



Class Descriptions Continued

BOOT CAMP

An all weather exercise class designed around military fitness training. Minimal kit & maximum effort required!

BOXERCISE

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

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.

CORE BODY BALANCE

A holistic class that involves Yoga, Tai Chi and Pilates choreographed to music. It leaves you feeling long, strong, centred and calm

CIRCUIT TRAINING

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

FIGHT FX

Uses martial arts techniques to improve body composition and elevate fitness levels

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.

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.

FX FIGHT/PUMP

Mixes traditional resistance training exercises with martial arts techniques. This class targets individual muscle groups to improve body composition

KARATE CLUB

Private Bookings – the studio is being used for Karate Club private bookings

NIFTY FIFTY'S

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.

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.

PUMP FX

A great barbell workout which will enable you to increase muscle strength and endurance

SALSASIZE

A fun and energetic class with sizzling hot latin rhythms. No experience necessary, will leave you feeling great and improve overall fitness

STEP

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

STREET DANCE

Learn some of the hottest dance moves, as seen in music videos, award shows and concerts. Street Dance is a great way to learn to dance, keep fit, and enjoy yourself at the same time

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

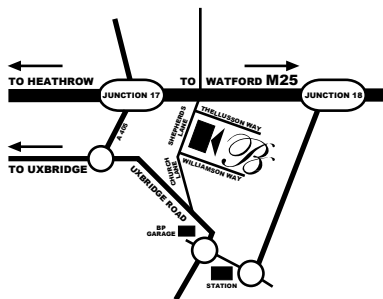
A class where you can condition and tone those stomach muscles. Suitable for both men and women of all fitness levels.

ZUMBA® - Pulsating fast and slow Latin rhythms with the red-hot international dance steps to sculpt whilst burning body fat. The latest dance sensation!



Details are 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



William Penn Leisure 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 Timetable

Monday

09:30-10:30	Body Pump	●
09:30-10:30	Body Pump	■
10:35-11:35	Body Conditioning	●
10:35-11:35	Body Combat	■
13:00-13:45	Pedal X	●
13:30-14:30	Pilates (course)	■
17:30-18:15	Pedal X	●
18:00-19:00	Vinyasa Yoga	■
18:30-19:30	Aqua Aerobics	≡
18:30-19:15	Flexi Pump	●
19:05-20:05	Street Dance	■
19:30-20:30	Aqua Aerobics	≡
19:20-20:05	Step (beg/int)	●
20:30-21:30	Pilates (course)	■
20:10-20:55	Step (adv)	●

Tuesday

07:00-07:45	Pedal X	■
09:30-10:15	BodyBlitz	●
09:30-10:15	Pedal X	■
09:30-10:30	Aqua Aerobics	≡
10:20-11:05	Core Conditioning	●
10:30-11:30	FX Fight/Pump	■
11:15-12:15	Nifty Fifties	●
17:30-18:30	Karate Club	■
18:30-19:30	Body Pump	●
18:30-19:30	Zumba®	■
19:30-20:30	Circuits	◆
20:00-20:45	Flexi Bar	●
20:00-21:00	Pilates (course)	■

Wednesday

09:30-10:30	Body Pump	●
09:30-10:30	Zumba®	◆
10:35-11:35	Fight FX	●
10:35-12:05	Yoga	■
11:35-12:20	Total Abs	●
12:30-13:15	Pedal X	●
16.45-17.45	Jnr Street Dance 8-15 yrs	■
18:00-19:00	Street Dance	■
18:35-19:35	Body Combat	●
19:00-19:45	Salsasize	■
19:40-20:40	Body Conditioning	●
20:30-21:30	Pilates (course)	■

Thursday

06:40-07:25	Pedal X	■
09:30-10:30	Body Combat	●
10:45-11:45	Nifty Fifties	■
11:00-11:45	Pedal X	●
11:55-12:40	Total Abs	●
12:30-13:30	Pilates (course)	■
17:30-18:15	Pedal X	●
18:00-19:00	Vinyasa Yoga	●
18:30-19:30	Body Pump	●
19:30-20:30	Aqua Aerobics	≡
19:30-20:30	Circuits	◆
19:30-20:30	Pilates (course)	■
19:45-20:45	Boxercise	●
20:30-21:30	Pilates (course)	■
21:00-21:45	Pedal X	●

Friday

09:30-10:30	Body Combat	●
09:30-10:30	Zumba®	■
10:35-11:35	Body Pump	●
10:35-11:35	Body Pump	■
11:45-12:45	Blast FX	●
12:30-13:30	Core Body Balance	■
13:15-14:15	Pump FX	●
14:30-15:15	Pedal X	●
18:00-19:00	Zumba®	■
18:30-19:30	Body Pump	●
19:30-21:00	Yoga	■

Saturday

08:30-09:30	Body Pump	●
08:50-09:35	Flexi Bar	■
09:40-10:40	Step	●
10:30-11:30	Karate Club	■
10:30-11:30	Boot Camp	▲
11:30-12:15	Pedal X	●
15:00-16:30	Astanga Yoga	■

Sunday

08:30-09:30	Body Pump	●
09:45-10:45	Pilates (course)	●
10:00-11:00	Circuits	◆
11:15-12:30	Pedal X	■

Key to location: ● Studio 1 ■ Studio 2 ◆ Sports Hall ▲ Field ≡ Pool

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

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.

PRIVATE BOOKINGS

The studio is being used during this time for private bookings.

Class Descriptions

AQUA AEROBICS

A highly effective, low impact form of exercise, which is performed in the water. A great way to achieve general body fitness.

BLAST FX

A results focussed workout featuring a series of low & high intensity athletic movements, as well as power, agility, balance and core sessions

BODY BLITZ

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

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.

Continued overleaf