

# Class descriptions



**Bletchley**  
Leisure Centre

## KEY:

■ High Intensity Interval Training ■ Aerobic/Cardio ■ Aqua ■ Strength & Endurance ■ Mind & Body  
■ Indoor Cycling ■ 50+ Classes tailored to older adults

### Abs Blast

Gym Floor

Focusing on those all-important abdominal muscle and your core strength our Abs Blast will help nip in your waist line and give you the tone and definition you want. Suitable for all fitness levels and abilities.

### Aqua Aerobics

Swimming Pool

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

### Cardio HIIT

Gym Floor

This class is fast-paced, fun and burns tons of calories that combines four minutes of high and low intensity training alternating between 20 seconds of maximum training followed by a 10 second rest for a total of eight rounds, plus a little warm up and cooldown.

### Body Conditioning

Studio 1

A low impact toning class with a range of cardio and toning exercises, that uses different muscles to strengthen, shape and tone your body.

### Circuits

Gym Floor

Station based workout for the whole body, with a mixture of cardiovascular and strength work, allowing you to work at your own intensity regardless of your fitness ability.

### Core Balance

Studio 1

Why not combine flexibility, balance and posture with breathing techniques to reduce the stress of everyday life. The class starts with a mobility warm up and then balance exercises standing and on the mat. The class finishes with deep stretching.

### Fit Steps

Studio 1

Learn the very best of 'Strictly' style Ballroom and Latin moves, without a partner, to great music, for an exciting, fun and fabulous class experience.

### Functional Fitness

Gym Floor

Trains your muscles to work together and prepares them for daily tasks by simulating movements you might do at home, in work or in sports. This class will also emphasize your core stability for an all-round great workout.

### HIIT

Gym Floor

High Intensity Interval Training, for the person that is pressed for time and looking to boost metabolism and improve your health and fitness.

### Indoor Cycling

Studio 3

If you're a beginner or more advanced there is a class to suit you. This class will ensure you improve your cardiovascular fitness, lower body strength and most definitely burn those calories.

### Kettlebells

Gym Floor

Is the single most effective Kettlebell fat burning workout. It's designed to shape and sculpt your body with stimulating, invigorating, safe and easy-to-follow kettlebell inspired exercises.

### LES MILLS BODYCOMBAT

Studio 1

Is the empowering cardio workout where you are totally unleashed. The fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Thai chi and Muay Thai.

### LES MILLS BODYPUMP

Studio 1

Is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

### Pilates

Studio 1

For all levels and abilities, a low impact system of repetitive exercises performed on a mat to promote strength, stability and flexibility focussed on the core but works the whole body and mind.

### Step

Studio 1

A fun and energetic cardio workout predominantly targeting those lower body muscles. An excellent class for improving fitness and burning fat.

### Strong Nation®

Studio 1

Combines body weight, muscle conditioning and cardio training and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by music, helping you make it to the last rep, and maybe even five more.

### Yoga

Studio 2

A great way to de-stress and relax, helping to improve flexibility and co-ordination.

### Zumba®

Studio 1

Zumba® is the only Latin-inspired dance-fitness program that blends red-hot international music and contagious steps to form a "fitness-party".

### Zumba® Gold

Studio 1

A low impact and gentler approach to Zumba®. Great for beginners, more mature movers and anyone wanting to get back into fitness. Combining latin and worldwide rhythms such as salsa, cumbia, and merengue in a dance format.

Please visit [bletchleyleisurecentre.co.uk](http://bletchleyleisurecentre.co.uk) for the most up-to-date information on our range of classes.

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