Fitness Class Timetable

Monday

**Metafit™**
08:30 - 09:15  Studio 2

**Bodypump**
08:50 - 09:35  Studio 2

**Aqua Zumba®**
09:30 - 10:30  Swimming Pool

Tuesday

**Pedal X 30**
07:00 - 07:30  Studio 3

**LEISURE BODYPUMP**
08:50 - 09:35  Studio 1

**Metafit™**
09:30 - 09:30  Studio 2

Aqua Aerobics
09:30 - 10:30  Swimming Pool

**Body Conditioning**
09:40 - 10:25  Studio 2

Metafit™
09:40 - 09:25  Studio 1

Aqua Aerobics
09:40 - 10:25  Studio 1

Wednesday

**Metafit™**
08:40 - 09:15  Studio 1

**Bodypump**
08:25 - 08:55  Studio 1

**Aqua Aerobics**
08:40 - 09:25  Swimming Pool

**Pound®**
08:45 - 09:30  Studio 1

**Club Pedal X**
08:45 - 10:30  Studio 3

**Yoga**
08:40 - 10:20  Studio 2

**Pedal X 45**
10:20 - 11:05  Studio 3

Thursday

**Pedal X 30**
07:00 - 07:30  Studio 3

**Metafit™**
08:00 - 09:20  Studio 2

**Aqua Aerobics**
08:00 - 09:25  Swimming Pool

**Pound®**
08:45 - 09:30  Studio 1

**Club Pedal X**
09:30 - 10:15  Studio 3

**Zumba®**
09:40 - 10:40  Studio 1

Friday

**Metafit™**
08:40 - 09:15  Studio 1

**Body Conditioning**
08:50 - 09:35  Studio 2

**Zumba®**
09:40 - 10:25  Studio 1

**Pound®**
08:30 - 09:35  Studio 2

**Pedal X 45**
10:30 - 11:15  Studio 3

**Aqua Zumba®**
10:30 - 11:20  Swimming Pool

**Yoga**
11:40 - 12:25  Studio 2

Saturday

**Metafit™**
10:00 - 10:30  Studio 1

**Bodypump**
10:30 - 11:15  Studio 1

**Ashtanga Yoga**
15:00 - 16:30  Studio 1

Sunday

**Metafit™**
10:00 - 10:30  Studio 1

**Core Circuits**
10:40 - 11:25  Studio 3

**Circuits**
11:00 - 11:45  Studio 3

**Pound®**
11:15 - 12:00  Studio 3

**Pedal X 45**
19:40 - 20:40  Studio 2

**Pedal X 45**
19:40 - 20:40  Studio 2

**Swimming Pool**
19:30 - 20:30  Studio 3

**Aqua Zumba®**
18:00 - 19:00  Studio 2

**Vinyasa Yoga**
18:00 - 19:00  Studio 2

**Pedal X 45**
18:25 - 19:10  Studio 2

**Yoga**
18:00 - 19:00  Studio 2

**Pedal X 45**
17:30 - 18:15  Studio 3

**FLEXI-BAR®**
17:00 - 18:20  Studio 1

**Metafit™**
16:45 - 17:30  Studio 1

**Pound®**
16:00 - 16:45  Studio 2

**Pedal X 45**
15:00 - 16:00  Studio 3

**Step**
18:50 - 19:35  Studio 1

**Aqua Aerobics**
18:45 - 20:00  Studio 1

**Vinyasa Yoga**
18:45 - 20:15  Studio 1

**LEISURE BODYPUMP**
19:05 - 19:40  Studio 1

**FLEXI-BAR®**
19:15 - 20:00  Studio 1

**Metafit™**
19:15 - 20:00  Studio 1

**Club Zumba®**
19:15 - 20:00  Studio 1

**Box Circuit**
19:25 - 20:10  Studio 2

**Club Pedal X**
19:30 - 20:15  Studio 1

**Baby Zumba®**
19:15 - 20:00  Studio 2

**Circuits**
19:15 - 20:15  Studio 1

**Aqua Aerobics**
19:30 - 20:30  Swimming Pool

**Pound®**
20:05 - 20:50  Studio 2

**Club Pedal X**
20:30 - 21:15  Studio 3

**Pedal X 45**
17:30 - 18:15  Studio 3

**LEISURE BODYPUMP**
17:30 - 18:15  Studio 3

**FLEXI-BAR®**
17:00 - 18:20  Studio 1

**Pound®**
16:45 - 17:30  Studio 3

**Pedal X 45**
17:30 - 18:15  Studio 3

**FLEXI-BAR®**
17:00 - 17:30  Studio 3

**Metafit™**
17:00 - 17:30  Studio 3

**Club Pedal X**
16:45 - 17:30  Studio 3

**Pound®**
16:00 - 16:45  Studio 1

**Hip Hop Juniors (4 - 7 yrs)**
16:00 - 16:45  Studio 1

**Hip Hop Juniors (Byrs +)**
16:45 - 17:30  Studio 3

**Hip Hop Juniors (Byrs +)**
16:45 - 17:30  Studio 3
Which class is good for you?

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

**Aqua Zumba®**
The Zumba® dance sensation performed in the water. A low impact but highly effective class with adapted movements.

**Ashtanga Yoga**
A breath focused, dynamic yoga practice to detoxify the body and calm the mind.

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

**LesMills BODYBALANCE**
A new yoga class for anyone and everyone. Set to music and embracing elements of Tai Chi, Yoga and Pilates, BODYBALANCE will improve your mind and your body leaving you feeling calm and centred.

**LesMills BODYCOMBAT**
A high-energy martial arts-inspired workout. You’ll learn how to punch, kick and strike your way to superior fitness and strength.

**LesMills BODYPUMP**
The original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns calories, strengthens and tones.

**Box Circuit**
Total body workout combining boxing principles delivered in a circuit format.

**Buggy Blitz***
A fun circuits based class that you can bring baby and buggy along to, to get you feeling fit and healthy.

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

**Club Pedal X**
Pedal X but set to club music in a disco environment. Fun and fitness combined. Please be aware there will be flashing lights.

**Club Zumba®**
Enjoy a Zumba® class with disco lights set to a fusion of music from old school to current day, with the odd traditional Zumba track thrown in. Please be aware there will be flashing lights.

**Core Circuits**
A circuits based class that helps strengthen your core, upper and lower body, but also giving you a cardio workout at the same time.

**FLEXI-BAR®**
Flexi-bars create vibrations that target the deep muscles of the body. When the flexi-bar is shaken, all of the deep muscles that attach to the spine react and begin to work.

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

**Hip Hop Juniors**
A fun filled vibrant class for 4-7 year olds and 8+yrs, learning various hip hop moves and routines.

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

**Nifty Fifties**
Gentle low impact exercise to music for over fifties.

**Pedal X 30**
A challenging 30 minute class carried out to music on specially designed bikes. Great for improving fitness and stamina using cycling techniques. Using Coach By Color® training system.

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class descriptions continued...

**Pedal X45/Coach By Color®**
A challenging 45 minute class carried out to music on specially designed bikes. Great for improving fitness and stamina using cycling techniques. Some classes feature the Coach By Color® training system. Get real-time feedback on your workout with five coloured training zones that flood the display panel with vibrant rich colour in our results driven class.

**Pound®**
Pound® transforms drumming into an incredibly effective way of working out. Using lightly weighted drumsticks, this full body workout combines cardio, conditioning and strength training with Yoga and Pilates inspired movements.

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

**Vinyasa Yoga**
A dynamic flowing class based on a sequence of asanas (postures). This practice will improve strength, balance and flexibility, helping to relieve stress and calm the mind.

**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.

**Zumba Toning®**
Perfect for those who want to Zumba® but also focuses on toning and body sculpting exercises.

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**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 771050 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.

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Shepherds Lane, Mill End
Rickmansworth WD3 8JN
Tel: 01923 771050
www.hertsmereleisure.co.uk

Keep up to date with us via:
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William Penn Leisure Centre is owned and funded by Three Rivers District Council and managed by Hertsmere Leisure. Hertsmere Leisure is a registered charity. Charity No 1093653

Details correct at time of going to print. This timetable is constantly reviewed and subject to change. Booking terms and conditions apply, please visit our website or ask in the centre for more detail. To download or book online visit www.hertsmereleisure.co.uk

*New Mums taking part in Buggy Blitz must have had their 6 week post natal health check to participate. For Mums who have had a C Section birth we ask you to allow 12 weeks before taking part in this class.

** Please be aware that Club Pedal X and Club Zumba® classes use flashing lights. **

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