

Class Descriptions continued

CIRCUIT TRAINING

Suitable for all fitness levels which incorporates a variety of aerobic, muscular strength and endurance training exercises.

CORE BODY BALANCE

A blend of yoga, pilates and tai chi for core strength, flexibility and relaxation.

DANCE AEROBICS

A fun aerobic based class which incorporates dancing styles and techniques with a traditional aerobic workout.

DEEP WATER AQUA AEROBICS

A challenging aqua aerobics class involving treading water, so an ability to swim is required. Not recommended for pre or post natal ladies. Please note: belts must be worn at all times.

FITBALL

This is a challenging and fun workout for all fitness levels. Fitball classes are designed to improve your core stability, strength and balance.

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. This is a great work out for the novice to the expert group exercise user.

HI NRG

An energetic workout combining boxing and cycling. Specially aimed at young people (12-16yrs)

KICK AEROBICS

A fast moving workout that combines aerobic and boxing moves into a dynamic workout for all abilities.

PEDAL X

A challenging class carried out to music on specially designed bikes. A great way to improve fitness and stamina using a variety of cycling techniques.

PILATES

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

RUNNING CLUB

Join our running instructor for a local outdoor run. Distance varies between 2 and 5 miles. Meet at reception.

STEP / STEP & TONE

A complete body workout incorporating a wide range of low and high impact movements using the steps.

STREET DANCE

A fusion of all the latest moves, from hip hop to break dance that will give you a full body workout.

STRETCH & RELAX

Unwind and recharge your mind & body with this class that's designed to improve your movement and flexibility.

STRETCH & TONE (50+)

A class for the more mature person, wishing to improve their overall fitness.

THIGHS, BUMS & TUMS

A low impact toning class, specifically designed to tone the lower body.

TAI CHI

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

TOTAL ABS

A class where you can condition and tone those stomach muscles. Suitable for both men and women of all fitness levels.

YOGA

A conventional form of yoga incorporating breathing and flexibility techniques.

ZUMBA®

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away

• Please advise the class instructor of any medical conditions that may affect you exercising

PLEASE NOTE:

- The WARM-UP is a vital part of your class or workout session and prepares your body for exercise helping to prevent injuries to both muscles and joints.
- Please make every effort to arrive in plenty of time so that you can participate in a full WARM-UP. If you arrive more than 5 minutes after a class has started your Instructor may advise you not to take part.
- Please obtain a receipt from reception and hand it to the Instructor as proof of your booking.
- If you book a class and then find you cannot attend please telephone the centre and tell us.
- If you give 48 hours clear notice no charge will be made.
- If you are unable to give this notice every effort will be made to re-let the space. If we cannot re-let your cancelled booking, the cost of the booking will be charged to you. This also applies to Beaumont's members.
- Members can book online, by telephone or in person 7 days in advance. Non-members can book 2 days in advance by paying at the time of booking.



Bodywork Programme

Fitness class timetable

Details correct at time of going to print

Bushey Grove Leisure Centre,
Aldenham Road, Bushey, Hertfordshire
WD23 2TD Tel: **01923 470140**



The centre is owned and funded by Hertsmere Borough Council and managed by Hertsmere Leisure. Hertsmere Leisure is a registered Charity. Charity Number 1093653.



Bodywork Timetable

Monday	
Step & Tone	09.30 - 10.25
Thighs, Bums & Tums	10.30 - 11.25
Core Body Balance	11.30 - 12.25
Zumba®	12.45 - 13.40
Tai Chi **	14.00 - 14.55
Boxafit	18.15 - 19.10
Pilates (Intermediate) ■	19.05 - 20.00
Pedal X	19.30 - 20.15
Aqua Aerobics	19.30 - 20.15
Circuit Training ●	19.30 - 20.25
Yoga (Intermediate) ■	20.00 - 20.55
Aqua Aerobics	20.15 - 21.00
Street Dance	20.30 - 21.25
Yoga ■	21.00 - 21.55

Tuesday	
Pedal X	07.00 - 07.45
Stretch & Relax ■	09.30 - 10.25
Aerobics	09.30 - 10.25
Yoga (beginners) ■***	10.30 - 11.25
Pilates (beginners)	10.30 - 11.25
Pilates (intermediate)	11.30 - 12.25
Aqua Aerobics	11.15 - 12.00
Stretch & Tone (50+)	13.00 - 13.55
Body Pump	18.00 - 18.55
Total Abs ■	18.00 - 18.25
Total Abs ■	18.30 - 18.55
Running Club	Start 19.00
Circuit Training ●	19.00 - 19.55
Aerobics ■	19.00 - 19.55
Aqua Aerobics	19.15 - 20.00
Step	19.15 - 20.10

Deep Water Aqua	20.00 - 20.45
Body Tone	20.15 - 21.10
Wednesday	
Body Pump	06.45 - 07.30
Body Tone	09.30 - 10.25
Pedal X	10.35 - 11.20
Total Abs	11.30 - 11.55
Yoga (beginners)	12.00 - 12.55
Body Pump Technique *	17.30 - 18.00
Body Pump	18.00 - 18.55
Pilates (beginners) ■	18.00 - 18.55
Kick Aerobics ●	19.00 - 19.55
Zumba®	19.00 - 19.55
Aqua Aerobics	19.15 - 20.00
Pedal X	20.10 - 20.55
Pedal X	21.00 - 21.45

Thursday	
Pedal X	07.00 - 07.45
Stretch and Tone (50+) ■	09.15 - 10.10
Aerobics **	09.30 - 10.25
Body Pump	10.30 - 11.25
Thighs, Bums & Tums	11.30 - 12.25
Tai Chi ■	11.30 - 12.25
Pilates (beginners) **	12.30 - 13.25
Core Body Balance	13.00 - 13.55
Street Dance (8-16 years)	16.00 - 16.55
Boxafit	17.00 - 17.55
Pilates	18.00 - 18.55
Aqua Aerobics	19.00 - 19.45
Running Club	Start 19.00
Step	19.05 - 20.00
Circuit Training ●	19.15 - 20.10

Aqua Aerobics	19.45 - 20.30
Thighs, Bums & Tums	20.00 - 20.55
Yoga ■	20.15 - 21.10

Friday	
Body Pump	06.45 - 07.30
Flexi-bar ●	09.30 - 10.15
Step	09.30 - 10.25
Body Tone	10.30 - 11.25
Pilates (improvers)	11.30 - 12.25
Aqua Aerobics	12.00 - 12.45
Zumba®	12.45 - 13.40
Yoga	14.00 - 14.55
Boxafit	17.45 - 18.40
Pedal X	19.00 - 19.45

Saturday	
Pedal X	07.45 - 08.30
Pilates (beginners) ■	08.30 - 09.25
Pedal X	08.45 - 09.30
Step & Tone	09.45 - 10.40
Fitball	10.45 - 11.40
Zumba®	11.45 - 12.40
Fitball	13.00 - 13.55
Street Dance	14.00 - 14.55
Street Dance (8-16 years)	15.00 - 15.55

Sunday	
Pedal X	08.45 - 09.30
Body Pump	10.00 - 10.55
Belly Dancing ■	10.30 - 11.25
<small>(Belly dancing class will resume 8th May 2011)</small>	
Pilates	11.00 - 11.55
Yoga	16.00 - 16.55

Key to location: ● **Class takes place in the Main Hall**

■ **Class takes place in the Multi Purpose Room**

All other classes take place in the Beaumonts Dance Studio

*Ideally this class should be attended prior to attending Body Pump classes. It takes place on the first Wednesday of every month.

** Term time only

***This Yoga class takes place at 8.30am during school holidays in the Dance Studio

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 & lungs as well as burning lots of calories.

BODY CONDITION - GREEN

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

CALM - AMBER

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

Class Descriptions

AEROBICS

This is a fun filled exercise to music class suitable for all levels. An ideal way to improve fitness, whilst toning and burning calories.

AQUA AEROBICS

A low impact workout in the water, suitable for all levels. Not recommended for newly pregnant ladies who have not done these classes before.

BELLY DANCING

Belly dancing is good for your physical and mental health. Discover the beauty and power of your body and receive physical and emotional benefits that arise from dance.

BODY TONE / BODY CONDITIONING

A class for all levels, aimed at toning the whole body using hand weights and body bars. Minimal co-ordination required.

BODY PUMP

This class incorporates weights into a pre-choreographed workout set to powerful and motivating music. Suitable for men and women, from beginners to conditioned athletes.

BOXAFIT

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

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