

Exercise Classes

East Leake
Leisure Centre

DAY	TIME	CLASS
MON	9.30-10.15	AQUA
	10.40-11.40	PILATES
	18.30-19.30	KICK BOX EXERCISE
	19.30-20.15	AEROBICS
	19.45-20.45	PILATES
	20.15-21.00	AQUA
TUES	9.15-10.00	AQUA
	10.00-11.00	TONE ZONE
	11.00-12.00	STRETCH & TONE
	18.30-19.30	AEROBICS
	19.30-20.30	SWISS BALL
WED	9.15-10.00	STEP 2 IT
	10.00-10.45	BODY CON
	19.30-20.30	STEP 2 IT
	20.30-21.30	CIRCUITS
THUR	9.15-10.00	AQUA
	9.15-10.00	YOGALATES
	10.00-11.00	STEP 2 IT
	11.00-12.00	BODY CON
	18.30-19.15	SWISS BALL
	19.15-20.00	BODY CON
	20.15-21.00	AQUA
FRI	9.25-10.10	SWISS BALL
	10.15-11.00	STEP INTERVALS
	6.00-6.45	DANCE MIX
SAT	9.30-10.30	BODY BLAST

	Increases muscular fitness Includes dumbbells, barbells and swissballs
	Mind and body Including pilates and yoga style workouts
	Increases aerobic and muscular fitness including various styles of cardiovascular training and methods of resistance training
	Increases aerobic fitness Includes step, aerobics and kicks and punches



Booking advised.
Telephone Bookings welcome.
Membership holders advanced bookings 8 days
Loyalty Card holder & non members 7 days.

