

Fitness Programme Timetable



Fitness Programme Class descriptions

Monday	HiIT 9.00am – 9.30am Cory	LesMills BodyPump 9.30am – 10.15am Sue	Pilates 10.30am – 11.15am Sue	L, B & T 11.30am – 12.15pm Julie	Fatburn 12.30pm – 1.00pm Gym Team		Parkinsons and Step Up Class 1.00pm – 2.00pm Faz	Active Steps 2.30pm – 3.30pm Maz	Family Zumba (7yrs+) 6.00pm – 6.45pm Julie	Pump it up 7.00pm – 7.45pm Julie	Combat 8.00pm – 8.45pm Rob	
Tuesday	HiIT 9.15am – 9.45am John	AquaFit 9.30am – 10.15am Rob	Zumba 11.00am – 11.45am Julie	Fatburn 12.30pm – 1.00pm John	Acti-Kids (8yrs+) 3.30pm – 4.15pm Cory	Acti-Kids (8yrs+) 4.15pm-5.00pm Cory	Boxfit 5.45pm – 6.30pm Rob	Pump it up 6.45pm – 7.30pm Julie	Floatfit Hiit 7.00pm – 7.30pm Emma	Floatfit Balance 7.30pm – 8.00pm Emma	Old Skool Step 7.45pm – 8.30pm Julie	AquaFit 8.15pm – 9.00pm Emma
Wednesday	Abs 7.15am – 7.45am John	Tabata 9.15am – 9.45am John						Old Skool Step 6.00pm – 6.45pm Julie	Boot Camp 7.00pm – 7.45pm Cory		Zumba 8.15pm – 9.00pm Julie	Floatfit Hiit 8.15pm – 9.00pm Cory
Thursday	Yoga 7.15am – 8.15am Jo		L, B & T 10.00am – 10.45am Louis	Active Steps 11.30am – 12.30pm Cindy	50+ Movement 12.45pm – 1.45pm Julie	Acti-Kids (8yrs+) 3.30pm-4.15pm Cory	Acti-Kids (8yrs+) 4.15pm-5.00pm John	Pilates 4.15pm – 5.15pm Nick	LesMills BodyCombat 6.15pm – 7.00pm James	AquaFit 7.00pm – 7.45pm Rob	Pump it up 7.15pm – 8.00pm John	Circuits 8.15pm – 9.00pm Rob
Friday		Body Blitz 9.30am – 10.15am Julie	Tone & Stretch 10.30am – 11.15am Julie	AquaFit 10.45am – 11.30am Emma		Acti-Kids Dance (8yrs+) 4.00pm-4.45pm Julie	Yoga 5.00pm – 6.00pm Jo	Zumba 6.15pm – 7.00pm Julie	Floatfit Hiit 6.30pm - 7.00pm Gym Team	Floatfit Balance 7.00pm – 7.30pm Gym Team	Judo 7.15pm – 9.00pm (External)	
Saturday	Kettlebell 8.15am – 8.45am Gym Team		Yin Yoga 10.15am – 11.15am Jo				Karate 2.30pm – 3.30pm (External)					
Sunday		Abs 10.00am – 10.30am Rob	Tai Chi 11.00am – 12.00pm Mr Virk (External)						AquaFit 5.30pm – 6.15pm Julie	Zumba 6.30pm – 7.30pm Julie		

- Tabata** Features 20 second intervals of extreme exercise followed by 10 second intervals of rest. These high intensity workouts will burn calories like no tomorrow.
- Body Blitz Circuits** Anything goes. Total body workout that combines various disciplines. Body conditioning or resistance training using high intensity aerobics. A series of exercises performed with a small rest between them.
- Abs L, B & T** An upbeat strength class where we target our core with great music to go along with. Legs, Bums and Tums. A body conditioning workout focusing on the lower body and core.
- Yoga** Ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.
- Pilates** Slow and controlled stretching motions, it puts emphasis on alignment, breathing and developing a strong core and improving coordination and balance.
- Zumba** Aerobic fitness featuring movements inspired by various styles of Latin American dance.
- Boot Camp** Military style exercises and functional movements like push ups, squats, sprints and sit ups. These programmes are designed to build strength and fitness.
- Old Skool Step** A class involving just you and your step box, doing various routines improving your cardio endurance.
- Kettlebell** Kettlebell exercises build strength and endurance, particularly in the lower back, legs, shoulders and increases grip strength.
- Boxfit** A form of exercise based on boxing training and using boxing equipment. This is a high intensity class working on the members level of fitness.
- Acti-kids** Group kids class! All forms of exercises are performed to get the heart racing and have fun. This class is suitable for ages 8 to 15 years.
- LesMills Body Pump** For anyone looking to get lean, toned and fit. This gives a total body workout, that will burn up to 540 calories.
- LesMills Body Combat** Body Combat is great for burning calories and fat, but will also help build your cardio endurance, it will help with coordination and muscle toning.
- AquaFit** This low-impact class is performed in water and will incorporate cardio and strength, using water dumbbells and other flotation aids.
- Floatfit Hiit** A demanding and energetic full body Hiit workout on a floatation board in the pool, suitable for all fitness levels.
- Floatfit Balance** A yoga and pilates inspired program on water designed to centre your mind and to challenge your balance.

Contact our teams who will be happy to advise and help with your enquiry.

Bloxwich Active Living Centre

Tel: 01922 652900 Facebook: @bloxwichactiveliving

