



Class Descriptions continued

Boot Camp ●
A fun and intense work-out based on basic military training principles designed to burn fat, maximize weight-loss and increase fitness levels. Suitable for those who want to lose weight or ideal for anyone who just wants a fitness boost.

Box Fit ●
An effective workout mixing boxing and aerobics
Bums, Legs & Tums ■
Focussing on Bums, Legs & Tums!

Careful Conditioning (50+) ■
A standing class using light weights aimed at the over 50's & those new to exercise or who need to work at a slower pace

Circuits ■ ●
Move through a series of resistance and cardio vascular exercise stations for a high intensity workout

Deep Water Aerobics ●
Aqua aerobics in deeper water for extra buoyancy
Fitball ■

Strengthen and tone with the use of a large air ball
Kettlecise● ● ■
Hand held kettlebells increase the intensity of a full body workout that incorporates cardiovascular, strength and flexibility routines.

Kick Box Cardio ●
A challenging class using a mix of kicks and steps for a high intensity workout

Pilates ◆
Specialist exercise to improve flexibility, posture and muscle tone

Pump FX ● ■
A calorie burning choreographed class that uses weights to improve strength and endurance in the main muscle groups

Spinning●
Indoor cycling using specialist bikes & motivating music to test your endurance

Spinning & Abs● ● ■
Spinning followed by Abs workout (1hr 15min)

Step ● ■
Use of a step platform to increase fitness & fat burning together with all over toning

Stretch & Tone ■ ◆
Full body workout incorporating flexibility & general toning

Yoga ◆
Traditional yoga techniques focussing on breathing, flexibility and relaxation

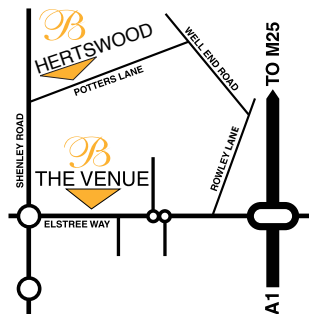
Yoga (Freestyle) ■ ◆
Targets flexibility, core stability, strength & relaxation. Suitable for all

Zumba Gold● ● ■
Aimed at active older adults (or those new to fitness) with the same music and dance styles as Zumba but with a lower intensity.



Details correct at time of going to print

The Venue
Elstree Way, Borehamwood,
Herts WD6 1JY
Telephone: 020 8386 9886
www.hertsmereleisure.co.uk



For public transport connections see our website



The centre is owned and funded by Hertsmere Borough Council and managed by Hertsmere Leisure. Hertsmere Leisure is a registered charity. Charity no. 1093653

Bodywork Programme
Fitness class timetable



Bodywork Timetable

Monday

Pump FX	09.15-10.15
Spinning®	10.15-11.00
Body Conditioning	10.30-11.15
Aqua Aerobics (50+)	12.00-12.45
Pilates	12.30-13.30
Zumba Gold®	15.00-16.00
Aerobics	18.00-18.55
Spinning®	18.15-19.00
Body Conditioning	19.00-19.55
Spinning®	19.05-19.50
Circuits (Hertswood)	19.30-20.25
Box Fit	20.00-20.55
Deep Water Aerobics	20.00-20.45
Yoga Course *	20.00-21.00

Tuesday

Circuits	09.30-10.30
Spinning®	10.15-11.00
Zumba®	10.45-11.45
Spinning®	12.15-13.00
Bums, Legs & Tums	12.45-13.30
Aqua Aerobics (50+)	15.00-15.45
Spinning®	17.45-18.30
Kick Box Cardio	18.00-18.55
Stretch & Tone	18.30-19.30
Spinning®	18.35-19.20
Body Conditioning	19.00-19.55
Fitball	19.30-20.15
Aqua Aerobics	19.35-20.20
Step	20.00-20.55

Wednesday

Spinning®	07.00-07.45
Body Conditioning	10.00-10.55
Spinning® & Abs	10.00-11.15
Careful Conditioning (50+)	11.00-11.55
Yoga (Freestyle)	12.00-12.45
Pump FX	12.45-13.30
Spinning®	17.15-18.00
Step	18.00-18.55
Bokwa®	18.00-18.55
Spinning®	18.15-19.00
Body Conditioning	19.00-19.55
Yoga	19.00-20.00
Aqua Zumba ®	19.15-20.15
Spinning®	19.15-20.00
Pump FX	20.00-20.55
Zumba®	20.30-21.30

Thursday

Kettlecise®	09.00-10.00
Spinning® & Abs	09.15-10.30
Bokwa®	10.00-11.00
Yoga (Freestyle)	11.15-12.00
Spinning®	12.15-12.45
Body Conditioning	12.45-13.30
Pump FX	18.00-18.55
Kettlecise®	18.00-18.55
Spinning®	18.15-19.00
Boot Camp (Hertswood)	18.30-19.25
Aqua Aerobics	18.45-19.30
Body Conditioning	19.00-19.55
Spinning®	19.15-20.00
Deep Water Aerobics	19.35-20.20
Pilates	19.45-20.45
Bums, Legs & Tums	20.00-20.55

Friday

Spinning®	07.00-07.45
Spinning®	09.30-10.15
Zumba®	10.00-11.00
Aqua Aerobics	12.00-12.45
Pump FX	12.45-13.30
Spinning®	17.15-18.00
Circuits	17.45-18.45
Pump FX	18.00-18.55
Spinning®	18.05-18.50

Saturday

Spinning®	08.35-09.20
Kick Box Cardio	09.30-10.25
Yoga	10.00-11.30
Zumba®	10.30-11.25
Spinning®	10.30-11.15

Sunday

Spinning®	08.45-09.30
Pump FX	09.30-10.30
Spinning®	10.30-11.15
Zumba®	10.35-11.35
Circuits	10.40-11.35
Yoga	11.45-12.45

* The Yoga Course runs for 6 weeks, please contact Reception for the start date of the next course

Classes marked (Hertswood) take place at The Hertswood Centre, Potters Lane, WD6 5LG.

KEY

- **AEROBIC**
Aerobic classes are great for the heart and lungs and are designed to get you a little out of breath. Good too, for calorie burning.
- **TONING AND CONDITIONING**
Toning and Conditioning classes are great for improving muscle tone, strength and endurance.
- ◆ **CALM**
These classes allow you to relax and unwind whilst improving your flexibility. Great for body and soul!

Class Descriptions

- **Aerobics**
Fun filled choreographed class suitable for all levels
- **Aqua Aerobics**
Low impact water based class suitable for most levels - a great muscular endurance workout
- **Aqua Aerobics (50+)**
Aqua aerobics aimed at the over 50s
- ■ **Aqua Zumba ®**
The Zumba ® 'pool party'! It's a challenging water-based workout that's cardio conditioning, body toning and loads of fun!

- **Body Conditioning**
Toning class using hand weights and body bars suitable for all abilities
- **Bokwa®**
An intense cardio vascular workout building strength & endurance with high calorie burn. The new dance craze with African rhythms & boxing moves!

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