



**Class Descriptions**

**BODY BLITZ**

Body Blitz works the whole body with the addition of hand weights, dyna bands and stability balls as the intensity increases

**STREET DANCE**

Hot dance that will leave you wanting more. A fusion of all the latest street moves from hip hop to break dance

**CORE CONDITIONING**

The title explains it all. This mixes core conditioning exercises to target deep into your mid range and helps lengthen and develop your muscles throughout the whole body. The class may also involve the use of stability balls.

**BODY COMBAT**

Challenging routines using moves taken from self-defence disciplines to improve aerobic fitness

**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.

**BOXERCISE**

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

**CIRCUIT TRAINING**

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

**FIFTY FIFTY'S / ACTIVE LIFE**

Gentle low impact exercise to music for the over fifties

**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.

**STEP**

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

**PILATES\***

A sequence of exercises designed to strengthen muscles of the abdominals and back, whilst relaxing. A great way to improve your posture and flexibility. With varying degrees of levels to suit all.\* Pilates is run as a course and incurs an additional charge. There are drop in classes aimed at the advanced user.

**YOGA**

A conventional form of yoga incorporating breathing and flexibility techniques.

**ASTANGA YOGA**

A breath focused, dynamic yoga practice to detoxify the body and calm the mind. Be prepared to sweat.

**VINYASA YOGA**

This yoga class is a dynamic, flowing class based on a sequence of asanas (yoga postures). The practice will improve strength, balance and flexibility, and help to relieve stress and calm the mind

**TOTAL ABS**

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

**FLEXI PUMP**

A class that mixes conventional weights and exercises using a Flexi-Bar. Flexi Pump combines both Flexi Bar and Pump to create one the best classes ever.

**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 workout for the novice to the advanced group exercise user.

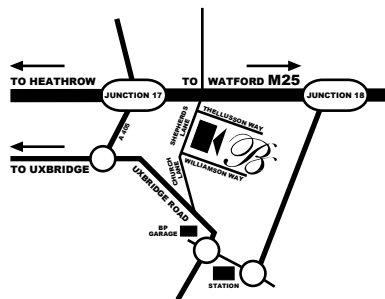
**JUNIOR CLASSES (JNR)**

Some classes are available as junior classes aimed at 12yrs to 15yrs. A great way of starting out into a healthy lifestyle. Contact William Penn for information



Times correct at time of going to print.

**William Penn Leisure Centre,**  
 Shepherds Lane, Mill End,  
 Rickmansworth, Hertfordshire WD3 8JN  
**Telephone: 01923 771050**



**Bodywork Programme**  
*Fitness class timetable*



	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			
	Studio 1	Studio 2	Other	Studio 1	Studio 2	Other	Studio 1	Studio 2	Other	Studio 1	Studio 2	Other	Studio 1	Studio 2	Other	Studio 1	Studio 2	Other	Studio 1	Studio 2	Other	
7.00				Pedal X 7am						Pedal X 7am												
8.00																						
9.00																			Body Pump 8.30am		Body Pump 8.30am	
10.00	Body Pump 9.30am	Body Pump 9.30am		Body Blitz 9.30am			Body Pump 9.30am			Body Combat 9.30am	Active Life 10am		Step 9.30am			Step 9.40am				Pilates* (Beg) 9:45am		Circuits 10am Sports hall
11.00	Body Cond 10.35am	Body Combat 10.35am		Core Cond 10.20am				Yoga 10.35am		Pedal X 11am	Nifty Fifties 10.45am		Body Pump 10.35am	Body Pump 10.35am		Flexi Bar 10.50am			Pedal X 11.15am			
12.00				Nifty Fifties 11.15am						Total Abs 11.55am						Pedal X 11.45am						
13.00	Pedal X 1pm	Pilates* (Beg/Int) 1.15pm					Pedal X 12.30pm						Pilates* (Beg/Int) 1.15pm		Boxercise 1.15pm							
14.00																						
15.00																						
16.00																				Astanga Yoga 3pm		
17.00																						
18.00		Vinyasa Yoga 6pm								Pedal X 5.30pm												
19.00	Flexi Pump 6:30pm			Body Pump 6:30pm			Body Combat 6.35pm	Street Dance 6pm		Body Pump 6:30pm			Body Pump 6:30pm									
20.00	Step (Beg/Int) 7.20pm						Circuits 7:30pm Sports hall			Body Cond 7.40pm			Boxercise 7:45pm	Pilates* (Int) 7.30pm	Circuits 7:25pm Sports hall		Vinyasa Yoga 7.30pm					
21.00	Step (Adv) 8.10pm	Pilates* (Int) 8:45pm		Flexi Bar 8pm	Pilates* (Int) 8pm																	
22.00										Pedal X 9pm			Pilates* (Int) 8:45pm									

### 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 an hour out of your busy schedule and learn to unwind.

### 50 + Activities

These classes are for those reaching their prime. Classes are designed to keep your body moving and supple. Low impact exercise to music for the over fifties.

#### 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