



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

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.

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!

50+ CIRCUIT:

Aimed at the more mature person to work on all body areas using resistance and cardiovascular equipment.

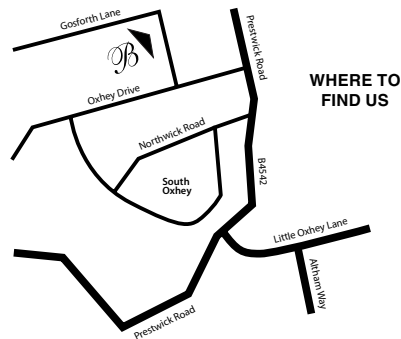
ZUMBA:

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 5minutes 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.



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 Body Balance	10.30 - 11.30
Aqua Exercise (SJA)	10.00 - 10.45
Classic Class	10.30 - 11.30
Pump FX	12.15 - 13.15
Line Dancing	13.15 - 15.15
Pedal X	18.00 - 18.45
Body Blaze	19.00 - 20.00
Pedal X	20.00 - 20.45
Pilates	20.00 - 21.00

Tuesday

Pilates	09.30 - 10.30
Aqua Exercise (SJA)	10.00 - 10.45
Nifty Fifties	10.00 - 12.00
Pedal X	18.00 - 18.45
20-20-20	19.00 - 20.00
Circuit Challenge	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 Exercise (SJA)	10.30 - 11.15
Classic Class	10.30 - 11.30
Classic Circuit Class	11.30 - 12.30
Body X Core	12.15 - 13.00
Back to fitness	13.00 - 14.00
Pedal X	18.15 - 19.00
Pedal X	19.15 - 20.00
NRG Workout	19.15 - 20.15
Salsacise	20.15 - 21.15

Thursday

Yoga	10.00 - 11.30
Nifty Fifties	10.00 - 12.00
Active Retired	10.30 - 11.30
50+ Circuit	11.30 - 12.30
Pump Fx	12.15 - 13.15
Pedal X	18.00 - 18.45
Stability Ball	19.00 - 20.00
Zumba	20.30 - 21.30
Line Dancing	20.30 - 22.30

Friday

Pedal X	07.00 - 07.45
Legs, Bums & Tums	09.30 - 10.30
Aqua Exercise (SJA)	10.00 - 10.45
Zumba	10.30 - 11.30

Saturday

Blast FX	08.00 - 09.00
Pedal X	09.00 - 09.45

Sunday

Pedal X	09.30 - 10.15
Core Conditioning	09.30 - 10.30
Zumba	10.30 - 11.30

Remember at Beaumonts.....

- You can buy 6 Personal Training Sessions for the price of 5
- 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

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.

AQUAEXERCISE:

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!

BLAST FX:

With an emphasis on intensity, this results-focused workout features a series of low and high intensity athletic tracks as well as power, agility, balance and core sessions.

BODY BLAZE:

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

BODY X:

Body X is a sure fire way to ensure you hit every body part in 4 days!

• BODY X CORE:

Abs and bottom are the target for this workout!

CIRCUIT CHALLENGE:

A high intensity workout, which incorporates a mix of resistance and cardio exercise, moving from station to station.

CLASSIC CLASS:

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

CLASSIC CIRCUIT:

Ideal for the lively mature person, to build up fitness levels. Working with a fitness instructor in the gym and using a range of resistance and cardio equipment.

CORE BODY BALANCE:

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

CORE CONDITIONING:

Toning for the abs, bum and back. Designed to improve postural and abdominal areas.

LEGS, BUMS AND TUMS:

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!

NRG WORKOUT:

A fun-filled aerobic class incorporating hand weights. An ideal way to improve fitness, whilst toning and burning calories!