

**Fitness Programme**

<b>Monday</b>	Virtual cycle Les Mills Sprint 7:05am to 7:35am	Virtual cycle Les Mills Trip 7:45am to 8:30am	Live instructed Yin Yoga 9am - 10am Joe	Live instructed Les Mills BodyCombat 10:15am to 11am Andrea	Live instructed Les Mills Core 11:05am to 11:35am Andrea	Virtual class Les Mills GRIT Strength 11:45am to 12:15pm	Live instructed Les Mills BodyPump 12:30am to 13:15pm Andrea	Virtual class Les Mills Body Attack 2:45pm to 3:45pm	Virtual cycle Les Mills Trip 4:15pm to 5pm	Live instructed Les Mills BodyPump 5:30pm to 6:30pm Zoe	Live instructed Les Mills Pilates 6:35pm to 7:25pm Zoe	Live instructed Yin Yoga 8pm to 9pm Joe	
<b>Tuesday</b>	Virtual class Les Mills GRIT Cardio 7:05am to 7:35am	Virtual class Les Mills CORE Virtual 7:45am to 8:15am	Live instructed Les Mills BodyPump 9:30am to 10:30am Lucy	Live instructed Stretch 10:45am to 11:30am Lucy	Virtual class Les Mills Barre 11:45am to 12:15pm	Virtual class Les Mills Body Balance 1pm to 2pm	Virtual class Les Mills Sh'Bam 2:15pm to 3pm	Virtual class (Kids) Les Mills Born to Move 4pm to 5pm	Virtual cycle Les Mills Sprint 5:30pm to 6pm	Live instructed Legs Bums & Tums 6:10pm to 7pm Jenny/Kerry/Zoe	Live instructed Circuits 7pm to 7:55pm Gavin	Virtual cycle Les Mills Trip 8:10pm to 8:55pm	Virtual cycle Les Mills Sprint 9pm to 9:30pm
<b>Wednesday</b>	Virtual cycle Les Mills Trip 7:05am to 7:50am	Virtual cycle Les Mills RPM 8am to 8:45am	Live instructed 50+ 9:30am to 10:30am Gavin	Live instructed Yoga 10:45am to 11:45am Joe	Virtual class Les Mills Body Balance 12pm to 1pm	Live instructed Les Mills BodyPump 1:15pm to 2:15pm Kerry	Virtual cycle Les Mills Sprint 2:30pm to 3pm	Virtual cycle Les Mills Trip 3:15pm to 4pm	Virtual cycle Les Mills Sprint 4:15pm to 4:45pm	Virtual class Les Mills Body Attack 5pm to 5:45pm	Live instructed Yoga 6pm to 7pm Joe	Live instructed Les Mills BodyPump 7:15pm to 8pm Lauren	Live instructed Body Balance 8:15pm to 9pm Lauren
<b>Thursday</b>	Virtual class Les Mills GRIT Strength 7:05am to 7:35am	Virtual class Les Mills Body Attack 8am to 9am	Live instructed Legs Bums & Tums 9:30am - 10:15am Zoe	Live instructed Pilates 10:30am to 11:30am Zoe	Live instructed Les Mills BodyPump 12:30pm to 1:15pm Andrea	Live instructed Les Mills Core 1:30pm to 2pm Andrea	Virtual class Les Mills Balance 2:30pm to 3:30pm	Virtual cycle Les Mills RPM 3:45pm to 4:30pm	Virtual cycle Les Mills RPM 5pm to 7:45pm	Live instructed Les Mills Combat 6pm to 7pm Andrea	Live instructed Les Mills Core 7:05pm to 7:35pm Andrea	Live instructed Zumba 7:45pm to 8:30pm Julie	Virtual cycle Les Mills Trip 8:45pm to 9:30pm
<b>Friday</b>	Virtual cycle Les Mills Sprint 7:05am to 7:35am	Virtual cycle Les Mills Sprint 8am to 8:30am	Live instructed Les Mills BodyCombat 9:15am to 10am Andrea	Live instructed Les Mills Core 10:05am to 10:35am Andrea	Live instructed Yoga 10:45am to 11:45am Joe	Live instructed Functional Fitness 12:15pm to 1:15pm Leanne	Live instructed Pilates 1:30pm to 2:30am Leanne	Virtual class Les Mills GRIT Cardio 3pm to 3:30pm	Virtual class (kids) Les Mills Born to Move 4pm to 5pm	Virtual class Les Mills Core 5:30pm to 6pm	Live instructed Les Mills BodyPump 6:15pm to 7:15pm Lauren	Live instructed Les Mills Body Balance 7:30pm to 8:30pm Lauren	Virtual cycle Les Mills Trip 8:45pm to 9:30pm
<b>Saturday</b>	Live instructed Yoga 8:15am to 9:15am Joe	Live instructed Les Mills BodyPump 9:25am to 10:25am Jenny	Live instructed Zumba 10:30am to 11:15am Julie	Live instructed Karate 11:30am to 1pm (external 07473 199259)	Virtual class (kids) Les Mills Born to Move 1:30pm to 2:30pm	Virtual cycle Les Mills RPM 2:45pm to 3:30pm	Virtual cycle Les Mills Trip 3:45pm to 4:30pm	Virtual cycle Les Mills Sprint 4:45pm to 5:15pm					
<b>Sunday</b>	Virtual cycle Les Mills RPM 8:05am to 8:35am	Virtual cycle Les Mills Trip 8:45am to 9:30am	Live instructed Les Mills BodyPump 10am to 11am Lauren	Live instructed Les Mills Body Balance 11:15am to 12:15pm Lauren	Virtual class (kids) Les Mills Born to Move 1pm to 2pm	Virtual class Les Mills Body Combat 2:15pm to 3:15pm	Virtual class Les Mills Body Pump 3:30pm to 4:30pm	Private hire 4:45pm to 5:45pm	Virtual cycle Les Mills Trip 6pm to 6:45pm	Virtual cycle Les Mills Sprint 7pm to 7:30pm			



## Fitness Programme

### Class descriptions

<b>Les Mills Body Combat*</b>	Is it a great whole-body workout for cardio fitness, but it's also superb for burning fat, releasing stress and improving your co-ordination.
<b>Les Mills Body Pump**</b>	Is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit.
<b>Les Mills Core*</b>	Is a core workout for incredible sports performance. You build strength, stability and endurance in the muscles that support your core and improve balance.
<b>Les Mills Tone*</b>	Combines strength, cardio and core training into one complete and convenient workout, with a mix of exercises to work the whole body and elevate the heart rate.
<b>Les Mills Body Attack*</b>	Body Attack is a high energy, fun and athletic workout focused on cardio fitness, stamina and agility. Combining movements like running, squats, you can burn up to 730 calories during a workout.
<b>Les Mills Sh'Bam*</b>	Is a fresh and fun dance workout that build fitness and encourages expressive movement,
<b>Les Mills GRIT**</b>	Is a series of 30 minute high-intensity interval training workouts that deliver incredible fitness results fast, these include cardio, strength and athletic which are designed to work the body in different ways.
<b>Les Mills Bodybalance**</b>	This is a Yoga based workout for anyone wanting to improve their flexibility, core strength and sense of wellbeing. In addition to Yoga exercises it includes movements from Tai Chi and Pilates
<b>Les Mills Cycle RPM*</b>	RPM is a world leading, cardio peak style workout using simulated climbs and sprints to burn calories and improve cardio fitness. Its fun, low impact and can burn up to 675 calories a session.
<b>Les Mills Cycle Sprint**</b>	Sprint is a high intensity interval training (HIIT) workout, using an indoor bike to achieve fast results. HIIT training is proven to be the most effective way to push boundaries and see results.
<b>Les Mills Cycle Trip*</b>	Trip is a fully immersive workout experience that combines a 40 minute multi peak cycling workout with a journey through digitally created worlds. The Trip takes motivation and energy output to the next level, burning serious calories.
<b>Les Mills BORN TO MOVE</b>	Helps children experience the joy and vitality of moving to music suitable for 4/5 6/7 & 8/12
<b>Yin Yoga**</b>	A slow, meditative class, that gently stretches the deeper muscles, joints in your body and helps quieten the mind.
<b>Circuits**</b>	Body conditioning or resistance training using high intensity aerobics. A series of exercises performed with a small rest between them.
<b>Stretch*</b>	Helping you to stretch your entire body and improving your core strength. Classes are suitable for all.
<b>Pilates**</b>	Slow and controlled stretching motions, it puts emphasis on alignment, breathing and developing a strong core and improving coordination and balance.
<b>Boxfit*</b>	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.
<b>50+</b>	A mix of aerobics and body conditioning exercises for people over 50 years.
<b>Yoga**</b>	Ancient form of exercise for strength, flexibility and breathing to boost physical and mental wellbeing.
<b>LB&amp;T**</b>	Legs, Bums and Tums. A body conditioning workout focusing on the lower body and core.
<b>Body Sculpt**</b>	Body Sculpt is a full body conditioning class that focuses on strength and cardio fitness.
<b>Zumba</b> suitable for ages 7+	Aerobic fitness featuring movements inspired by various styles of Latin American dance.

#### Oak Park Active Living Centre

Coppice Road, Walsall Wood, Walsall WS9 9BH  
Tel: 01922 652266 [www.walsall.gov.uk/leisure](http://www.walsall.gov.uk/leisure)

#### Age restrictions

- \* Suitable for ages 11 years +
- \*\* Suitable for ages 16 years +

102406 05/22