



**Class Descriptions continued**

**Circuits**

Multi station group exercise class designed to work on all the basic elements of fitness including strength, stamina and flexibility. All abilities are welcome.

**HIT training**

Stands for high-intensity interval training. A short burst, high octane, fat burning cardio exercise. Not for the faint hearted!

**Pedal-X / Early Riser (spinning)**

Our pedal x classes take place in our own purpose built air conditioned indoor cycling studio. Our programme incorporates flat and hills simulated by increasing resistance. Classes run for 45 minutes and believe me you will feel the ride!

**Pilates**

Once a favourite of ballerinas and professional dancers Pilates is now part of the mainstream. It was devised in the 1920's by Joseph H. Pilates whose aim was to combine the physical strength of ancient Greeks with the meditative qualities of the East.

Keep up to date with us via:

facebook.com/BletchleyLeisure

@BeaumontsHC

**Pump FX**

Is a non-impact resistance-training programme utilising barbells and adjustable weights to improve muscular strength and endurance. This studio based group session is led by highly skilled, motivating instructors who receive on-going training to ensure every class is safe, effective and fun.

**Salsacise**

This sexy dance workout to authentic salsa, merengue and Reggae-ton music will improve your groove and give you confidence while shaking it on the dance floor.

**Spirals @**

Incorporates mind and body with basic dance and expressive movement choreography. The focus is on dynamic stretching and stability challenges.

**Stability Ball**

A fantastic class utilising the "Stability Ball" to help develop functional strength that carries over into every day life. A must for all levels.

**Step/Body Step**

An exercise to music class based on the use of the step to help increase fitness levels and fat burning benefits.

**Swimfit**

Brings the gym to the pool! Our coach will set you up with a plan to follow throughout the session and is on hand to offer expert tips and advice on technique. Swimmers need to be capable of swimming 30 lengths front crawl for this class.



Class programme correct at time of going to print. This timetable is constantly reviewed and thus subject to change.

**Bletchley Leisure Centre**  
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**Bodywork Programme**

*Fitness class timetable*



*A partnership to deliver a healthy and engaged community*

# Bodywork Timetable

## Monday

■ Pedal-X (early riser)	06.15 – 07.00
● Circuits	07.00 – 07.45
● Pump FX	09.30 – 10.30
● Stability Ball	10.30 – 11.15
● HIT training	17.30 – 18.00
● Stability Ball	18.15 – 19.00
■ Pedal-X	18.15 – 19.00
● LBT	19.00 – 20.00
■ Pedal-X	19.15 – 20.00
⌚ Bollywood Fitness	19.30 – 20.30
● Body Balance	20.00 – 21.00

## Tuesday

● Pump FX	07.00 – 08.00
● Pilates	09.30 – 10.15
◆ Aqua	09.30 – 10.15
● Body Combat	10.30 – 11.30
■ Pedal-X	10.30 – 11.15
● Pilates	11.30 – 12.30
● Step	18.00 – 19.00
⌚ Zumba®	18.15 – 19.00
■ Pedal-X	18.15 – 19.00
■ Pedal-X	19.15 – 20.00
● Pump FX	19.15 – 20.15
● Body Combat	20.30 – 21.30
◆ Aqua	20.30 – 21.15

## Wednesday

■ Pedal-X	06.45 – 07.30
◆ Swimfit*	07.00 – 08.00
● Step	09.30 – 10.30
● Body Balance	10.30 – 11.30
■ Pedal-X	18.00 – 18.45
● Stability Ball	18.15 – 19.00
◆ Pedal-X	19.00 – 19.45
■ LBT	19.00 – 20.00
● Body Step	20.00 – 21.00

## Thursday

● Body Combat	07.00 – 08.00
● Pump FX	09.30 – 10.30
◆ Aqua	09.30 – 10.15
● Body Combat	18.00 – 19.00
■ Pedal-X	18.15 – 19.00
⌚ Zumba®	19.00 – 19.45
● Body Balance	19.00 – 20.00
■ Pedal-X	19.15 – 20.00
● Pump FX	20.00 – 21.00
◆ Aqua	20.00 – 20.45

## Friday

■ Pedal-X (early riser)	06.15 – 07.00
● Body Conditioning	07.00 – 07.45
◆ Aqua Zumba®	09.15 – 10.00
● LBT	09.30 – 10.30
● Body Balance	10.30 – 11.30
● Pilates	11.30 – 12.30
● Spirals®	18.00 – 19.00
■ Pedal X	18.30 – 19.15
● Body Step	19.30 – 20.30
◆ Swimfit *	18.00 – 19.00

## Saturday

■ Pedal-X	08.30 – 09.15
● Body Combat	09.30 – 10.30
● Stability Ball	10.30 – 11.15
● Pump FX	11.30 – 12.30

## Sunday

● Pilates	09.00 – 09.45
■ Pedal-X	10.00 – 10.45
● Pilates	11.00 – 12.00

## It's as easy as A.B.C

### AEROBIC - RED

Great for the heart and lungs and designed to get you a little out of breath. Experience fantastic results whilst increasing the efficiency of your heart and lungs as well as burning lots of calories.

### BODY CONDITION - GREEN

Toning, strength and endurance. These classes are designed to get your muscles working and looking great.

### CALM - AMBER

Take time out to relax and enjoy these classes... "Life takes it out of you...these classes give it back." Increase your flexibility, take an hour out of your busy schedule and learn to unwind.

**Key:** ● Dance Studio ■ Pedal-X Studio (spinning) ◆ Pool ⌚ Multi-Purpose Room \*must be able to swim 30 lengths in one hour

## Class Descriptions

### Aqua

For open water athletes who want to build up strength with no impact. Dive in for a floating aerobic programme that builds agility, balance, alignment, flexibility and muscle strength.

### Aqua Zumba®

Join the party! These classes combine the Zumba® formula with traditional aqua fitness for a full cardio-conditioning and body toning work out.

### Body Balance

Combines the benefits of Yoga and Pilates as well as other Eastern disciplines into a challenging and invigorating experience using a unique blend of movement and music.

### Body Combat

Combines powerhouse moves and stances developed from a range of self-defence disciplines including Karate, Kickboxing, Tai Chi and Tae Kwon Do to create a "take no prisoners", adrenaline-pumping routine. It is an empowering, athletic workout that will have you "fighting fit" in record time!

### Body Condition / LBT

An all over body conditioning class using various pieces of equipment to ensure an increase in muscle tone, strength and endurance.

### Bollywood Fitness

A ladies only dance based fitness class integrating the basic moves of bollywood to uplifting Asian music. Learn the routines and get a great work out at the same time.