KEY TO TYPES OF EXERCISE CLASSES

CARDIO	
LesMills 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.
LesMills 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	
LesMills 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.
LesMills 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.
TRX	TRX Suspension Training is bodyweight exercises that develops strength, balance, flexibility and core stability simultaneously.
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	
LesMills 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	
LesMills 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.

TONE ZONE OPENING TIMES

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

CRECHE 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

EAST RIDING OF YORKSHIRE COUNCIL

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Classes

Exercise Class Programme

EAST RIDING LEISURE
GOOLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAYTIME	RPM™ 9 - 9.45am	BODYSTEP™ 9.30 - 10.30am	Yoga 9.30 - 10.30am		
	Healthy Lifestyles* 9 - 10am	BODYBALANCE™ 10.30 - 11.30am	BODYPUMP™ 9.30 - 10.30am	RPM™ 9 - 9.45am	Healthy Lifestyles* 9 - 10am
	Aerobics* 10 - 11am	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* *(term time only)* 3 - 3.45pm		Indoor Cycling 4 - 5pm		RPM™ 4 - 4.45pm
EVENING	BODYPUMP™ 5.30 - 6.30pm	RPM™ 5 - 5.45pm	Zumba 5.30 - 6.30pm	Kettlercise 5.30 - 6.30pm	CXWORX™ 5 - 5.30pm
	Indoor Cycling 5.45 - 6.45pm	Kettlercise 5.30 - 6.30pm	BODYBALANCE™ 5.30 - 6.30pm	Indoor Cycling 5.30 - 6.30pm	BODYBALANCE™ 5.30 - 6.30pm
	Circuit Training 6.30 - 7.30pm	CXWORX™ 6 - 6.30pm	CXWORX™ 6.30 - 7.00pm	Circuit Training 6.30 - 7.30pm	
	Body Conditioning 6.30 - 7.30pm	BODYSTEP ™ 6.30 - 7.30pm	BODYPUMP™ 6.30 - 7.30pm	BODYBALANCE™ 6.30 - 7.30pm	
	BODYCOMBAT™ 7.30 - 8.30pm		RPM™ 7 - 7.45pm	Deep Water Aqua 7.15 - 8pm	
	RPM™ 7.30 - 8.15pm	Indoor Cycling 7 - 8pm	Boxercise 7.30 - 8.30pm	BODYCOMBAT™ 7.30 - 8.30pm	
			Aqua Fit 7.30 - 8.15pm	Aqua Fit 8 - 8.45pm	
			Yoga 8.30 - 9.30pm		

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

10% DISCOUNT on selected purchases with your **SURE Card**

NEW: TRX SESSIONS

20 minute TRX sessions will take place on **Mondays at 5pm** and **Fridays at 5pm.** Booking is available through the gym team. For more information, please visit **eastridingleisure.co.uk/goole**

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