

## 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.

### 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.

### LES MILLS 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](http://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](http://www.hertsmereleisure.co.uk)



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



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## January 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 <b>INSANITY MAX: 30®</b> Dance Studio	18.30 <b>GRIT</b> Dance Studio	07.00 <b>Pedal X 45</b> Pedal X Studio	17.30 <b>GRIT</b> Dance Studio	06.50 <b>Metafit™</b> Dance Studio	17.30 <b>Pilates</b> MP Room	07.00 <b>Pedal X 45</b> Pedal X Studio	18.00 <b>Pilates</b> Dance Studio	07.00 <b>Metafit™</b> Dance Studio	07.25 <b>GRIT</b> Dance Studio	08.25 <b>GRIT</b> Dance Studio
07.30	19.00	07.45	18.00	07.20	18.25	07.45	18.55	07.30	07.55	08.55
09.30 <b>Pedal X 45</b> Pedal X Studio	18.30 <b>Pedal X 45</b> Pedal X Studio	09.30 <b>Stretch &amp; Tone</b> MP Room	18.00 <b>LES MILLS BODYPUMP</b> Dance Studio	08.30 <b>Pilates</b> Dance Studio	17.30 <b>GRIT</b> Dance Studio	09.15 <b>Stretch &amp; Tone</b> MP Room <span style="border: 1px solid black; padding: 0 2px;">50+</span>	18.15 <b>Pedal X 45</b> Pedal X Studio	09.30 <b>Kettlecise®</b> Sports Hall	08.00 <b>Metafit™</b> Dance Studio	09.00 <b>Bums, Legs &amp; Tums</b> Dance Studio
10.15	19.15	10.25	18.55	09.25	18.00	10.10	19.00	10.25	08.30	09.55
09.30 <b>Aerobics</b> Dance Studio	19.05 <b>Pilates</b> MP Room	09.30 <b>Aerobics</b> Dance Studio	18.00 <b>Absolute Abs</b> MP Room	09.30 <b>Pedal X 45</b> Pedal X Studio	18.00 <b>LES MILLS BODYPUMP</b> Dance Studio	09.30 <b>Pedal X 45</b> Pedal X Studio	19.00 <b>Pedal X 45</b> Pedal X Studio	09.30 <b>Pilates</b> MP Room	08.00 <b>Pedal X 45</b> Pedal X Studio	09.00 <b>Pedal X 45</b> Pedal X Studio
10.25	20.00	10.25	18.25	10.15	18.55	10.15	19.45	10.25	08.45	09.45
09.30 <b>GRIT</b> MP Room	19.30 <b>Pedal X 45</b> Pedal X Studio	10.00 <b>Pedal X 45</b> Pedal X Studio	18.15 <b>Pedal X 45</b> Pedal X Studio	09.30 <b>Body Conditioning</b> Dance Studio	18.15 <b>Pedal X 45</b> Pedal X Studio	09.30 <b>Aerobics</b> Dance Studio	19.00 <b>Aqua Aerobics</b> Teaching Pool	09.30 <b>Step</b> Dance Studio	08.40 <b>Pilates</b> Dance Studio	10.00 <b>LES MILLS BODYPUMP</b> Dance Studio
10.00	20.15	10.45	19.00	10.25	19.00	10.25	19.45	10.25	09.35	10.55
10.15 <b>Aqua Aerobics</b> Teaching Pool	19.30 <b>Aqua Aerobics</b> Teaching Pool	10.30 <b>Yoga</b> MP Room	18.30 <b>Absolute Abs</b> MP Room	10.30 <b>Pedal X 45</b> Pedal X Studio	19.00 <b>INSANITY®</b> Dance Studio	10.30 <b>LES MILLS BODYPUMP</b> Dance Studio	19.05 <b>Step</b> Dance Studio	10.30 <b>Body Conditioning</b> Dance Studio	08.50 <b>Pedal X 45</b> Pedal X Studio	11.15 <b>Pilates</b> Dance Studio
11.00	20.15	11.25	18.55	11.15	19.55	11.25	20.00	11.25	09.35	12.10
10.30 <b>Bums, Legs &amp; Tums</b> Dance Studio	19.30 <b>Circuits</b> Sports Hall	10.30 <b>Pilates</b> Dance Studio	19.00 <b>Aerobics</b> MP Room	10.30 <b>Zumba®</b> Dance Studio	19.15 <b>Aqua Aerobics</b> Teaching Pool	10.30 <b>Absolute Abs</b> MP Room	19.15 <b>Metafit™</b> Dance Studio	10.35 <b>Pedal X 45</b> Pedal X Studio	09.50 <b>Aerobics</b> Dance Studio	16.00 <b>Yoga</b> Dance Studio
11.25	20.25	11.25	19.55	11.25	20.00	10.55	19.45	11.20	10.45	16.55
11.30 <b>Core Conditioning</b> Dance Studio	20.00 <b>Yoga</b> MP Room	11.00 <b>Aqua Aerobics</b> Teaching Pool	19.00 <b>Pedal X 45</b> Pedal X Studio	11.30 <b>Absolute Abs</b> Dance Studio	20.05 <b>Kettlecise®</b> Dance Studio	11.30 <b>Bums, Legs &amp; Tums</b> Dance Studio	19.45 <b>Deep Water Aqua Aerobics</b> Teaching Pool	11.30 <b>Pilates</b> Dance Studio	10.45 <b>Fitball</b> MP Room	
12.25	20.55	11.45	19.45	11.55	20.55	12.25	20.30	12.25	11.40	
12.45 <b>Zumba®</b> Dance Studio	20.00 <b>Kettlecise®</b> Dance Studio	11.30 <b>Pilates</b> Dance Studio	19.05 <b>Metafit™</b> Sports Hall	12.00 <b>Yoga</b> Dance Studio	20.10 <b>Pedal X 45</b> Pedal X Studio	11.30 <b>Tai Chi</b> MP Room	20.00 <b>Bums, Legs &amp; Tums</b> MP Room	11.30 <b>Metafit™</b> MP Room	11.00 <b>Zumba®</b> Dance Studio	
13.40	20.55	12.25	19.35	12.55	20.55	12.25	20.55	12.00	11.55	
14.00 <b>Tai Chi</b> Dance Studio	20.15 <b>Deep Water Aqua Aerobics</b> Teaching Pool	11.30 <b>Kettlecise®</b> MP Room	19.15 <b>Aqua Aerobics</b> Teaching Pool	13.15 <b>Deep Water Aqua Aerobics</b> Teaching Pool		11.45 <b>Aqua Aerobics</b> Teaching Pool	20.15 <b>Yoga</b> Dance Studio	12.00 <b>Aqua Aerobics</b> Teaching Pool	12.00 <b>Kettlecise®</b> Sports Hall	
14.55	21.00	12.25	20.00	14.00		12.30	21.10	12.45	12.55	
	21.55	11.45 <b>Aqua Aerobics</b> Teaching Pool	19.15 <b>Body Conditioning</b> Dance Studio			13.15 <b>Aqua Aerobics</b> Teaching Pool		12.45 <b>Zumba®</b> Dance Studio	12.00 <b>Core Conditioning</b> MP Room	
		12.30	20.10			13.55 <b>Core Conditioning</b> Dance Studio		13.40 <b>Yoga</b> Dance Studio		
		13.00 <b>Stretch &amp; Tone</b> Dance Studio <span style="border: 1px solid black; padding: 0 2px;">50+</span>	20.15 <b>Boxafit</b> Dance Studio					14.00 <b>Yoga</b> Dance Studio		
		13.55	21.10					14.55 <b>Boxafit</b> Dance Studio		
								18.00 <b>Boxafit</b> Dance Studio		
								18.55		
								19.00 <b>Pedal X 45</b> Pedal X Studio		
								19.45		

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.