

# Class Timetable

# April 2019

<b>Monday</b>	06:30	Pilates	Studio 1	18:00	Booty Barre	Studio 3/4	
	06:30	HIIT	Studio 2	18:30	BOX	Studio 2	
	08:30	Yogalates	Studio 1	18:30	New Body	Sports hall	
	08:30	Fit Got Real	Studio 2	19:00	Booty Barre	Studio 3/4	
	09:00	Aquafit	Pool		Flex & Flow		
	09:30	Legs Bums & Tums	Studio 2	19:30	Zumba	Sports hall	
	09:30	Body Combat	Studio 3/4	19:30	Bootcamp	Studio 2	
	10:30	Fit Steps	Studio 3/4	19:45	Body Combat	Studio 3/4	
	10:30	Body Pump	Studio 2	20:00	Aquafit	Pool	
	12:00	Fit For Life Stretch	Studio 1	20:30	Yoga	Studio 1	
	12:15	Disco Spin	Studio 2				
	17:30	Studio Cycling	Studio 2				
	<b>Tuesday</b>	06:30	HIIT	Studio 3/4	18:00	Fight FX	Studio 3/4
09:00		Yoga Sculpt	Studio 3/4	18:15	Studio Cycling	Studio 2	
09:30		Studio Cycling	Studio 2	19:00	Kickboxercise	Studio 3/4	
10:00		New Body	Studio 3/4	19:15	Body Pump	Studio 2	
11:00		AB HIIT	Studio 3/4	20:30	Yoga	Studio 1	
12:00		Pilates	Studio 3/4				
17:30		HIIT	Studio 3/4				
<b>Wednesday</b>	06:30	Studio Cycling	Studio 2	14:00	Fit for Life	Studio 3/4	
	09:00	Pilates	Studio 2	17:30	HIIT	Studio 2	
	09:30	Zumba	Studio 3/4	18:00	Bandfit	Studio 3/4	
	10:00	Body Pump	Studio 2	18:30	Body Pump	Studio 2	
	10:30	Yoga	Studio 3/4	19:15	AB HIIT	Studio 3/4	
	11:00	Body Balance	Studio 2	19:45	Studio Cycling	Studio 2	
	12:00	Fit for Life Stretch	Studio 3/4	20:00	Pilates	Studio 1	
	12:15	Disco Spin	Studio 2				
<b>Thursday</b>	06:30	HIIT	Studio 2	18:15	Studio Cycling	Studio 2	
	06:30	Yoga	Studio 1	18:30	Pilates	Studio 1	
	08:00	SOSA Dance	Studio 3		beginner-intermediate		
	09:00	Aqua Fit	Pool	18:30	Zumba	Sports hall	
	09:30	Pilates	Studio 3/4	19:00	Body Balance	Studio 3/4	
	09:30	Studio Cycling	Studio 2	19:30	Totally Shredded	Sports hall	
	10:30	Yoga	Studio 3/4	19:00	Aqua Fit	Pool	
	10:30	Weight, Bars, Plates	Studio	19:15	Boot Camp	Studio 2	
	13:00	Fit for Life	Studio 2	19:30	Pilates	Studio 1	
	17:30	Studio Cycling	Studio 2		intermediate-advanced		
	18:00	Body Combat	Studio 3/4				
	<b>Friday</b>	06:30	Yoga	Studio 1	14:00	Fit for Life Stretch	Studio 3/4
06:30		Kettlebells	Studio 2	17:30	Yogalates	Studio 1	
08:00		Fitsteps FAB	Studio 3/4	18:00	Body Pump	Studio 2	
08:30		Aqua Fit	Pool		45 minute class		
09:00		Blast FX	Studio 2	18:00	Fight FX	Studio 3/4	
09:30		Stomp FX	Studio 3/4	18:30	Aqua Zumba	Pool	
10:00		Body Pump	Studio 2	19:00	Kickboxercise	Studio 2	
10:30		Zumba	Studio 3/4	19:00	FitSteps	Studio 3/4	
13:00		Fit for Life	Studio 3/4				
<b>Saturday</b>	08:00	BOX	Studio 2	<b>Sunday</b>	08:00	Aqua Zumba	Pool
	08:15	Blast FX	Studio 3/4		08:30	Studio Cycling	Studio 2
	09:30	Pilates	Studio 1		09:15	Zumba	Studio 3/4
	09:30	Disco Cycling	Studio 2		10:15	Fight FX	Studio 2
	10:30	Yoga	Studio 1				
	10:30	Rig Workout	Gym				
	10:30	Body Pump	Studio 2				
11:30	Body Balance	Studio 2					

[south-norfolk.gov.uk/leisure](http://south-norfolk.gov.uk/leisure) Tel: 01953 607171

All classes are 55mins long apart from:

Studio Cycling - 45mins, Aqua - 45mins, Body Pump 18:00 Friday - 45 mins and HIIT - 30mins.

Please note

Class bookings require two hours cancellation notice. After that time we'll be unable to refund any fees and members will be charged for the space. Late entry is not permitted due to class disruption.

**Wymondham**  
Leisure Centre

South Norfolk  
COUNCIL

# Class Descriptions

**Zumba:** A dance-based Fitness class that uses a Fusion of Latin and international rhythms with easy to follow moves. It includes both cardio and resistance training components designed to tone and sculpt the entire body.

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**Fit For Life:** Low impact aerobic and toning exercises to suit the more mature customer.

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**Fit For Life Stretch:** Balance and core conditioning using the principles of yoga and Pilates - use weight bearing exercises for toning and good bone health, to suit the more mature customer.

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**AquaFit:** Water based aerobics class designed to increase overall fitness and tone, a popular class that's gentle on the joints but increases heart rate in a fun atmosphere.

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**Pilates:** Pilates focuses on building your body's core strength and improving your posture through a series of low repetition low impact stretching and conditioning exercises.

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**Yoga:** Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.

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**Yogalates:** A mixture of yoga and Pilates exercises in one class. Strengthening the core muscles, improves posture and flexibility. (Yoga & Pilates offer the same principles, Pilates offers deeper exercises.)

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**New Body:** Low impact aerobics toning class, with the option of hand weights to increase intensity, an ideal combination for toning and weight loss.

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**Stomp FX:** Formulated for maximum calorie burn and fitness improvements, Stomp FX deliver dynamic, athletic exercise programming with a step.

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**HIIT:** A 30 minute High Intensity Interval Training set designed to give an effective whole body workout through using short bursts of exercise.

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**Booty Barre:** Booty Barre is a fun, energetic, workout that fuses techniques from dance, Pilates, and yoga that will tone, define and chisel the whole body. Booty Barre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre.

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**Body Combat:** Your license to punch and kick your way to results! This class is based on martial arts fitness moves including blocks, strikes, kicks and punches to motivating music which gives you a fat fighting, calorie burning cardio workout which will also help you to de-stress.

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**Body Pump:** The original barbell class, simple, safe and effective resistance training exercise taken from the gym environment. Exercises are set to powerful, motivating music in a group fitness environment providing a standardized memorable and results orientated workout.

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**Studio Cycling:** A non impact high intensity cardio workout suitable for all due to you being in control of your own resistance/level. High energy music to get your heart rate racing!

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**Fight FX:** A high intensity boxing based class which incorporates a variety of hits and drills with toning exercises to deliver a great workout!

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**Blast FX:** A resistance based, bodyweight only class that focusses on increasing muscle tone and reducing body fat. This choreographed class is a complete body workout with special emphasis on increasing your core strength.

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**Disco BOX:** A new fitness experience devised by England Boxing coaches who have worked with the best boxers in the country. Classes incorporate many different elements of boxing training, such as partner pad-work, skipping, punch bags and shadow boxing, ensuring participants get a great overall cardiovascular workout; developing core strength, co-ordination and fitness.

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**Kickboxercise:** Our Kickboxercise classes are a fun and energetic way to exercise! This non-contact class derives from the hugely popular sport of kickboxing, but with music and instructors for added motivation! You'll get a full body workout, increasing your stamina and toning.

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**FitSteps:** This is an energetic upbeat dance class designed to achieve real measurable fitness results.

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**Bootcamp:** Bootcamp is a circuit based training session encompassing a variety of cardio and resistance exercises to provide a demanding full body workout.

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**AB HIIT:** A 30 minute High Intensity Interval Training set focussing on core strength exercises.

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**Kettlebells:** Strength and conditioning class incorporating Kettle Bells to make you feel muscles you've not used in years, a great new way of weight training!

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**BandFit:** A dynamic all-body workout using resistance bands. Due to the bands elasticity your muscles are forced to work throughout the rep range and engage your body's stabiliser muscles increasing your core strength.

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**Weight, Bars, & Plates:** A full body resistance based workout aimed at those looking to sculpt and tone. Class format will vary to keep the body guessing but will follow the principle of high rep low weight to get those muscles burning!

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**Disco Spin:** A non impact high intensity cardio workout suitable for all due to you being in control of your own resistance/level. High energy music and disco lights to get your heart rate racing!