

## 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 BODYBALANCE

A new yoga type workout set to music embracing elements of Tai Chi, Yoga and Pilates to help improve your mind and body leaving you feeling calm and centred.

### LES MILLS BODYPUMP

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

### LES MILLS BODYCOMBAT

A high-energy, non-contact martial arts-inspired workout. Punch and kick your way to fitness and burn lots of calories in a class. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. No experience needed.

### LES MILLS GRIT

#### LES MILLS GRIT™ Strength

A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

#### LES MILLS GRIT™ Athletic

A 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

#### LES MILLS GRIT™ Cardio

A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

### Body Tone

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

### Core

This workout takes you through progressive stretches for each major muscle group whilst ensuring great core engagement, better posture, stronger back and improvements in balance and stability.

### DanceFit

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 dance experience required.

### Group Cycle

A high energy session carried out to music on specially designed bikes. Great for improving fitness and stamina using cycling techniques. A challenging session, working at your own level.

### 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. Work at your own level.

### MyZone classes

MyZone is an innovative wearable heart rate based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity. This is the tool for anyone who wants an accurate and motivating wearable feedback to achieve goals!

### Kettlebells

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

### Pilates

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

### Pre-natal Pilates / Aqua Natal

Pregnancy is a time of significant change for the body. With a focus on core stability, strength and overall fitness, these classes really help your body adapt to these changes. Delivered by fully qualified coaches.

### Step and Tone

Choreographed to high energy music, this class offers a great cardio and strength workout. Creative and dynamic moves are incorporated in order to ensure a great calorie burn session.

### 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® / Zumba® Gold

A total dance and aerobic workout combining all elements of fitness, cardio, muscle conditioning, balance and flexibility. Zumba® Gold is a lower intensity version of the usual class, for senior adults new to activity.

## Why join in with our group exercises?

Our group exercise programme 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.

### HOW TO BOOK:

#### • The InspireAll app

Available to download at:



#### • 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](http://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.

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. Coaches often cover at the last minute or to prevent cancellation. Please be considerate of this if your normal session changes due to holiday or sickness.

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. No cancellation may result in a charge.



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[www.bletchleyleisurecentre.co.uk](http://www.bletchleyleisurecentre.co.uk)



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 Programme 2020



# Group exercise programme

Key: ■ Cardio/Aerobic/HIIT ■ Group Cycling ■ Strength & Endurance ■ Mind & Body ■ Aqua ■  Classes tailored to older adults

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06.15 <b>HIIT</b> Gym Floor	06.15 <b>HIIT</b> Gym Floor	06.15 <b>Group Cycle</b> Studio 2	06.15 <b>LES MILLS BODYPUMP</b> Studio 1	06.15 <b>HIIT</b> Gym Floor	08.30 <b>LES MILLS BODYPUMP</b> Studio 1
06.45	06.45	07.00	07.00	06.45	09.30
06.15 <b>Group Cycle</b> Studio 2	09.15 <b>Pilates</b> Studio 1	09.30 <b>Fitsteps®</b> Studio 1	09.30 <b>LES MILLS BODYPUMP</b> Studio 1	06.15 <b>Group Cycle</b> Studio 2	09.30 <b>Pilates</b> Studio 1
07.00	10.15	10.30	10.30	07.00	10.30
09.30 <b>LES MILLS BODYPUMP</b> Studio 1	09.30 <b>Aqua</b> Swimming Pool	10.30 <b>Zumba® Gold</b> Studio 1 	10.30 <b>Body Tone</b> Studio 1	09.30 <b>MyZone Group Cycle</b> Studio 2	10.30 <b>Group Cycle</b> Studio 2
10.30	10.15	11.30	11.15	10.15	11.15
10.30 <b>Fitball</b> Studio 1	10.30 <b>Tone</b> Studio 1	11.30 <b>Pilates</b> Studio 1	11.15 <b>Zumba® Gold</b> Studio 1 	09.30 <b>Aqua</b> Swimming Pool	10.30 <b>Pre-natal Pilates</b> Studio 1
11.15	11.15	12.30	12.15	10.15	11.30
11.15 <b>Zumba® Gold</b> Studio 1 	10.30 <b>Group Cycle</b> Studio 2	11.45 <b>Aqua</b> Swimming Pool	12.15 <b>Aqua</b> Swimming Pool	09.30 <b>LES MILLS BODYCOMBAT</b> Studio 1	
12.15	11.30	12.30	13.00	10.30	
13.00 <b>Aqua</b> Swimming Pool	12.30 <b>Pilates</b> Studio 1	12.30 <b>Pre-natal Pilates</b> Studio 1	12.15 <b>Pilates</b> Studio 1	11.30 <b>LES MILLS BODYBALANCE</b> Studio 1	
	12.30	13.15	13.15	11.30	
12.30 <b>Group Cycle Sprint</b> Studio 2	12.30 <b>DanceFit</b> Studio 1	13.00 <b>Group Cycle Sprint</b> Studio 2	13.15 <b>LES MILLS GRIT</b> Studio 1	10.30 <b>Pilates</b> Studio 1	08.30 <b>LES MILLS BODYPUMP</b> Studio 1
13.00	13.30	13.30	13.45	12.45	09.30
12.30 <b>Pilates</b> Studio 1	17.30 <b>HIIT</b> Gym Floor	17.30 <b>HIIT</b> Gym Floor	14.30 <b>Aqua Natal</b> Swimming Pool	14.00 <b>Yoga</b> Studio 1	09.30 <b>Pilates</b> Studio 1
13.15	18.00	18.00	15.15	15.00	10.30
17.30 <b>MyZone HIIT</b> Gym Floor	18.00 <b>Kettlebells</b> Gym Floor	18.00 <b>Core</b> Studio 1	17.30 <b>HIIT</b> Gym Floor	17.30 <b>HIIT</b> Gym Floor	11.15 <b>MyZone Group Cycle</b> Studio 2
18.00	18.30	18.55	18.00	18.00	
18.00 <b>LES MILLS BODYCOMBAT</b> Studio 1	18.00 <b>LES MILLS BODYBALANCE</b> Studio 1	18.15 <b>Group Cycle</b> Studio 2	18.00 <b>Kettlebells</b> Studio 1	18.15 <b>Group Cycle</b> Studio 2	
18.45	19.00	19.00	18.30	18.30	
18.15 <b>Group Cycle</b> Studio 2	19.00 <b>LES MILLS BODYPUMP</b> Studio 1	18.15 <b>Group Cycle</b> Studio 2	18.15 <b>Step and Tone</b> Studio 1	18.00	
19.00	20.00	19.00	19.00	18.00	
19.00 <b>Vinyassa Yoga</b> Studio 1	19.15 <b>Group Cycle</b> Studio 2	19.30 <b>Kettlebells</b> Gym Floor	18.15 <b>Group Cycling</b> Studio 2	18.15 <b>Group Cycle</b> Studio 2	
20.00	20.00	20.00	19.00	19.00	
20.00 <b>LES MILLS GRIT</b> Studio 1	19.45 <b>Aqua</b> Swimming Pool	19.45 <b>Yoga</b> Studio 1	19.00 <b>LES MILLS BODYPUMP</b> Studio 1	20.00	
20.30	20.30	20.45	20.00	20.00	
	20.15 <b>Pilates</b> Studio 1	20.15 <b>MyZone Group Cycle</b> Studio 1	20.00 <b>LES MILLS GRIT</b> Studio 1	20.30	
	21.15	21.00	20.30	20.45	
			20.00 <b>Aqua</b> Swimming Pool		
			20.45		

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](http://www.bletchleyleisurecentre.co.uk) for the most up-to-date information on our range of group exercises.

