

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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Classes

EAST RIDING LEISURE
GOOLE

Exercise Class Programme





Exercise Class Programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAYTIME	Healthy Lifestyles* 9 - 10am	BODYSTEP™ 9.30 - 10.30am	Yoga 9.30 - 10.30am		
	Aerobics* 10 - 11am	BODYBALANCE™ 10.30 - 11.30am	BODYPUMP™ 9.30 - 10.30am	RPM™ 9 - 9.45am	Healthy Lifestyles* 9 - 10am
		Aqua Fit* 11.15am - 12 noon	CXWORX™ 10.30 - 11am	Zumba 10 - 11am	BODYCOMBAT™ 10 - 11am
		BODYCOMBAT™ 11.30am - 12.30pm	Body Conditioning 11am - 12 noon	BODYBALANCE™ 11am - 12 noon	BODYPUMP™ 12.45 - 1.15pm
	Aqua Fit* 3 - 3.45pm		Indoor Cycling 4 - 5pm		RPM™ 4 - 4.45pm
EVENING	BODYPUMP™ 5.30 - 6.30pm	Indoor Cycling 5 - 6pm	Zumba 5.30 - 6.30pm	RPM™ 5.30 - 6.15pm	CXWORX™ 5 - 5.30pm
	Indoor Cycling 5.45 - 6.45pm	Kettlercise 5.30 - 6.30pm	BODYBALANCE™ 5.30 - 6.30pm	Kettlercise 5.30 - 6.30pm	BODYBALANCE™ 5.30 - 6.30pm
	Circuit Training 6.30 - 7.30pm	CXWORX™ 6 - 6.30pm	CXWORX™ 6.30 - 7pm	Circuit Training 6.30 - 7.30pm	
	Body Conditioning 6.30 - 7.30pm	BODYCOMBAT™ 6.30 - 7.30pm	BODYPUMP™ 6.30 - 7.30pm	BODYBALANCE™ 6.30 - 7.30pm	
	BODYCOMBAT™ 7.30 - 8.30pm	Indoor Cycling 7 - 8pm	RPM™ 7 - 7.45pm	Deep Water Aqua 7.15 - 8pm	
	RPM™ 7.30 - 8.15pm		Aqua Fit 7.30 - 8.15pm	BODYCOMBAT™ 7.30 - 8.30pm	
			Boxercise 7.30 - 8.30pm	Aqua Fit 8 - 8.45pm	

	SATURDAY	SUNDAY
WEEKEND	RPM™ 9 - 9.45am	Indoor Cycling 9 - 10am
	CXWORX™ 10.15 - 10.45am	Body Conditioning 10 - 11am



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.

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