

Monday	Instructor	Time	Venue
Teen Gym (14 - 16 years)	Gym Team	16.00 - 17.00	Gym Floor
Studio Cycling (+14 years)	Amanda	17.15 - 18.00	Studio
Kettlercise (+16 years)	Lucy	18.00 - 19.00	Studio
Tuesday	Instructor	Time	Venue
Studio Cycling (+14 years)	Angela	09.00 - 09.45	Studio
Pilates (+14 years)	Angela	10.00 - 11.00	Studio
Functional Blitz	Gym Team	13.15 - 13.45	Gym Floor
Teen Gym (14 - 16 years)	Gym Team	16.00 - 17.00	Gym Floor
Studio Cycling (+16 years)	Rob	19.00 - 19.45	Studio
Wednesday	Instructor	Time	Venue
Pilates (+14 years)	Angela	09.00 - 10.00	Studio
Born To Move (2-7 years)	Kate	10.30 - 11.00	Studio
Born To Move (2-7 years)	Kate	11.00 - 11.30	Studio
Walking Circuit	Vanessa	14.00 - 15.00	Studio
Teen Gym (14 - 16 years)	Gym Team	16.00 - 17.00	Gym Floor
Studio Cycling (+14 years)	Ed	18.00 - 18.45	Studio
Functional Blitz	Gym Team	18.00 - 18.30	Gym Floor
Circuits (+16 years)	Angela	19.00 - 20.00	Studio
Thursday	Instructor	Time	Venue
Functional Blitz	Gym Team	09.00 - 09.30	Gym Floor
Body Conditioning (+14 years)	Vanessa	10.00 - 11.00	Studio
Teen Gym (14 - 16 years)	Gym Team	16.00 - 17.00	Gym Floor
Yoga (+14 years)	Jayne	19.00 - 20.00	Studio
Friday	Instructor	Time	Venue
Body Conditioning (+14 years)	Vanessa	09.00 - 10.00	Studio
Walking Circuits	Vanessa	13.00 - 14.00	Studio
Born To Move (2-7 years)	Kate	16.00 - 16.30	Studio
Born To Move (2-7 years)	Kate	16.30 - 17.00	Studio
Teen Gym (14 - 16 years)	Gym Team	16.00 - 17.00	Gym Floor
Functional Blitz	Gym Team	17.30 - 18.00	Gym Floor
Saturday	Instructor	Time	Venue
Studio Cycling (+14 years)	Ed	9.15 - 10.00	Studio
Teen Gym (14 - 16 years)	Gym Team	10.00 - 11.00	Gym Floor
Sunday	Instructor	Time	Venue
Teen Gym (14 - 16 years)	Gym Team	10.00 - 11.00	Gym Floor

- Mind & Body
- Strength & Conditioning
- Cardio
- High Intensity

#### Booking Information:

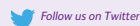
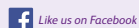
Late cancellations and no-shows cause valuable spaces within classes to be lost and made unavailable for those who wish to attend.

\*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.

Payment is required for the activity upon booking.  
Please note that classes are subject to charge.

\* 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!



# Class Descriptions

Class Type	Equipment	Class Aim
<b>Body Conditioning</b>	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.
<b>Kettlecise</b>	Kettlebells	Full body strength, endurance & cardiovascular workout.
<b>Studio Cycling</b>	Stationary bike	Cardiovascular workout varying from moderate to very high intensity incorporating different speeds, resistances & body positions.
<b>Circuits</b>	Gym equipment, weights, bands, stability balls & bodyweight exercises	Full body workouts covering cardiovascular, strength, flexibility, stability & balance.
<b>Functional Blitz</b>	Synergy	High intensity class covering strength, Cardio fitness, flexibility using resistance kit and bodyweight exercise from the synergy frame.
<b>Team Gym</b>	Gym	sessions is to enable students between 14 and 16 years old to access the gym, to achieve health and fitness goals and to encourage progression and confidence.

Class Type	Equipment	Class Aim
<b>Walking Circuits</b>	Mats, Dumbbells, Body Bars, Chairs and stability ball	A low impact walking circuit class to provide strength, flexibility, stability & Balance
<b>Pilates</b>	Mats, bands & balls	Whole body workout based around core strength, posture, spinal & pelvic alignments & body control.
<b>Yoga</b>	Mats, bands & balls	Yoga is a physical, mental, and spiritual practice designed to improve all round health, fitness & wellbeing.
<b>Born to Move</b>		Born to Move is a series of movement-based exercise using action and dance to build fundamental physical skills, confidence and self esteem.

### Please Note:

Minimum age for all adult classes is 16 years old. 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.

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](mailto:comments@ledleisure.co.uk)

