

Fitness Classes & Activities

Monday

Extend Circuit	11.50am – 1.00pm *
Winners Circuit	2.00pm – 3.00pm *
Studio Cycle Set Up Class	5.45pm – 6.00pm ~ #
Powertone	6.00pm – 7.00pm #
Rookie Cycle	6.00pm – 6.30pm ~ #
Studio Cycle	6.45pm – 7.45pm #
Step	7.15pm – 8.15pm #
Salsa Aerobics	7.30pm – 8.30pm
Swim Fit Widths	8.00pm – 9.00pm
Swim Fit Lengths	9.00pm – 10.00pm

Tuesday

Aqua Aerobics & Aqua Gym	9.00am – 9.45am *
Leisurely Walk	10.00am – 10.45am *
Chair Based Circuit	11.00am – 12 Noon *
Tri Circuits	6.00pm – 7.00pm ^ #
Kettlebells	6.00pm – 7.00pm #
Studio Cycling	6.30pm – 7.30pm #
Kettlebells – Technique Class	7.15pm – 7.45pm ~ #
Balance and Tone	7.15pm – 8.15pm
Aqua Aerobics	8.00pm – 9.00pm

Wednesday

Winners Circuit	10.00am – 11.00am *
Body Conditioning	10.00am – 11.00am *
Age Concern	11.30am – 12.30pm
Studio Cycling	6.30pm – 7.30pm #
Legs, Bums and Tums	6.45pm – 7.45pm
Circuits	7.00pm – 8.00pm #
Aqua Circuits	7.30pm – 9.00pm
Yogalates	8.00pm – 9.00pm

Thursday

Fitball	10.00am – 11.00am * #
Line Dancing	10.00am – 12 Noon *
Kettlebells	6.00pm – 6.45pm #
Cardio Bounce	6.15pm – 7.15pm ^ #
Studio Cycling	6.30pm – 7.30pm #
Fitball	7.00pm – 8.00pm #
Fitness & Tone	7.30pm – 8.30pm

Friday

Aqua Aerobics & Aqua Gym	9.00am – 9.45am *
Pilates	10.00am – 11.00am *
Body Conditioning	11.15am – 12.15pm *
Studio Cycling	6.00pm – 7.00pm #
Step and Tone	6.30pm – 7.30pm

Sunday

Step Moves	10.00am – 11.00am
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Class Information

Please arrive 10 minutes before a class starts, once class start time has passed no further entries will be allowed. The classes may be subject to change, however every effort will be made to cover classes during Instructor's absences.

^ Due to manufacturer's guidelines a weight restriction of 18 stone (114kg) applies to these classes.

- Class requires booking.

~ - *Beginners should attend these classes before progressing (Studio Cycling and Kettlebells)*

*** active lifestyles session**

For a description of the classes please see over.

For further information visit our webpage via www.sportdenbighshire.co.uk or contact Reception.

Age Concern - Gentle exercise and movement for older people.	Legs Bums and Tums - Low impact class with some aerobic work and body toning, especially on the problem areas.
Aqua Aerobics - A shallow water class suitable for all levels and abilities incorporating cardiovascular fitness/fat burning exercise, muscle conditioning and toning.	Line Dancing - To keep healthy and fit and have fun at the same time, why not try line dancing. From beginners to the more adventurous.
Aqua Circuit - A challenging water and land based workout incorporating cardiovascular fitness/fat burning exercise, muscle conditioning and toning.	Powertone - A top to toe toning class using dumbbells and barbells as resistance to strengthen, tone and shape both the upper and lower body. An excellent all over conditioning class.
Balance and Tone – Incorporates moves from Pilates and Yoga along with Balance. This class will give you better flexibility a strong core, stability, correct body alignment and make you more physically and mentally aware of your posture.	Pilates - Pilates stretches, lengthens and strengthens the deeper muscles to improve body alignment, posture, movement and breathing. It develops awareness of body positioning, encouraging your whole body to work as an integrated unit. Pilates aims to improve muscle tone, core stability, fitness, posture, balance and flexibility.
Body Conditioning (Day time) - Low-impact aerobics session with abdominal and weights workout for fitness and tone, is especially good for losing weight, the more mature individual and people new to exercise.	Salsa Aerobics - Like regular aerobics, Salsa aerobics help you to improve flexibility, increase stamina, strengthen your cardiovascular system, and shed excess body fat. Salsa aerobics provides an opportunity to learn the steps to popular Latin dances whilst exercising, plus it's lots and lots of fun!
Cardio Bounce - An excellent fat-burning class using a mini-trampoline for a safe non-impact workout. Great fun and suitable for all levels.	Studio Cycling - This is an indoor cycle class with an aerobic work out. Start with our free set up class then have a go at the others.
Circuits - This class will help to improve strength, balance, flexibility and movement quality as well as raising your cardiovascular performance. Consisting of simple aerobic training i.e. running, skipping, jumping and muscle endurance stations with options to suit all fitness levels.	Step Aerobics - A fantastic fat-burning class that aids weight loss and improves general overall fitness. Low and high workout options given to suit all levels.
Chair based Circuits - Gentle exercise session which is chair based and aims to improve posture and promote circulation.	Step Moves - A simple and effective work out using easy – to – follow step combinations with body conditioning intervals. Suitable for all levels with options for higher intensity as required.
Fitball - The main focus areas will be the stomach and back, however you will get a whole body workout also! Suitable for all ages and abilities from beginners to advanced.	Step & Tone - A combination of basic step and abdominal work out.
Fitness & Tone - A combination of aerobics and toning using hand weights.	Swim Fit - Swim Fit Widths is a class which focuses on stroke technique. Swim Fit Lengths combines a cardiovascular workout with stroke technique. Both classes are tailored to your swimming ability.
Kettlebells - Kettlebells deliver unparalleled fitness training so if you are looking to burn fat, build up high levels of cardio fitness and phenomenal gains in strength and power then you need to start training with them now!	Tri-Circuits - A challenging combination of step, rebounder and resistance for a fabulous interval training class. Working to varying tempos for a great calorie killer.
Extend Circuit - An exercise to music class aimed at the over 60's and those less mobile of any age. Focusing on stimulating physical and mental health, increasing mobility and independence. Classes also aim to improve posture and strength, promoting good health and a positive attitude to fitness through a balanced programme.	Yogalates - Yogalates blends together the best principles of Yoga and Pilates. Concentrating on strength, flexibility and postural alignment to improve core stability, enhance body shape and muscle tone.