



**PUMP FX:**

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.

**SALSACISE:**

Combining salsa dance and group exercise to improve your fitness level and feel great. Whether you're an experienced dancer, or simply a beginner, this class is guaranteed fun.

**STABILITY BALL**

Core and strength based class to help develop functional strength that carries over to every day life using the latest equipment in fitness.

**YOGA:**

A conventional form of yoga incorporating breathing and flexibility techniques.

**20-20-20:**

20 minutes of aerobics, 20 minutes of step, 20 minutes of toning, all mixed up for a fun energetic workout!

**ZUMBA@:**

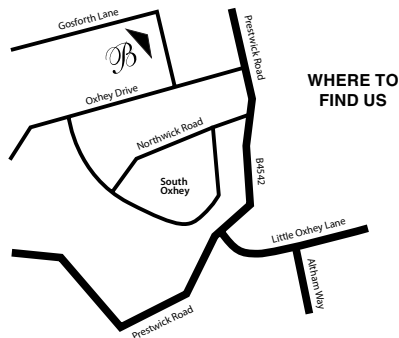
Zumba is a fabulously fun class consisting of dance and aerobics to Latin rhythms. Designed for absolutely anyone, this class delivers a great workout! No dance or fitness experience required.

**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.
- Beaumonts Members may book on line, 7 days in advance from 8 a.m. (10 a.m. by phone or in person). For full conditions please ask at reception.

To keep updated with all the latest news and developments, please visit our website and Facebook pages.



**WHERE TO FIND US**

Details correct at time of going to print

**The Centre,**  
Gosforth Lane, South Oxhey,  
Herts WD19 7AX  
**Telephone: 020 8428 4954**  
**www.hertsmereleisure.co.uk**



The Centre is owned and funded by Three Rivers District Council, and managed by Hertsmere Leisure. Hertsmere Leisure is a registered Charity. Charity Number 1093653.



**Bodywork Programme**  
*Fitness class timetable*



# Bodywork Timetable

## Monday

Pedal X (Slower)	09.30 - 10.15
20-20-20	09.30 - 10.30
Core Conditioning	10.30 - 11.30
Aqua Aerobics (SJA)	10.00 - 10.45
Classic Class	10.30 - 11.30
Line Dancing	13.15 - 15.15
Pedal X	18.00 - 18.45
Body Blast	19.00 - 20.00
Pedal X	20.00 - 20.45
Pilates	20.00 - 21.00

## Tuesday

Pilates	09.30 - 10.30
Aqua Aerobics (SJA)	10.00 - 10.45
Nifty Fifties	10.00 - 12.00
Yoga	10.30 - 12.00
Pedal X	18.00 - 18.45
20-20-20	19.00 - 20.00
Circuits	19.00 - 20.00
ABS Fab	20.00 - 20.30
Pedal X	20.05 - 20.50
Yoga	20.30 - 22.00

## Wednesday

Pedal X	09.30 - 10.15
Classic Class	09.30 - 10.30
Aqua Aerobics (SJA)	10.30 - 11.15
Classic Class	10.30 - 11.30
Circuits (Classic)	11.30 - 12.30
Back to fitness	13.00 - 14.00
Pedal X	18.15 - 19.00
Pedal X	19.15 - 20.00
Aerobics	19.15 - 20.15
Salsacise	20.15 - 21.15

## Thursday

Pedal X (Slower)	09.00 - 09.45
Yoga	10.00 - 11.30
Nifty Fifties	10.00 - 12.00
Active Retired	10.30 - 11.30
Circuits (Classic)	11.30 - 12.30
Pedal X	18.00 - 18.45
Pump FX	19.00 - 20.00
Stability Ball	19.00 - 20.00
Kettlercise®	20.00 - 21.00
Zumba®	20.30 - 21.30
Line Dancing	20.30 - 22.30

## Friday

Pedal X	07.05 - 07.50
Body Conditioning	09.30 - 10.30
Aqua Aerobics (SJA)	10.00 - 10.45
Zumba®	10.30 - 11.30
Zumba®	18.30 - 19.30

## Saturday

Body Blast	08.00 - 09.00
Pedal X	09.00 - 09.45

## Sunday

Pedal X	09.30 - 10.15
Pilates	09.30 - 10.30
Zumba®	10.30 - 11.30

### Remember at Beaumonts.....

- Our Instructors can prepare a FREE personal programme for you at any time
- PowerPlate® is available
  - Champion swimmer Liam Tannock uses it to stay in top form
  - Madonna loves the vibration and quick results
  - Dannii and Kylie Minogue both swear by it
  - YOU can use it to tone quickly and keep in top shape!

## Class Descriptions

### CLASSIC

Where you see the term "Classic", the class is at a level aimed at the more mature or retired person to build up fitness levels at a more gentle pace.

### 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.

### ABS FAB:

A half hour blast of the area we all love to hate.

### ACTIVE RETIRED:

Gentle exercise for retired people looking to improve their overall fitness.

### AQUA AEROBICS:

Water based exercise class at Sir James Altham Pool. Great for all abilities and as it is non weight bearing, especially good if you have joint or mobility problems!

### BACK TO FITNESS:

Targeted at post cardiac rehab patients to maintain their fitness!

### BODY BLAST:

Whole body conditioning using a variation of weight bands, body bars and step for all levels and abilities!

### CIRCUITS:

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

### CLASSIC CLASS:

A low level workout in the aerobic and fitness studios, ideal for the lively mature person.

### CORE CONDITIONING:

A blend of Yoga, Pilates and Tai Chi in a concentrated session aimed to develop core strength, flexibility and relaxation.

### BODY CONDITIONING:

A low impact toning class specifically designed to tone those troublesome areas.

### LINE DANCING:

Fitness and fun in the most social fitness session going!

### NIFTY FIFTIES:

Meet friends, socialise and get fit while having fun! Aimed at the 50+ group, friendly competition in badminton and table tennis! Tea and coffee included!

### KETTLERCISE®

Kettlercise is a popular new fitness class that incorporates the use of kettlebells in a non stop routine that will work every single muscle in your body to ensure you melt away fat, tone up, improve core stability and dramatically improve endurance.

### PEDAL X:

Pedal X classes deliver a high intensity aerobic workout and are excellent for burning calories, increasing fitness endurance, and general toning. All abilities are welcome in mixed groups.

### PILATES:

A sequence of slow and controlled movements designed to strengthen the muscles of the abs and back to improve overall health, posture and flexibility.

*continued over*