

Class descriptions

Absolute Abs

A class to condition and tone your stomach muscles.

Aerobics

An ideal aerobic workout to improve fitness, tone and burn calories.

Aqua Aerobics

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

Body Conditioning

A low impact toning class with a range of cardio and toning exercises.

LES MILLS BODYPUMP

A weights class using light to moderate weights with lots of repetition. A total body workout that burns lots of calories.

Body Tone

A fun mixed ability 30 minute toning class, great for overall toning.

Boxafit

An aerobic class using a variety of kicks and punches. Suitable for increasing fitness, stamina and toning.

Bums Legs & Tums

A low impact toning class designed to condition the lower body.

Circuits

Multi-station high intensity, fat burning and cardio conditioning exercise class with short bursts of interval training.

Core Conditioning

A blend of Yoga, Pilates and Tai Chi for core strength, flexibility and relaxation.

Deep Water Aqua Aerobics

A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Class held in deep water so not suitable for non-swimmers.

Fitball

Incorporating the principles of Pilates and basic Fitball exercises. Designed to improve core stability, strength and balance.

Fitness Salsa

Feel that Latin heat through your body and burn calories with this fitness style dance class.

GRIT

The 30-minute high-intensity interval training workout, designed to improve strength and build lean muscle.

INSANITY MAX: 30®

Cardio based total body conditioning class designed on principles of MAX Interval Training, in 30 minutes.

INSANITY®

Cardio based total body conditioning class designed on principles of MAX Interval Training.

Kettlecise®

An intense full body workout that incorporates cardiovascular, strength and flexibility routines.

Metafit™

A 30 minute strength training and high intensity class using only your body weight.

Pedal X 45

A challenging 45 minute class carried out to music on specially designed bikes. Great for improving fitness and stamina using cycling techniques.

Pilates

A sequence of exercises designed to strengthen core muscles. A great way to improve your posture, flexibility and muscle tone.

Step

A complete body workout with low and high impact movements using the steps incorporating muscle toning, strengthening and flexibility exercises.

Stretch & Tone

A full relaxation class for the mind and body focusing on dynamic stretching stability and muscle tone.

Tai Chi

The ancient style of Chinese exercise, which encourages and improves fitness, balance and posture.

Yoga

A conventional form of yoga incorporating breathing and flexibility techniques.

Zumba®

A total dance and aerobic workout combining all elements of fitness, cardio, muscle conditioning, balance and flexibility.

Why join in with our fitness classes?

Our fitness class timetable has been put together with you in mind, whether you are a beginner or a regular to fitness we have a fantastic range of classes to suit you. Fitness classes are great fun and give you the opportunity to exercise with others in a friendly environment.

We have a wide range of classes, so if you are looking for a high intensity workout or something to improve your core strength and balance we have a class, led by experienced instructors to show you how to achieve your goals.

Our classes are available from early morning to evening, so you can decide the best time for you to come and enjoy working out in a group environment.

How to book a fitness class:

There are three ways to book onto a fitness class:

• Online booking

If you are a member you can book onto a class using our online booking system up to seven days in advance. Visit: www.hertsmereleisure.co.uk.

• Telephone

You can call us on **01923 470140** and book with our reception team.

• In person

You can book with our reception team when you visit, just tell us the class you would like to attend and we will book you in.

We want all our customers to enjoy our fitness classes so please remember that the warm-up is a vital part of your workout and prepares your body for exercise, so make sure you arrive on time for your class. Should you arrive after the class has started then you may not be able to participate.

If you have booked a class and can't attend, please remember to **cancel your booking** to allow other customers to take your place.

Bushey Grove Leisure Centre

Aldenham Road
Bushey
WD23 2TD

01923 470140

www.hertsmereleisure.co.uk



 Hertsmere
Leisure



Hertsmere Leisure manages these facilities in partnership with Hertsmere Borough Council. Hertsmere Leisure is a registered charity. Charity No 1093653.

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Class Timetable



 Bushey Grove
Leisure Centre

Class Timetable

April 2018

Key: ■ HIIT ■ Aerobic ■ Strength & Endurance ■ Mind & Body ■ Aqua 50+ Classes tailored to older adults

Monday (day)	Monday (evening)	Tuesday (day)	Tuesday (evening)	Wednesday (day)	Wednesday (evening)	Thursday (day)	Thursday (evening)	Friday	Saturday	Sunday
07.00 INSANITY MAX: 30® Dance Studio	18.30 GRIT Dance Studio	07.00 Pedal X 45 Pedal X Studio	17.30 GRIT Dance Studio	06.50 Metafit™ Dance Studio	17.30 Pilates MP Room	07.00 Pedal X 45 Pedal X Studio	18.00 Pilates Dance Studio	07.00 Metafit™ Dance Studio	07.25 GRIT Dance Studio	08.25 GRIT Dance Studio
07.30 INSANITY MAX: 30® Dance Studio	19.00 GRIT Dance Studio	07.45 Pedal X 45 Pedal X Studio	18.00 GRIT Dance Studio	07.20 Metafit™ Dance Studio	18.25 Pilates MP Room	07.45 Pedal X 45 Pedal X Studio	18.55 Pilates Dance Studio	07.30 Metafit™ Dance Studio	07.55 GRIT Dance Studio	08.55 GRIT Dance Studio
09.30 Pedal X 45 Pedal X Studio	18.30 Pedal X 45 Pedal X Studio	09.00 Pedal X 45 Pedal X Studio	18.00 LES MILLS BODYPUMP Dance Studio	08.30 Pilates Dance Studio	17.30 GRIT Dance Studio	09.15 Stretch & Tone MP Room 50+	18.15 Pedal X 45 Pedal X Studio	09.30 Kettlercise® Sports Hall	08.00 Body Tone Dance Studio	09.00 Bums, Legs & Tums Dance Studio
09.30 Aerobics Dance Studio	19.05 Pilates Dance Studio	09.30 Stretch & Tone MP Room	18.00 Absolute Abs MP Room	09.30 Pedal X 45 Pedal X Studio	18.00 LES MILLS BODYPUMP Dance Studio	09.30 Pedal X 45 Pedal X Studio	19.00 Pedal X 45 Pedal X Studio	09.30 Pilates MP Room	08.00 Pedal X 45 Pedal X Studio	09.00 Pedal X 45 Pedal X Studio
09.30 GRIT MP Room	19.30 Pedal X 45 Pedal X Studio	09.30 Aerobics Dance Studio	18.15 Pedal X 45 Pedal X Studio	09.30 Body Conditioning Dance Studio	18.55 LES MILLS BODYPUMP Dance Studio	09.30 Pedal X 45 Pedal X Studio	19.45 Pedal X 45 Pedal X Studio	09.30 Step Dance Studio	08.30 Pilates MP Room	09.30 Pedal X 45 Pedal X Studio
10.15 Aqua Aerobics Teaching Pool	19.30 Aqua Aerobics Teaching Pool	10.00 Pedal X 45 Pedal X Studio	18.30 Absolute Abs MP Room	10.30 Fitness Salsa MP Room	18.15 Pedal X 45 Pedal X Studio	09.30 Aerobics Dance Studio	19.00 Aqua Aerobics Teaching Pool	09.30 Step Dance Studio	08.30 Pilates MP Room	10.00 LES MILLS BODYPUMP Dance Studio
10.30 Bums, Legs & Tums Dance Studio	19.30 Circuits Sports Hall	10.30 Yoga MP Room	18.55 Absolute Abs MP Room	10.30 Pedal X 45 Pedal X Studio	19.00 INSANITY® Dance Studio	10.30 LES MILLS BODYPUMP Dance Studio	19.05 Step Dance Studio	09.30 Pedal X Pedal X Studio	08.40 Pilates Dance Studio	11.15 Pilates Dance Studio
11.25 Bums, Legs & Tums Dance Studio	20.25 Circuits Sports Hall	11.25 Yoga MP Room	19.00 Aerobics MP Room	11.15 Pedal X 45 Pedal X Studio	19.55 INSANITY® Dance Studio	10.30 Absolute Abs MP Room	20.00 Step Dance Studio	10.15 Pedal X Pedal X Studio	09.35 Body Conditioning Dance Studio	12.10 Pilates Dance Studio
11.30 Core Conditioning Dance Studio	20.00 Yoga MP Room	10.30 Pilates Dance Studio	19.00 Pedal X 45 Pedal X Studio	11.30 Pilates MP Room	20.00 Aqua Aerobics Teaching Pool	11.30 Bums, Legs & Tums Dance Studio	19.15 Metafit™ Dance Studio	11.25 Body Conditioning Dance Studio	08.50 Pedal X 45 Pedal X Studio	12.15 Pilates Dance Studio
12.25 Core Conditioning Dance Studio	20.55 Yoga MP Room	11.25 Pilates Dance Studio	19.45 Pedal X 45 Pedal X Studio	12.25 Pilates MP Room	20.05 Kettlercise® Dance Studio	12.25 Bums, Legs & Tums Dance Studio	19.45 Deep Water Aqua Aerobics Teaching Pool	11.25 Zumba MP Room	09.45 Pedal X Pedal X Studio	16.00 Yoga Dance Studio
12.45 Zumba® Dance Studio	21.00 Kettlercise® Dance Studio	11.00 Aqua Aerobics Teaching Pool	19.05 Metafit™ Sports Hall	10.30 Zumba® Dance Studio	20.10 Pedal X 45 Pedal X Studio	11.30 Tai Chi MP Room	20.30 Deep Water Aqua Aerobics Teaching Pool	10.35 Pedal X 45 Pedal X Studio	09.50 Aerobics Dance Studio	16.55 Yoga Dance Studio
13.40 Zumba® Dance Studio	21.00 Kettlercise® Dance Studio	11.45 Aqua Aerobics Teaching Pool	19.35 Metafit™ Sports Hall	11.25 Zumba® Dance Studio	20.55 Pedal X 45 Pedal X Studio	12.25 Tai Chi MP Room	20.55 Bums, Legs & Tums MP Room	11.20 Pedal X 45 Pedal X Studio	10.45 Aerobics Dance Studio	
12.45 Pilates MP Room	20.15 Deep Water Aqua Aerobics Teaching Pool	11.30 Pilates Dance Studio	19.15 Aqua Aerobics Teaching Pool	11.30 Absolute Abs Dance Studio		11.45 Aqua Aerobics Teaching Pool	20.15 Yoga Dance Studio	11.30 Pilates Dance Studio	10.45 Fitball MP Room	
13.40 Pilates MP Room	21.00 Deep Water Aqua Aerobics Teaching Pool	12.25 Pilates Dance Studio	20.00 Aqua Aerobics Teaching Pool	11.55 Absolute Abs Dance Studio		12.30 Aqua Aerobics Teaching Pool	20.55 Bums, Legs & Tums MP Room	12.25 Pilates Dance Studio	11.40 Fitball MP Room	
14.00 Tai Chi Dance Studio	21.55 Yoga MP Room	11.30 Kettlercise® MP Room	19.15 Body Conditioning Dance Studio	12.00 Yoga Dance Studio		13.15 Aqua Aerobics Teaching Pool	21.10 Yoga Dance Studio	12.25 Body Conditioning Dance Studio	11.00 Zumba® Dance Studio	
14.55 Tai Chi Dance Studio		12.25 Kettlercise® MP Room	20.10 Body Conditioning Dance Studio	12.55 Yoga Dance Studio		13.15 Aqua Aerobics Teaching Pool		12.00 Metafit™ MP Room	11.55 Zumba® Dance Studio	
		11.45 Aqua Aerobics Teaching Pool	20.15 Boxafit Dance Studio	13.15 Deep Water Aqua Aerobics Teaching Pool		13.00 Core Conditioning Dance Studio		12.00 Aqua Aerobics Teaching Pool	12.00 Kettlercise® Sports Hall	
		12.30 Aqua Aerobics Teaching Pool	21.10 Boxafit Dance Studio	14.00 Deep Water Aqua Aerobics Teaching Pool		13.55 Core Conditioning Dance Studio		12.45 Zumba® Dance Studio	12.55 Kettlercise® Sports Hall	
		13.00 Stretch & Tone Dance Studio 50+						13.40 Zumba® Dance Studio	12.00 Core Conditioning MP Room	
								14.00 Yoga Dance Studio		
								14.55 Yoga Dance Studio		
								18.00 Boxafit Dance Studio		
								18.55 Boxafit Dance Studio		
								19.00 Pedal X 45 Pedal X Studio		
								19.45 Pedal X 45 Pedal X Studio		

Please advise your instructor if you are **new to group exercise** or of any **medical conditions** that may affect your ability to exercise.

Please ensure you provide at least **48 hours** notice if you are unable to attend a class. Failure to do so may result in charges.

Members can book **7 days in advance**, either online or by contacting reception.

Non-members may book 2 days in advance.