

WELLNESS

sencio

WHITE OAK LEISURE CENTRE

Exercise class programme

From 1 January 2019



sencio.org.uk

Exercise classes

Time	Class	Location
Monday		
09:30 – 10:30	Total Body Workout	Studio 1
10:00 – 10:45	Aqua (Deep Water)	Diving Pit
10:30 – 11:00	Functional Workout	Wellness Gym
10:45 – 11:45	Yoga	Studio 2
11:00 – 11:45	Aqua	Teaching Pool
11:00 – 12:00	Prime Movers	Studio 1
12:15 – 13:45	Take Heart	Studio 1
18:15 – 19:00	Pump HIIT	Studio 1
19:00 – 19:55	Circuit	Studio 1
19:00 – 20:00	Advanced Sencio Cycle	Studio 2
20:00 – 21:00	ZUMBA®	Studio 1
Tuesday		
09:30 – 10:30	ZUMBA®	Studio 1
09:30 – 10:30	Sencio Cycle & Core	Studio 2
10:30 – 11:30	Les Mills Body Combat™	Studio 1
10:30 – 11:00	Functional Workout	Wellness Gym
11:45 – 13:15	Take Heart	Studio 1
17:30 – 18:15	Beginners Circuit	Studio 1
18:15 – 19:15	Sencio Cycle	Studio 2
18:30 – 19:25	Core Conditioning	Studio 1
19:30 – 20:30	Yoga	Studio 1
Wednesday		
09:30 – 10:15	Sencio Cycle	Studio 2
09:30 – 10:30	Insanity	Studio 1
10:30 – 11:30	Les Mills Body Pump™	Studio 1
11:45 – 12:45	Pilates	Studio 1
18:15 – 19:00	Kettlebells	Studio 1
19:00 – 20:00	Fighting Fit	Marital Arts
19:00 – 20:00	ZUMBA®	Studio 1
20:00 – 21:00	X Fit/TBW	Studio 1

Time	Class	Location
Thursday		
09:30 – 10:25	Pump HIIT	Studio 1
09:30 – 10:15	Aqua (Deep Water)	Diving Pit
10:30 – 11:15	Aqua	Teaching Pool
10:30 – 11:30	Prime Movers	Studio 1
11:45 – 13:15	Take Heart	Studio 1
18:30 – 19:25	Insanity	Studio 1
19:30 – 20:00	Functional Workout	Wellness Gym
19:30 – 20:30	Legs, Bums & Tums (LBT)	Studio 1
19:30 – 20:30	Sencio Cycle & Core	Studio 2
Friday		
09:30 – 10:30	Body Shred	Studio 1
11:00 – 12:00	Pilates	Studio 1
12:00 – 13:00	Les Mills Body Pump™	Studio 1
13:00 – 14:00	Barre Concept	Studio 1
18:00 – 19:00	Zumba®	Studio 1
Saturday		
09:00 – 10:00	Circuit	Studio 1
10:00 – 11:00	Advanced Sencio Cycle	Studio 2
10:00 – 11:00	Les Mills Body Combat™	Studio 1
11:00 – 12:00	Les Mills Body Pump™	Studio 1
Sunday		
09:00 – 10:00	Boot Camp	Sports Hall
09:00 – 10:00	Sencio Cycle	Studio 2
10:00 – 11:00	Insanity	Studio 1
11:00 – 12:00	Zumba®	Studio 1

All classes are bookable in advance due to limited spaces/equipment. Members can book up to seven days in advance, non-members up to five days in advance.

ADVANCED SENCIO CYCLE: A class divided into two workouts. 30 minutes cycle and 30 minutes high intensity interval training. This class is very limited to numbers so make sure you book early.

SENCIO CYCLE: A high intensity cycle session, designed to challenge the rider's cardiovascular capacity and develop quick recovery. A great workout for all fitness levels, burning lots of calories. All abilities welcome.

SENCIO CYCLE & CORE: A studio cycle class designed to improve your cardio fitness fast! Ride through a mix of terrain each accompanied by music to keep you moving, finishing with some core stability exercises

Exercise class description

AQUA: A low impact aerobic workout in shallow water, perfect for non-swimmers and those wishing to improve their fitness. Suitable for anti/post natal and during pregnancy (please notify the instructor before the class starts).

AQUA (DEEP WATER): An all over body workout using floating aids (not suitable for non swimmers).

BARRE CONCEPT: A toning class using a mix of ballet and pilates techniques.

BEGINNERS CIRCUIT: A low impact circuit class consisting of moderate - high intensity aerobics combined with weight and strength stations.

BODYSHRED: Synergistic, high-intensity, resistance, endurance, dynamics. You will shed fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health.

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

CIRCUIT: A total body workout made up of station-based exercises which will improve your fitness fast.

CORE CONDITIONING: A full body workout to tighten and condition hard to reach places. Suitable for all fitness levels and abilities.

FIGHTING FIT: A unique system utilising cutting edge conditioning and fat-burning techniques that create muscle and tone whilst stripping away fat. Inspired by mixed martial arts such as boxing, kick boxing and taekwondo.

FUNCTIONAL WORKOUT: A high intensity 30 minute workout using a mixture of functional equipment and bodyweight exercises to reshape your body and increase your fitness levels.

INSANITY: A core, cardio and balance class, packed with sports drills to make you move like an athlete. You will push yourself past your comfort zone and work harder than you've ever worked before to see amazing results!

KETTLEBELLS: A strength, endurance and cardiovascular class using kettlebell weights. This class will work every muscle in your body, improve your fitness, develop your stabiliser muscles and make your body work harder, burning more calories. Suitable for all abilities as the instructor will tailor the exercises to suit your fitness level.

LEGS, BUMS & TUMS (LBT): A low impact class perfect for working on 'those problem areas'. All abilities welcome.

LES MILLS BODY COMBAT™: A high-energy, martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

LES MILLS BODY PUMP™: A weights class for absolutely everyone. This form of weight training will make you lean, toned and fit.

PILATES: Pilates is a body conditioning routine that will help you to build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing, and developing a strong core, improving coordination and balance.

PRIME MOVERS: A low impact aerobic circuit class for people aged 50+.

PUMP HIIT: All the exercises you would perform in Pump fx, and more, through a basic stationed circuit.

TAKE HEART: A circuit class specifically for those involved in the Take Heart Programme.

TOTAL BODY WORKOUT: Combining the fun of all classes, using different ways to improve your fitness, involving weights, kettlebells, swiss balls, resistance bands and body weight exercises - a great way to start your week.

YOGA: A programme to stretch and flex the body including breathing awareness, relaxation and meditation. Suitable for anti/post natal and during pregnancy (please notify the instructor before the class starts).

ZUMBA®: A dance based fitness class for all abilities with its infectious music, easy to follow dance moves, and body beautifying benefits.


X FIT: A combination of traditional strength training methods and high-intensity interval training to help you gain a broad and general level of fitness.

Class prices

	All-in-one member	Centre member	Non-member	Advantage cardholder
Exercise classes	Free	£6.85	£8.95	£5.30
Take Heart classes	Free	£6.00	£8.10	£6.00

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.

WHITE OAK LEISURE CENTRE

 Hilda May Avenue, Swanley, Kent BR8 7BT
01322 662188 | wolc@sencio.org.uk



sencio.org.uk