

# You make sure to come, we'll make sure it's fun!

ACTIVITIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTIVITIES	SATURDAY
07.00 - 07.45				Body Pump (1)		10.30 - 11.15	Spin (2)
09.30 - 10.15	Step (1) 😊	Aerobics (1) 😊	Spin (2) 😊				
09.30 - 10.20				Body Pump (1) 😊			
09.50 - 11.45					Yoga (4)		
10.10 - 11.00		Aqua (3) 😊					
10.20 - 11.00	Body Balance (1) 😊						
10.30 - 11.30		Body Pump (1) 😊					
10.45 - 11.30				Core Blimey (1) 😊		ACTIVITIES	SUNDAY
11.15 - 12.10	Forever Fit (1) 😊					10.30 - 11.15	Spin (2)
12.15 - 13.00		Pilates (1) 😊					
13.00 - 14.00				Aqua Natal (3)			
14.00 - 14.50		Extend (1)					
16.00 - 16.45				Hip Hop Dance* (1)			
16.45 - 17.30				Hip Hop Dance** (1)			
18.00 - 18.45	Spin (2)			Spin (2)			
18.00 - 18.50	Body Pump (1)	Dance-a-size (1)	Step (1)	Body Pump (1)	Step (1)	Location Key:	1 - Grove 3 - Pool 2 - Gym 4 - Bar
19.00 - 19.45		Spin (2)	Spin (2)			* For ages 4-10 ** For ages 11 and over	
19.00 - 19.50	Body Combat (1)		Body Combat (1)	Body Attack (1)		Please see reception for course bookings and prices. 😊 Crèche times vary, please ask at reception for more details.	
20.00 - 20.45				Aqua (3)			
20.00 - 20.50	Yoga (1)			LBT - no mayo! (1)			
20.00 - 21.00			Pilates (1)				

## Class descriptions

### TASTERS

Don't want to look like a fruitcake but fancy doing something new? Try our new, short intro sessions that are designed to teach good technique and confidence before trying the real thing.

### EXPRESS

These workouts are a shortened version of the full class, ideal for those with limited time.

### CALORIE KILLERS

Great workouts to help you burn calories the Everyone Active way.

**Step** – Back in time, but forget the leg warmers! Using a step platform this workout challenges your heart and lungs whilst toning your legs and bum.

**Body Attack** – Take athletic moves, add some jumps, kicks and punches, a large helping of energy and fun, top up with great lively music, bring to the boil and serve to enthusiastic customers. You've just tasted Body Attack, enjoy!

**Aerobics** – Burn fat without fuss! Allow your Everyone Active instructor to motivate you with a fun and fat burning workout to music that combines low, high or mixed impact moves.

**Spin** – On yer bike! Calorie killing at its best without the stress of choreography... you hear that guys! Great music and motivational instruction will complete your journey to calorie burning heaven.

**Body Combat** – Non contact martial arts mayhem with music and madness, but don't let that put you off a fun, lively class that offers the ultimate stress busting experience.

### TONING AND STRENGTH

A blend of exercises that will dramatically improve your body shape.

**Body Pump** – Come and join the class that is changing the shape of the nations. A fantastic workout utilizing bar bells to increase your metabolism and improve your body shape.

**LBT - no mayo!** – Legs, bums and tums. Would you like Kylie's bum or Arnie's abs? Get to grips with those wobbly bits. (Easy on the mayo!)

**Core Blimey** – Want a six pack! This class is dedicated to toning up those stomach muscles and strengthening your back.

### UNWIND AND RE-ENERGISE

These sessions include stretches, balances and poses to improve flexibility and posture.

**Body Balance** – Chill out! A combination of body and mind, linking the triangle of Yoga, Pilates and Tai Chi to leave you feeling relaxed and re-energised.

**Yoga** – Enter into a deeper understanding of breathing, flexibility and strengthening exercises leaving the body feeling balanced and with a sense of well being.

**Pilates** – Pilates concentrates on slow and measured movements in order to create lean and strong muscles. It's gentle, but highly effective for improving posture, flexibility and preventing injury.

### EVERYONE ACTIVE SPECIALITIES

**Forever Fit** – A fun low intensity session for those young over 50's. These sessions vary from centre to centre and may include badminton.

**Dance-a-size** – Funk it up to the latest sounds with easy to follow dance moves. Dance-a-size gives you the moves and grooves to make you dance like the best.

**Extend** – Extend is movement to music for the older generation. It is an enjoyable way of taking exercise, which is low impact and kind on the joints.

### EVERYONE ACTIVE KIDS

**Hip Hop Dance** – A fun dance, including disco, rock n roll, street dancing etc.

### WATER WORKOUTS

These sessions are Instructor led fun based activities set to music in the pool.

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

**Aqua Natal** – A fun and easy water based class for those who are either pregnant or who have recently had a child.

We recommend that you book for all classes. You can do this over the phone, at centre receptions or BOOK ONLINE at [www.everyoneactive.com](http://www.everyoneactive.com)

