

Group Exercise Timetable

May 2018

Monday	Instructor	Time	Venue	Ability
Studio Cycling (14+ years)	Jaqui	07.15 - 08.00	Studio	💧💧
Body Pump (16+ years)	Amanda	09.00 - 09.55	Studio	💧💧
Step (14+ years)	Amanda	10.00 - 10.55	Studio	💧💧
Core Conditioning (16+ years)	Angela	11.00 - 11.55	Studio	💧💧
Teen Gym (11-14 years)	Gym Team	16.30 - 17.25	Gym Floor	💧
Studio Cycling (14+ years)	Amanda	17.15 - 18.00	Studio	💧💧
Kettlercise (16+ years)	Lucy	18.00 - 18.55	Studio	💧💧
Circuits (16+ years)	Amanda	18.15 - 19.10	Gym Floor	💧💧
Core Conditioning (16+ years)	Lucy	19.00 - 19.30	Studio	💧💧
Mindfulness/Meditation (14+)	Katherine	20.00 - 20.55	Studio	💧
Tuesday	Instructor	Time	Venue	Ability
Body Balance (14+ years)	Wendy	07.15 - 8.15	Studio	💧
Studio Cycling (14+ years)	Angela	09.00 - 09.45	Studio	💧💧
Body Pump (16+ years)	Angela	10.00 - 10.55	Studio	💧
Pilates (14+ years)	Angela	11.00 - 11.55	Studio	💧💧
Functional Blitz (16+ years)	Gym Team	13.15 - 13.45	Gym Floor	💧💧
Gym Circuits (16+ years)	Vanessa	14.00 - 14.55	Gym Floor	💧
Teen Gym (11-14 years)	Gym Team	16.30 - 17.25	Gym Floor	💧
Body Combat	Angela	17.15 - 18.00	Studio	💧💧
Body Pump (16+ years)	Cheryl	18.00 - 18.55	Studio	💧💧
Studio Cycling (14+ years)	Rob	19.00 - 19.45	Studio	💧💧
Fitness Yoga (14+ years)	Angela	20.00 - 20.55	Studio	💧
Wednesday	Instructor	Time	Venue	Ability
Studio Cycling (14+ years)	Wendy	07.15 - 08.00	Studio	💧💧
Pilates (14+ years)	Angela	09.00 - 09.55	Studio	💧
Pilates (14+ years)	Angela	10.00 - 10.55	Studio	💧💧
Body Balance (14+ years)	Caroline	11.15 - 12.15	Studio	💧
Teen Gym (11-14 years)	Gym Team	16.30 - 17.25	Gym Floor	💧

Body Pump Express (16+ years)	Amanda	17.15 - 18.00	Studio	💧💧
Studio Cycling (14+ years)	Ed	18.10 - 18.55	Studio	💧💧
Functional Blitz (16+ years)	Gym Team	18.15 - 18.45	Gym Floor	💧💧
Circuits (16+ years)	Amanda	19.00 - 19.55	Studio	💧💧💧
Thursday	Instructor	Time	Venue	Ability
Studio Cycling Beginners (14+ years)	Ed	07.15 - 08.00	Studio	💧
Body Pump (16+ years)	Angela	09.00 - 09.55	Studio	💧💧
Body Combat (14+ years)	Amanda	10.00 - 10.55	Studio	💧💧
Core Balance (14+ years)	Angela	11.00 - 11.55	Studio	💧💧
Teen Gym (11-14 years)	Gym Team	16.30 - 17.25	Gym Floor	💧
Body Combat (14+ years)	Angela	17.15 - 18.00	Studio	💧💧
Studio Cycling (14+ years)	Wendy	18.05 - 18.50	Studio	💧💧
Body Balance (14+ years)	Wendy	19.00 - 19.55	Studio	💧💧
Bootcamp	Kat	19.30 - 20.30	Outside	💧💧
Studio Cycling (14+ years)	Wendy	20.15 - 21.00	Studio	💧💧
Friday	Instructor	Time	Venue	Ability
Body Conditioning (14+ years)	Angela	09.00 - 09.55	Studio	💧💧
Body Pump (16+ years)	Cheryl	10.00 - 10.55	Studio	💧💧
Yoga (14+ years)	Caroline	11.10 - 12.10	Studio	💧
Gym Circuits (16+ years)	Vanessa	13.00 - 13.55	Studio	💧
Teen Gym (11-14 years)	Gym Team	16.30 - 17.25	Gym Floor	💧
Functional Blitz (16+ years)	Gym Team	17.30 - 18.00	Gym Floor	💧💧
Body Pump (16+ years)	Sharon	18.00 - 18.55	Studio	💧💧
Clubbercise	Sharon	19.00 - 19.55	Studio	💧💧
Saturday	Instructor	Time	Venue	Ability
Studio Cycling (14+ years)	Ed	09.15 - 10.00	Studio	💧💧
Teen Gym (11-14 years)	Gym Team	10.00 - 10.55	Gym Floor	💧
Body Pump (16+ years)	Sharon	10.15 - 11.10	Studio	💧💧
Sunday	Instructor	Time	Venue	Ability
Teen Gym (11-14 years)	Gym Team	10.00 - 10.55	Gym Floor	💧

💧 - Beginner 💧💧 - Intermediate 💧💧💧 - Advance

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Seaton
Fitness Centre

Class Descriptions

Class Type	Equipment	Class Aim
Body Conditioning	Mats, dumbbells, body bars, bands & stability balls	A mixed workout, covering toning, strength, endurance, cardio fitness, flexibility & more using a range of resistance kit & bodyweight exercises.
Kettlecise	Kettlebells	Full body strength, endurance & cardiovascular workout.
Functional Blitz	Synergy	High intensity class covering strength, Cardio fitness, flexibility using resistance kit and bodyweight exercise from the synergy frame.
Bodypump	Barbells, dumbbells & steps	Whole body muscular endurance workout with some cardiovascular benefits.
Bootcamp	Mats, steps, bodyweight exercises	An outdoor class with both aerobic and strength exercises to improve all round fitness in a fun but in a motivating environment
Core Balance	Mind & Body	Master that great posture and strong core stability with this 60min class.
Core Conditioning	Mats	Blitz those abs and lower back with this class specifically designed to hit those troublesome areas
Body Combat		A class focusing on a range of disciplines including karate, boxing, taekwondo, tai chi and muay thai, you'll strike, punch, kick and kata your way to superior cardio fitness

All class times include set up / take down time. All classes subject to change. Customer suggestions, comments or complaints are very important to us. Please call us or email: comments@ledleisure.co.uk

Booking Information:

Late cancellations and no-shows cause valuable spaces within classes to be lost and made unavailable for those who wish to attend.

'Unlimited' members will be able to book up to 8 days in advance. Aqua members / PAYG members and non-members will be able to book up to 7 days in advance.

Class Type	Equipment	Class Aim
Step	Step	Fun routines using the step to improve strength, fitness and co-ordination
Studio Cycling	Stationary bike	Cardiovascular workout varying from moderate to very high intensity incorporating different speeds, resistances & body positions.
Body Balance	Mats	A class that is a Yoga, Tai Chi, Pilates workout building flexibility and strength that leaves you feeling centered and calm
Pilates	Mats, bands & balls	Whole body workout based around core strength, posture, spinal & pelvic alignments & body control.
Yoga	Mats, bands & balls	Yoga is a physical, mental, and spiritual practice designed to improve all round health, fitness & wellbeing.
Mindfulness/ Meditation	Mind & Body	Mindfulness is a gentle form of meditation. Mindfulness can help the mind and therefore assist in stress, sleeping and emotional crisis.
Circuits	Gym equipment, weights, bands, stability balls & bodyweight exercises	Full body workouts covering cardiovascular, strength, flexibility, stability & balance.
Teen Gym	Gym	sessions is to enable students between 11 and 14 years old to access the gym, to achieve health and fitness goals and to encourage progression and confidence.
Clubbercise		Ditch the workout - join the party. Music is the key ingredient to Clubbercise classes. Transitions the workout from one toning, strengthening or cardio move to another and targets every major muscle group in the body. Dance yourself to fitness

Please Note:

If you are new to exercise or have any doubts about your suitability you are advised to take advice from your GP. All participants are asked to read and sign the Health commitment statement before commencing activities. Booking is available 8 days in advance.

All classes are FREE to UNLIMITED members

Admission to any exercise and fitness class after the warm up period has taken place may not be permitted. This is to safeguard you against injury.

Pay as you go

Pre-paid booking is available 7 days in advance.

Payment is required for the activity upon booking.

Please note that classes are subject to change.

* This timetable is correct at the time of publishing, however, the timetable is subject to changes. For daily information contact reception for more details.

Please arrive early for class. Late arrivals may be turned away!