

HALTEMPRICE LEISURE CENTRE FITNESS CLASS PROGRAMME Summer 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES	Step * 9.45 - 10.45am	Freestyle Fitness* 9.45 - 10.45am	Body Combat* 9.45 - 10.45am	Aerobics * 9.45 - 10.45am	Body Combat* 9.45 - 10.45am	Body Pump+ 9.00 - 10.00am
	Aqua Tone+ 10.30 - 11.00am	Indoor Cycling+ 10.00 - 10.45am	Young at Heart 11.00 - 12.00pm	Indoor Cycling+ 10.00 - 10.45am		
	Indoor Cycling+ 11.00 - 11.45am		Aqua Tone+ 11.00 - 11.45am			Urban Street 11.00 - 12.00pm
AFTERNOON CLASSES		Yoga+ 1.30 - 3.00pm				
	Young at Heart 2.00 - 3.00pm	Young at Heart 2.00 - 3.00pm	Walking the Way to Health 2.00pm start	Body Balance+ 2.00 - 3.00pm		
			Urban Street 5.00 - 6.00pm			
EVENING CLASSES	Indoor Cycling+ 6.15 - 7.00pm	Indoor Cycling+ 6.00 - 6.45pm	Triple Taster 6.00 - 7.00pm	Freestyle Funk 6.00 - 7.00pm	Indoor Cycling+ 6.00 - 6.45pm	
	Body Pump+ 6.30 - 7.30pm	Step+ 6.00 - 7.00pm	Yoga+ 6.30 - 8.00pm	Body Balance+ 6.30 - 7.30pm	Body Pump+ 6.30 - 7.30pm	
	Yoga - For Beginners+ 6.45 - 7.45pm	Aqua Natal 6.00 - 7.00pm	Legs, Bums & Tums 7.00 - 8.00pm	Body Combat 7.00 - 8.00pm		
	Body Combat 7.00 - 8.00pm	Body Pump+ 6.00 - 7.00pm	Aerobics 7.00 - 8.00pm	Body Pump+ 7.30 - 8.30pm		
	Circuit Training 7.00 - 8.00pm	Body Balance+ 7.00 - 8.00pm	Indoor Cycling+ 7.00 - 7.45pm	Indoor Cycling+ 8.00 - 8.45pm		
	Yoga+ 8.00 - 9.30pm	Aqua Tone+ 7.00 - 7.45pm	Yoga 8.15 - 9.15pm			
	Stability Ball+ 8.15 - 9.00pm	Indoor Cycling+ 7.15 - 8.00pm				

KEY TO TYPES OF EXERCISES

Mind & Body	Aerobic
Cycling	Toning
Circuit	Junior
Aqua	

* Classes included as part of a multi-activity session.
 + Classes which are bookable.
 All bookings must be taken via reception.

Please Note: The advertised programme could alter at any time. Please check with reception.
 Some classes require booking. Please see reception.

KEY TO TYPES OF EXERCISE CLASSES

Freestyle Fitness	High energy and hip music accompany this fast paced session. Mixing dance moves, high intensity aerobics, kickboxing and resistance exercises that are designed to hit every muscle in your body including your core.
Aerobics	Get your heart and lungs working in this choreographed class using aerobic and dance moves. High or low impact? You choose from the options given making this session suitable for all levels and abilities.
Triple Taster	Not sure which class is for you? Then try this session which gives you a mix of aerobics, step and toning exercises. Ideal for beginners to sample each style.
Step	Trim and tone your lower body with this traditional class. A choreographed routine on a step platform. Great for increasing your fitness and promoting weight loss.
B7S Body Pump	The ultimate endurance weight training workout, designed to burn body fat and work every major muscle group. This is a resistance class using barbells suitable for both males and females.
B7S Body Combat	A fiercely energetic cardiovascular workout designed to work your heart and lungs. This class will burn calories whilst improving your co-ordination, agility and core strength and stability.
Young at Heart	A fitness class aimed at the more mature. This session aims to gently lift your heart rate working both your heart and lungs. No previous experience necessary.
Freestyle Funk	An adult class that fuses urban dance and aerobics to improve your fitness and co-ordination. Learn a step by step routine to the latest tracks that is fun and easy to follow
Stability Ball	A unique class to develop core strength. Using the stability ball exercises are performed to strengthen and shape your torso, this will improve your posture and increase general well-being.
Legs, Bums & Tums	Sculpt, tone and tighten those problem areas with exercises to increase muscular strength, endurance and tone. Suitable for all ages and abilities.
Circuit Training	A great session to work your whole body. Your heart will be pumping with the energising and highly effective workout. Suitable for all levels of fitness, both males and females.

Urban Street	Urban street combines various styles of street dance making a fun class that will improve your confidence, fitness and basic dance coordination. Classes are on a course basis and require booking in advance. Suitable for 8-16 year olds.
Yoga	Balance your mind, improve your posture, flexibility and strengthen your body.
B7S Body Balance	A dynamic yoga based stretch programme designed to leave you feeling relaxed and renewed. It helps bring the body, mind and soul into a state of balance and harmony.
Walking the Way to Health	Walking in a group is a great way to start walking and to stay motivated. You'll make friends and discover new place to walk in your neighbourhood. Anyone can take part – its free and fun.
Indoor Cycling	A team cycling experience. An extremely motivating yet easy to follow class, which effectively burns fat. Appropriate for all levels of fitness from complete beginner to experience cyclists.
Aqua Tone	The ultimate low impact, total body workout. A refreshing form of exercise only water can provide. Ideal for any age and excellent if you are new to exercise.
Aqua Natal	A gentle workout in the water for expectant mothers, suitable for all stages of pregnancy. This class is also suitable for post pregnant women.

OPENING TIMES

Monday - Friday 7.30am - 11.00pm
 Saturday 8.00am - 8.00pm
 Sunday 9.00am - 9.00pm

BOOKINGS

These can be made by telephone up to 8 days in advance, payment within 24 hours of booking.

CRECHE OPENING TIMES

Monday to Friday 9.00am - 12.00pm

Haltemprice Leisure Centre

Exercise Class Programme

Summer 2009



East Riding of Yorkshire Council will, on request, provide this document in braille or **large print**.
 If English is not your first language and you would like a translation of this document, please telephone **01482 393939**

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