

KEY TO TYPES OF EXERCISE CLASSES

CARDIO

LES MILLS
FOR A FITTER PLANET

**BODY
COMBAT™**

An empowering cardio workout where you are totally unleashed. This fiercely energetic programme is inspired by martial arts. Supported by powerful music, punch, kick and kata your way through calories to superior cardio fitness.

LES MILLS
FOR A FITTER PLANET

BODYSTEP™

An energising step workout that makes you feel liberated and alive. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

LES MILLS
FOR A FITTER PLANET

**BODY
ATTACK™**

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor.

Aerobics

Aerobics is an ideal way to improve fitness and burn calories. Easy to learn, fun movement to music.

AQUA

**Aqua
Fit**

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.

MIND AND BODY

LES MILLS
FOR A FITTER PLANET

**BODY
BALANCE™**

BODYBALANCE™ is a Yoga, Tai Chi and Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

Yoga

Yoga is about creating balance in the body whilst developing strength and flexibility. This is done through a series of poses, each of which has specific physical benefits.

Pilates

Improve posture, flexibility and boost energy. This class will leave your body and mind in balance.

Health Qigong

Qigong is a Chinese meditative practice which uses slow graceful movements and controlled breathing techniques.

DANCE

Zumba

Zumba is the only Latin inspired dance-fitness programme that blends red hot international music. Ditch the workout, join the party!

CORE / STRENGTH

LES MILLS
FOR A FITTER PLANET

**BODY
PUMP™**

The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups using exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights inspire you to get results.

LES MILLS
FOR A FITTER PLANET

CXWORX™

CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

Kettlecise

Kettlecise is a non-stop routine using weights, that will work every single muscle in your body. An all over body transform programme that will shift stubborn inches, increase lean muscle, improve core stability and dramatically improve endurance. Fat burning just got simple.

TRX

Using a series of straps attached to an A-frame or wall, gravity works with your body weight to produce resistance. TRX classes are designed for any fitness level; using your own body weight to provide the resistance, and a shift of body angle or stance can lessen or increase that resistance. It is great for beginners and easy to progress as you get stronger.

TONING

**Legs, Bums
and Tums**

Sculpt, tone and tighten those problem areas with exercises to increase muscular strength and endurance. Suitable for all ages and abilities.

CIRCUITS

Circuit Training

Circuit Training is simple to follow and an ideal way to get fit and stay fit. Just work at your own pace.

ZONE OPENING TIMES

Monday - Friday **6.15am - 10pm**

Saturday and Sunday **7.45am - 9pm**

CRÈCHE OPENING TIMES

Monday - Friday **10 - 11.59am**

East Riding of Yorkshire Council will, on request, provide this document in braille or **large print**.

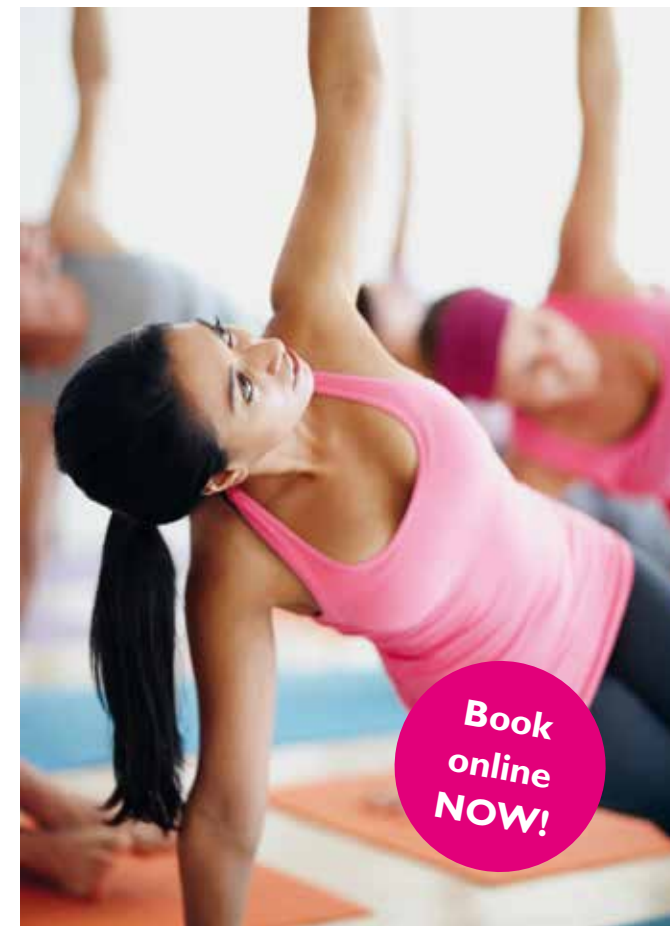
If English is not your first language and you would like a translation of this document, please telephone **(01482) 393939**.



Classes

**EAST RIDING LEISURE
BEVERLEY**

Exercise Class Programme



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online
NOW!**

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eastringleisure.co.uk

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PD00954



Exercise Class Programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAYTIME	BODYCOMBAT™ 6.45 - 7.30am	Kettlercise 6.45 - 7.30am	BODYPUMP™ 6.45 - 7.30am	Kettlercise 6.45 - 7.30am	BODYBALANCE™ 6.45 - 7.30am
	Aqua Fit* 8.30 - 9.15am	BODYPUMP™ 8.30 - 9.30am	Aqua Fit* 8.30 - 9.15am	Aqua Fit* 8.30 - 9.15am	Aqua Fit* 8.30 - 9.15am
	TRX 9 - 9.30am	Aerobics 10 - 11am	Aerobics* 10 - 11am	BODYPUMP™ 8.30 - 9.30am	TRX 9 - 9.30am
	TRX 9.30 - 10am	Aqua Fit* 10.30 - 11.15am		Aerobics 10 - 11am	TRX 9.30 - 10am
	BODYCOMBAT™ 11am - 12 noon	BODYBALANCE™ 11am - 12 noon		Pilates 11am - 12 noon	BODYSTEP™ 9.30 - 10.30am
	BODYPUMP™ 12.30 - 1.15pm	CXWORX™ 12.30 - 1pm	Aqua Fit* 12.30 - 1.15pm	Aerobics* † 12 noon - 12.45pm	Health Qigong 10.30 - 11.30am
	Aqua Fit* 12.30 - 1.15pm		BODYCOMBAT™ 12.30 - 1.15pm	Aqua Fit* 12.30 - 1.15pm	Legs, Bums and Tums 11am - 12 noon
		BODYBALANCE™ 1.30 - 2.30pm	Yoga* 2.30 - 3.30pm	BODYPUMP™ 12.30 - 1.15pm	
EVENING	BODYPUMP™ 5.30 - 6.30pm	Kettlercise 5.30 - 6.30pm	BODYPUMP™ 5.30 - 6.30pm		BODYPUMP™ 5.30 - 6.30pm
	BODYBALANCE™ 5.45 - 6.45pm	TRX 6 - 6.30pm	TRX 6 - 6.30pm	BODYBALANCE™ 5.45 - 6.45pm	BODYBALANCE™ 5.45 - 6.45pm
	BODYCOMBAT™ 6 - 7pm	Aqua Fit* 6 - 6.45pm			Aqua Fit* 6 - 6.45pm
	BODYPUMP™ 6.30 - 7.30pm	Legs, Bums and Tums 6 - 7pm		BODYSTEP™ 6.30 - 7.30pm	BODYATTACK™ 6.30 - 7.30pm
		TRX 6.30 - 7pm	TRX 6.30 - 7pm		
		BODYATTACK™ 6.30 - 7.30pm	CXWORX™ 6.30 - 7pm		
	Yoga* 6.45 - 7.45pm	BODYBALANCE™ 6.45 - 7.45pm	BODYBALANCE™ 6.45 - 7.45pm	Pilates 6.45 - 7.45pm	Yoga* 6.45 - 7.45pm
	Zumba 7 - 8pm	Circuit Training 7 - 8pm			
	BODYPUMP™ 7.30 - 8.30pm	CXWORX™ 7.30 - 8pm	Zumba 7 - 8pm	CXWORX™ 7.30 - 8pm	BODYPUMP™ 7.30 - 8.30pm
	Yoga 7.45 - 8.45pm	BODYBALANCE™ 7.45 - 8.45pm	BODYATTACK™ 7 - 8pm		
	Circuit Training 8 - 9pm	CXWORX™ 8 - 8.30pm			
	BODYSTEP™ 8.30 - 9.30pm	BODYCOMBAT™ 8 - 9pm			
		BODYPUMP™ 8.30 - 9.30pm	BODYPUMP™ 8 - 9pm	BODYPUMP™ 8.30 - 9.30pm	

	SATURDAY	SUNDAY
WEEKEND	BODYPUMP™ 8.30 - 9.30am	BODYPUMP™ 8.30 - 9.30am
	BODYSTEP™ 9.30 - 10.30am	BODYPUMP™ 9.30 - 10.15am
		BODYBALANCE™ 9.45 - 10.45am
	BODYCOMBAT™ 10.30 - 11.30am	Kettlercise 10.30 - 11.30am
	CXWORX™ 11.30am - 12 noon	

EXERCISE CLASS – BOOKING POLICY

Booking – Bookings can be made online 8 days in advance for members. Non-members can book online 7 days in advance and must pay on booking. To guarantee a class place it is advisable to book in advance. Booking is now available online at eastridingleisure.co.uk/bookonline

Attendance – Customers must record their attendance at reception or at the access control (*subject to location*). Professional exercise classes require a warm up. Please arrive on time.

Cancellations – We require a minimum of 24 hours notice. If we are able to re-sell your place we will either issue you a refund or reschedule the booking in accordance with the booking policy. SURE card members can cancel bookings online at eastridingleisure.co.uk/bookonline

Most classes are suitable for 14 years upwards this is at the discretion of the fitness coach, with the exception of classes which include the use of weights.

* These classes are suitable for beginners and over 50s.

† Low impact toning and stretching. No floor work included.

Please see our RPM™ and Myride® programme for information on our indoor cycling classes.

KEY	CARDIO	SPINNING	AQUA
	MIND AND BODY	CORE / STRENGTH	CIRCUITS
	TONING	JUNIOR	DANCE