**Long Stratton and Diss*  
Class Timetable 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15 - 9:00</td>
<td>Aqua (Diss LC)</td>
<td>Body Strength</td>
<td>Indoor Cycling</td>
<td>Deep Water Aqua (Diss LC)</td>
<td>X Training</td>
<td>Indoor Cycling</td>
<td>9:30 - 10:15</td>
</tr>
<tr>
<td>9:30 - 10:25</td>
<td>Step and Tone</td>
<td>Yoga</td>
<td>Studio Cycling</td>
<td>FitSteps</td>
<td>Pilates</td>
<td>Indoor Cycling</td>
<td>9:30 - 10:15</td>
</tr>
<tr>
<td>9:30 - 11:30</td>
<td>Fit For Life gym session</td>
<td>Aqua (Diss LC)</td>
<td>Swim Fit (Diss LC)</td>
<td>Lunchtime Cycling</td>
<td>Aqua (Diss LC)</td>
<td>X Training</td>
<td>9:30 - 10:15</td>
</tr>
<tr>
<td>11:30 - 12:25</td>
<td>Fit For Life Class</td>
<td>18:00 - 18:45</td>
<td>Core Conditioning</td>
<td>18:00 - 18:45</td>
<td>Indoor Cycling</td>
<td>18:00 - 18:45</td>
<td>9:30 - 10:15</td>
</tr>
<tr>
<td>18:00 - 18:45</td>
<td>Indoor Cycling</td>
<td>18:15 - 19:15</td>
<td>Yoga</td>
<td>18:30 - 19:15</td>
<td>Indoor Cycling</td>
<td>18:00 - 18:45</td>
<td></td>
</tr>
<tr>
<td>19:00 - 19:55</td>
<td>Circuits</td>
<td>19:30 - 20:15</td>
<td>Core Conditioning</td>
<td>19:30 - 20:15</td>
<td>Indoor Cycling</td>
<td>19:00 - 19:55</td>
<td></td>
</tr>
<tr>
<td>20:00 - 20:55</td>
<td>Yoga</td>
<td>19:30 - 20:25</td>
<td>Yoga</td>
<td>19:30 - 20:25</td>
<td>Yoga</td>
<td>19:30 - 20:25</td>
<td></td>
</tr>
</tbody>
</table>

Please book in advance to avoid disappointment. Classes will only run with a minimum of 4 attendees. Visit the website for more information and to book: south-norfolk.gov.uk/leisure

*Supervised gym session with Qualified Instructor

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.

*Diss and Long Stratton combined membership required to attend classes at both sites.
**Class Descriptions**

**Body Blitz**
A simple, safe and effective variety of resistance and cardio training exercises taken from the gym environment and set in a group fitness class providing a demanding full body workout to powerful and motivating music.

**Boogie Bounce**
The Boogie Bounce Xtreme programme is Fab, Fun, Funky and Fat burning. It is a complete exercise programme on a mini trampoline, with a safety bar, choreographed to chart topping inspiring music which includes an extremely effective cardio section, and a really powerful burns, turns and thighs section too! Every muscle in the body is worked, even the facial muscles!

**Body Strength**
A simple, effective and demanding full body workout which incorporates dynamic strength exercises and cardio training intervals into a group fitness class. This class will strengthen muscle groups and maximise fat burning!

**Cardio Stretch**
Is a 55-minute session with 40 minutes of aerobics ('old school' medium intensity) followed by 15 mins of mat-based stretch and toning exercises all choreographed to music. This class makes you sweat, burn calories and tone the core and legs.

**Circuits**
Circuits is a fast paced class that combines strength and cardiovascular training by incorporating a range of different exercise activities. The class utilises a variety of equipment to increase muscular strength, endurance, coordination and flexibility to successfully achieve an excellent full body workout. This form of exercise can be intense but also can be adapted to the needs of different fitness levels.

**Core Conditioning**
A 30 minute intense class focusing on developing core muscle strength! Benefits include improving posture, balance, flexibility and cardio performance!

**FitSteps®**
This is an energetic, upbeat dance class designed to achieve real measurable fitness results. The dance workout mixes the graceful steps of Ballroom and the up-tempo steps of Latin dances to create fun-filled classes where you don't even realise you’re getting fit. Transform your body and have fun dancing to music that will get your heart pumping!

**HIIT (High Intensity Interval Training)**
HIIT training is inverted interval training with periods of high intensity exercise followed by short rest periods. This HIIT class is designed as a full body workout to strengthen, tone and improve cardio fitness maximising fat and calorie burning. It is highly effective as it works by raising your metabolism, creating an oxygen debt which allows your body to bum calories for hours after exercise.

**Step and Tone**
An easy to follow cardio and toning workout using a step. Incorporating body conditioning exercises to burn calories and strengthen and tone muscles in the entire body. These specific exercises are designed to burn fat and tone target areas such as thighs, tummy, bum and arms.

**Transform your body and have fun dancing to music that will get your heart pumping!**

**Studio Cycling**
Prepare to sweat! a great way of burning calories and body fat in a short workout. Replicating cycle rides with sprints/hills, seated/standing positions.

**Fit For Life**
A supervised gym drop-in session with a Qualified Instructor. Specialising in injury rehabilitation, medical rehabilitation such as high blood pressure and diabetes, stroke recovery, mobility and flexibility, obesity and weight management and health and fitness.

**Step and Tone**
An easy to follow cardio and toning workout using a step. Incorporating body conditioning exercises to burn calories and strengthen and tone muscles in the entire body. These specific exercises are designed to burn fat and tone target areas such as thighs, tummy, bum and arms.

**Yoga**
Our yoga class is designed to strengthen the body and increases flexibility; it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind.

**X Training**
A class that can be anything from a circuit based class, a choreographed step class or a mixture of cycling, cardio and resistance.