

WELLNESS

sencio

EDENBRIDGE LEISURE CENTRE

Exercise class programme

From 1 January 2019



sencio.org.uk

Class prices

	All-in-One member	Centre member	Non-member	Advantage cardholder
Exercise classes	FREE	£6.85	£8.95	£5.30
Aqua	FREE	£6.40	£8.50	£5.30

SAVE with our Wellness All-in-One Membership, which includes unlimited classes, gym and swimming. Speak to a member of the team for further details.

Sencio crèche Monday - Friday 09:30 - 12:00

	Centre member	Non-member
Crèche 30mins	£2.00	£2.00
Crèche 60mins	£4.00	£4.00

Exercise classes

Time	Class	Location
Monday		
09:30 - 10:25	DanceFit	Studio
09:45 - 10:40	Pilates	Function Room
10:30 - 11:25	Sencio Cycle	Studio
11:00 - 11:55	Aqua	Pool
17:55 - 18:25	Power Spin	Studio
18:30 - 19:25	LBT HIIT	Studio
18:30 - 19:25	Core de Force	Function Room
19:30 - 20:25	Sencio Cycle & Core	Studio
Tuesday		
09:30 - 10:25	Boot Camp	Sports Hall
09:30 - 10:25	Fit Ball Conditioning	Studio
10:30 - 11:25	Kettlebells	Studio
11:00 - 11:55	Aqua	Pool
18:00 - 18:45	Sencio Cycle	Studio
18:50 - 19:35	Pump	Studio
19:45 - 20:30	Sencio Cycle	Studio
20:00 - 20:45	Aqua	Pool

Time	Class	Location
Wednesday		
06:45 - 07:35	Les Mills Grit	Studio
08:55 - 09:25	Beginner Spin	Studio
09:30 - 10:25	Step & Tone	Studio
10:30 - 11:20	Pure Stretch	Studio
11:20 - 12:10	Pure Stretch	Studio
11:00 - 11:55	Aqua	Pool
18:30 - 19:25	Boot Camp	Studio/outside
18:30 - 19:25	Combat	Function Room
19:30 - 20:25	Piyo	Studio
19:30 - 20:30	Adult Ballet	Function Room
20:30 - 21:15	Sencio Cycle	Studio
Thursday		
09:30 - 10:25	Sencio Cycle & Core	Studio
09:30 - 10:25	Piyo	Function Room
10:30 - 11:20	Les Mills Grit	Function Room
10:30 - 11:15	Dancefit Gold	Studio
10:30 - 11:25	Adult SwimFit	Pool
18:30 - 19:15	Sencio Cycle	Studio
19:30 - 20:30	Pole Fitness	Studio
Friday		
06:45 - 07:30	Sencio Cycle	Studio
09:30 - 10:25	Legs, Bums and Tums	Studio
09:30 - 10:25	Yoga	Function Room
10:30 - 11:20	Pilates (Intermediate)	Function Room
11:20 - 12:10	Pilates (Beginners)	Function Room
11:00 - 11:55	Aqua	Pool
Saturday		
09:30 - 10:25	20/20/20	Studio
09:55 - 10:45	Les Mills Body Attack	Sports Hall
10:45 - 11:35	Gymstick	Studio
Sunday		
09:00 - 09:55	Kettlebells	Studio
10:00 - 10:55	Sencio Cycle & Core	Studio

Exercise class description

20/20/20: This class is broken down into sections of 20 minutes aerobics, 20 minutes toning and 20 minutes core; making sure we cover all aspects to reach your fitness goal.

ADULT BALLET: Beginners' adult ballet class. No previous experience necessary. Learn the basic ballet steps and technique to improve posture, core strength, flexibility and well-being.

ADULT SWIMFIT: A swim training fitness class designed to increase and improve muscle tone, cardiovascular capability and swimming technique.

AQUA: A water-based aerobic workout designed to take the pressure off the body's joints and give an all over body workout. Suitable for all ages.

BOOT CAMP: Using a mixture of body weight and weighted exercises designed to take you to your limit, in a friendly and enjoyable environment. All abilities welcome.

COMBAT: The empowering group fitness cardio workout that is highly energetic and inspired by martial arts such as karate, boxing and Taekwondo to help you burn through the calories and boost your fitness.

CORE DE FORCE: Workouts are broken into 3-min "rounds" – just like a real boxing match. For 3 minutes, you will attack boxing, kick-boxing and Muay Thai combinations. There will be body weight moves and a fat blasting cardio spike in every round.

DANCEFIT: Dance to hypnotic musical rhythms and Latin beats with tantalising moves to create a dynamic workout system designed to be a FUN and EASY TO DO class.

DANCEFIT GOLD: The lower impact, easy to follow Latin inspired dance fitness party that keeps you in the groove of life.

FIT BALL CONDITIONING: Using a fitball, we will take you through a full body workout hitting every muscle group whilst engaging and stabilising your core.

GYMSTICK: An all over workout combining cardiovascular exercise, muscular endurance and flexibility training. All abilities welcome.

KETTLEBELLS: This is a different kind of weight training because many different parts of the body are being worked simultaneously. This creates a more effective muscle building, fat burning workout.

LBT HIIT: Bringing all your usual legs, bums and tums moves into a high intensity interval class. Ideal for those wanting to attack the lower body and abs.

LEGS, BUMS AND TUMS: A low impact conditioning class concentrating on common problem areas. All abilities welcome.

LES MILLS BODY ATTACK: BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.

LES MILLS GRIT: LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

PILATES: This class is designed to improve core strength, flexibility, agility and economy of motion.

PIYO™: A Pilates and Yoga inspired workout that combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of Yoga. This low impact class has a bit more speed to it than traditional Yoga or Pilates for extra fat burning effects!

POLE FITNESS: This is a fantastic way to build strength, develop co-ordination and cardiovascular stamina, tone your muscles and burn lots of calories!

POWER SPIN: 30 minute high intensity cycle class with minimal rest, maximising the time spent on the bike.

PURE STRETCH: Improve your flexibility, increase your core strength and get rid of those aches and pains caused through tight muscles.

PUMP: Utilising barbells and weight plates. Pump fx provides a progressive, complete body workout to the latest and greatest in chart and club anthems.

SENCIO CYCLE: A low impact, motivating and fun class on the bike. A great workout for all fitness levels, burning lots of calories. All abilities welcome.

SENCIO CYCLE & CORE: All the benefits of Sencio Cycling with some core exercises at the end. All abilities welcome.

EDENBRIDGE LEISURE CENTRE

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