Long Stratton and Diss*
Class Timetable 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tr>
<td>07:00 - 07:55 Yoga</td>
<td>07:00 - 7:30 Rig Workout</td>
<td>09:30 - 10:15 Indoor Cycling</td>
<td>07:00 - 07:30 Rig Workout</td>
<td>09:30 - 10:25 Fit Body</td>
<td>09:30 - 10:15 Indoor Cycling</td>
<td>09:30 - 10:15 HIIT</td>
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<td>08:15 - 9:00 Aqua</td>
<td>09:30 - 10:25 Step &amp; Tone</td>
<td>10:30 - 11:15 Pilates</td>
<td>08:15 - 09:00 Deep Water Aqua</td>
<td>10:30 - 11:25 Pilates</td>
<td>11:30 - 10:15 Indoor Cycling</td>
<td>09:30 - 10:15 HIIT</td>
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<td>09:30 - 10:25 Totally Shredded</td>
<td>10:30 - 11:15 Legs, Bums &amp; Tums</td>
<td>11:30 - 12:00 Aqua</td>
<td>09:30 - 10:15 Combat</td>
<td>10:30 - 11:25 Fitsteps</td>
<td>11:30 - 12:00 Aqua</td>
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<td>10:30 - 11:25 Yoga</td>
<td>11:30 - 12:00 Yoga</td>
<td>12:15 - 12:45 Rig Workout</td>
<td>10:30 - 11:15 Combat</td>
<td>12:15 - 12:45 Lunchtime Cycling</td>
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<td>11:30 - 12:25 Fit For Life</td>
<td>12:30 - 13:25 Lunchtime Yoga</td>
<td>13:00 - 13:30 Boxercise</td>
<td>11:30 - 12:00 Lunchtime Cycling</td>
<td>18:00 - 18:45 Indoor Cycling</td>
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<td>18:00 - 18:45 Indoor Cycling</td>
<td>13:00 - 13:30 Boxercise</td>
<td>18:30 - 19:25 Yoga</td>
<td>19:00 - 19:45 HIIT</td>
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<td>18:00 - 18:45 Indoor Cycling</td>
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<td>18:30 - 19:25 Yoga</td>
<td>19:00 - 19:45 Boogie Bounce</td>
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<td>19:00 - 19:55 Circuit Training</td>
<td>19:00 - 19:45 HIIT</td>
<td>19:00 - 19:55 Yoga</td>
<td>19:00 - 19:45 Boogie Bounce</td>
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<td>19:30 - 20:25 Yoga</td>
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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

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.
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 maximizing fat and calorie burning. It is highly effective as it works by raising your metabolism, creating an oxygen debt which allows your body to burn calories for hours after exercise.

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!

Class Descriptions

Beatz
Beatz is a multi-genre dance Fitness workout suitable for everyone. Feel the Beat and Burn with this Fun and simple all inclusive group Fitness class.

Boxercise
Boxercise is based on high intensity interval training adapting concepts used by boxers in their training. A great workout taught in pairs with pads and gloves.

Circuit Training
A combination of cardio and resistance exercises aimed to improve stamina and burn Fat!

Combat
A Fun Full body workout, utilising the moves and patterns from various martial arts. Get ready to sweat and burn an average of 450 calories per session. The benefits don’t stop there, Combat also improves coordination, agility, strength, balance and muscle tone.

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!

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

Fit Body
This class targets all your major muscle groups utilising weights, bodyweight and aerobic exercises. With Fun music and high energy you can condition, strengthen and tone all areas of your body.

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

Indoor 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.

Legs, Bums & Tums:
This class focuses on technique and toning, targeting specific problem areas by using an effective aerobic and muscle toning workout. Shape up and burn Fat at the same time.

Pilates
This class consists of a variety of controlled, non-impact stretching and strengthening mat based exercises that focus on core-conditioning, breathing, Flexibility, mobility and body awareness. This class is excellent for full body conditioning while promoting a feeling of mental wellbeing and can be adapted to those with limited mobility.

Rig Workout
A high intensity 30 minute workout utilising brand new Connexus multi-functional rig, and a wide range of other functional gym equipment.

SOSA
SOSA combines authentic dance steps and body styling in one fantastic fusion of dance and fitness. SOSA classes are high energy but low impact, making them suitable and safe for all fitness levels. Dance the day away with this uplifting class!

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.

Totally Shredded
Totally Shredded is one of the first HIIT and combat workouts that is inspired by Funky house and drum and bass music. This class is aimed to deliver a Fun workout that shreds inches off your body!

Yoga
Our yoga class is designed 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.