

Group Exercise descriptions

Aqua

A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the joints.

LES MILLS BODYATTACK

A high energy fitness session with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push ups and squats.

LES MILLS BODYBALANCE

A new yoga type workout for anyone and everyone. Set to music and embracing elements of Tai Chi, Yoga and Pilates, Bodybalance will improve your mind and your body leaving you feeling calm and centred.

LES MILLS BODYPUMP

A weights session using light to moderate weights with lots of repetition. A total body workout that burns lots of calories.

Boot Camp

A high intensity military based workout designed to burn fat, maximize weight-loss and increase fitness levels.

Body Tone

This workout is a full body conditioning and strengthening session, improving functional strength, flexibility and co-ordination.

Cardio Blast

An intense programme of aerobics designed by your instructor. Covering anything from boxing and step to squats, lunges and running, each session offers a different challenge but all combine body weight training and aerobic activity. This low impact but high intensity workout is a great calorie burner suitable for all fitness levels.

Conditioning

This workout will help you on your way to get in great shape and feel great about your body. Focusing on strength, muscular endurance and fitness conditioning, these sessions will help to develop a strong and toned physique.

Core & Stretch

This workout takes you through progressive stretches for each major muscle group, all the while ensuring great core engagement. Some of the benefits of this workout are: reduced muscle tension, increased range of movement, increased circulation, better posture, stronger back and improvements in balance and stability.

DanceFit

A type of group exercise class that incorporates some or many forms of dance. A full body aerobic workout, divided into different tracks that provide peaks and troughs of intensity. The overall intensity of a workout varies depending on the style you're doing.

Fitball

Incorporating the principles of Pilates and basic Fitball exercises. Designed to improve core stability, strength and balance.

FitSteps®

A mix of ballroom and up-tempo steps designed to get you in shape. No dancing experience required.

Group Cycling

A high energy session carried out to music on specially designed bikes. Great for improving fitness and stamina using cycling techniques. This can be a challenging session and all levels are welcome as you work at your own level.

HIIT/Junior HIIT

High-intensity interval training is a training technique in which you give 100% effort through quick, intense bursts of exercise, followed by short, active, recovery periods. This type of training keeps your heart rate up and burns more fat in less time.

Kettlebells

A high powered workout with a variety of strength based moves teamed with cardio bursts, working your entire body, improve your overall strength and get your heart pumping.

LBT

Legs, Bums & Tums. A popular group exercise class which targets the legs, bum and tum area to shape and tone the body.

Pilates

A sequence of exercises designed to strengthen core muscles. A great way to improve your posture, flexibility and muscle tone.

Vinyasa Yoga

A dynamic flowing workout based on a sequence of asanas (postures). This practice will improve strength, balance and flexibility, helping to relieve stress and calm the mind.

Yoga

A conventional form of yoga incorporating breathing and flexibility techniques.

Zumba® Gold

For older adults a total dance and aerobic workout combining all elements of fitness, cardio, muscle conditioning, balance and flexibility.

Why join in with our group exercises?

Our group exercise timetable has been put together with you in mind, whether you are a beginner or a regular to fitness we have a fantastic range of workouts to suit you from high intensity workouts or something to improve your core strength and balance.

Group exercises are great fun and give you the opportunity to workout with others in a friendly environment. All our sessions are led by experienced instructors to show you how to achieve your goals.

Our group exercises are available from early morning to evening, so you can decide the best time for you to come and enjoy working out in a group environment.

We want all our customers to enjoy our group exercise workouts so please remember that the warm-up is a vital part of your workout and prepares your body for exercise, so make sure you arrive on time for your workout. Should you arrive after the session has started, you may not be able to participate.

If you have booked a group exercise session and can't attend, please remember to **cancel your booking** to allow other customers to take your place.

HOW TO BOOK:

• Online

If you are a member you can book onto a group exercise session using our online booking system up to seven days in advance. Visit: www.bletchleyleisurecentre.co.uk

• Telephone

Call **01908 377251** and book with our reception team.

• In person

Visit our reception team and just tell us the group exercise session you would like to attend and we will book you in.

• Via our App (launching in the New Year)

Our new App will allow you to book your group exercise sessions. Ask for details at reception.



Bletchley

Leisure Centre

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www.bletchleyleisurecentre.co.uk



BletchleyLeisure



INVESTORS
IN PEOPLE



InspireAll Leisure & Family Support Services manages these facilities in partnership with Milton Keynes Council. InspireAll is a registered charity. Charity no. 1093653.



InspireAll are dedicated to helping you take every opportunity to enjoy the facilities that we offer. With this in mind, we have carefully considered what we can reasonably expect of each other. Our Health Commitment Statement is available. Please ask for details.

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Group Exercise Timetable



Bletchley
Leisure Centre

Group Exercise Timetable

Key: ■ Cardio/Aerobic ■ Group Cycling ■ Strength & Endurance ■ Mind & Body ■ Aqua

Monday	
06.15 07.00	Group Cycling Studio 2
07.00 07.30	HIIT Gym Floor
09.30 10.30	LES MILLS BODYPUMP Studio 1
10.30 11.15	Fitball Studio 1
11.15 12.15	Zumba® Gold Studio 1
12.15 13.00	Aqua Swimming Pool
12.30 13.15	Pilates Studio 1
12.30 13.00	HIIT Gym Floor
17.00 17.30	Junior HIIT (ages 12-16) Gym Floor
17.30 18.00	HIIT Gym Floor
18.00 18.45	LES MILLS BODYATTACK Studio 1
18.15 19.00	Group Cycling Studio 2
19.00 20.00	Vinyasa Yoga Studio 1

Tuesday	
06.15 06.45	HIIT Gym Floor
07.00 07.45	Yoga Studio 1
09.15 10.15	Pilates Studio 1
09.30 10.15	Aqua Swimming Pool
10.30 11.15	Body Tone Studio 1
10.30 11.15	Group Cycling Studio 2
11.30 12.30	Pilates Studio 1
12.30 13.30	DanceFit Studio 1
12.30 13.00	HIIT Gym Floor
17.30 18.00	HIIT Gym Floor
18.00 19.00	LES MILLS BODYBALANCE Studio 1
18.30 19.00	Kettlebells Gym Floor
19.15 20.00	Group Cycling Studio 2
19.00 20.00	LES MILLS BODYPUMP Studio 1
19.45 20.30	Aqua Swimming Pool
20.15 21.15	Pilates Studio 1

Wednesday	
06.15 07.00	Group Cycling Studio 2
07.00 07.45	Yoga Studio 1
09.30 10.30	Fitsteps® Studio 1
10.30 11.30	Zumba® Gold Studio 1
11.30 12.30	Pilates Studio 1
11.45 12.30	Aqua Swimming Pool
12.30 13.00	HIIT Gym Floor
17.00 17.30	Junior HIIT (ages 12-16) Gym Floor
17.30 18.00	HIIT Gym Floor
18.00 18.55	Boot Camp Studio 1
19.00 19.45	LES MILLS BODYATTACK Studio 1
19.15 20.00	Group Cycling Studio 2
19.45 20.45	Yoga Studio 1

Thursday	
06.15 07.00	LES MILLS BODYPUMP Studio 1
07.00 07.45	Group Cycling Studio 2
09.30 10.30	LES MILLS BODYPUMP Studio 1
10.30 11.15	Conditioning Studio 1
11.15 12.15	Zumba® Gold Studio 1
12.00 12.45	Aqua Swimming Pool
12.15 13.15	Pilates Studio 1
12.30 13.00	HIIT Gym Floor
17.30 18.00	HIIT Gym Floor
18.00 19.00	LBT Studio 1
18.15 19.00	Group Cycling Studio 2
18.30 19.00	Kettlebells Gym Floor
19.00 20.00	LES MILLS BODYPUMP Studio 1
20.00 20.50	Aqua Swimming Pool

Friday	
06.15 07.00	Group Cycling Studio 2
07.00 07.30	HIIT Gym Floor
09.30 10.15	Aqua Swimming Pool
09.30 10.30	Body Tone Studio 1
10.30 11.30	LES MILLS BODYBALANCE Studio 1
11.45 12.45	Pilates Studio 1
17.00 17.30	Junior HIIT (ages 12-16) Gym Floor
17.30 18.00	HIIT Gym Floor
18.15 19.00	Group Cycling Studio 2

Saturday	
08.00 09.00	LES MILLS BODYPUMP Studio 1
09.00 10.00	Pilates Studio 1
09.15 09.45	HIIT Gym Floor
10.00 11.00	LES MILLS BODYPUMP Studio 1
10.15 11.00	Group Cycling Studio 2
11.00 12.00	Cardio Blast Studio 1

Sunday	
08.00 09.00	LES MILLS BODYPUMP Studio 1
09.00 10.00	Pilates Studio 1
10.15 11.00	Group Cycling Studio 2
11.00 12.00	Pilates Studio 1

Please advise your instructor if you are **new to group exercise** or of any **medical conditions** that may affect your ability to exercise.

Please ensure you provide at least **48 hours** notice if you are unable to attend a session. Failure to do so may result in charges.

Members can book **7 days in advance**, either online or by contacting reception.

Non-members may book 2 days in advance.

These sessions are correct at time of print. Please visit www.bletchleyleisurecentre.co.uk for the most up-to-date information on our range of group exercises.

