

WELLNESS

sencio

SEVENOAKS LEISURE CENTRE

Exercise class programme

From 1 January 2019



sencio.org.uk

Exercise classes

Time	Class	Location
Monday		
06:45 - 07:30	Sencio Cycle	Studio 1
06:45 - 07:30	GRIT™ Strength	Studio 2
08:30 - 09:15	Sencio Cycle ●	Studio 1
09:30 - 10:15	Aqua	Pool
09:30 - 10:30	Sencio Cycle and Core ●	Studio 1
09:30 - 10:30	Zumba®	Studio 2
10:15 - 11:00	Gentle Aqua	Pool
10:30 - 11:30	BODYPUMP™	Studio 2
12:00 - 13:00	Beginners Pilates ●	Studio 2
12:30 - 13:30	Zumba	Studio 1
13:00 - 14:00	Intermediate Pilates ●	Studio 2
14:00 - 15:00	Aerotone	Studio 2
17:15 - 18:00	GRIT™ Strength	Studio 2
17:45 - 18:45	Dynamic Yoga (Intermediate) ●	Studio 1
18:00 - 19:00	BODYPUMP™	Studio 2
19:00 - 20:00	Beginners Pole	Studio 1
19:15 - 20:15	BODYATTACK™	Studio 2
20:15 - 21:00	Sencio Cycle	Studio 1
Tuesday		
06:45 - 07:30	Sencio Cycle ●	Studio 1
08:30 - 09:15	Sencio Cycle ●	Studio 1
09:30 - 10:30	BODY ATTACK™	Studio 2
10:30 - 11:30	Core Conditioning ●	Studio 2
12:00 - 13:00	Pole Academy	Studio 1
12:15 - 13:15	Beginners Pilates	Crèche
13:20 - 14:20	Intermediate Pilates	Crèche
14:00 - 15:30	Fitness Yoga (Intermediate) ●	Studio 1
17:00 - 17:45	Youth Sencio Cycle ●	Studio 1
18:00 - 19:00	Total Body Workout	Studio 2
18:00 - 19:30	Hatha Yoga (Mixed ability) ●	Studio 1
19:00 - 20:00	Aerobics	Studio 2
19:45 - 20:45	Pole Academy	Studio 1
20:00 - 21:00	Pilates	Crèche
20:00 - 21:00	Functional Circuit	Studio 2

Time	Class	Location
Wednesday		
06:45 - 07:30	Sencio Cycle ●	Studio 1
06:45 - 07:30	GRIT™ Strength	Studio 2
08:30 - 09:15	Sencio Cycle ●	Studio 1
09:45 - 10:30	GRIT™ Strength	Studio 2
10:30 - 11:30	Sencio Cycle	Studio 1
10:30 - 11:30	DanceFit	Studio 2
11:15 - 12:15	Aqua	Pool
11:30 - 12:30	Gentle Aerobics	Studio 2
12:00 - 13:00	Fitness Yoga (Mixed ability) ●	Studio 1
13:00 - 14:00	Pilates (Mixed ability) ●	Studio 1
12:45 - 13:45	BODYPUMP™	Studio 2
17:00 - 18:00	Hatha Yoga (Beginners)	Studio 1
18:00 - 19:00	Hatha Yoga (Beginners/Intermediate)	Studio 1
18:00 - 19:00	Total Body Workout	Studio 2
19:00 - 20:00	BODYPUMP™	Studio 2
20:05 - 20:50	Stretch and Core	Studio 2
20:15 - 21:00	Sencio Cycle	Studio 1
Thursday		
06:45 - 07:30	Sencio Cycle	Studio 1
09:30 - 10:30	BODYPUMP™	Studio 2
10:30 - 11:30	BODYPUMP™	Studio 2
10:30 - 11:30	PIYo™ / Body Stability	Studio 1
12:00 - 13:00	Zumba® Gold	Sports Hall
13:00 - 13:45	GRIT™ Strength	Studio 2
13:00 - 14:00	Hatha Yoga (Mixed ability) ●	Studio 1
18:00 - 18:45	Sencio Cycle	Studio 1
18:00 - 19:00	Hatha Yoga (Intermediate/Advanced) ●	Studio 2
18:45 - 19:45	Intermediate Pilates ●	Crèche
19:00 - 20:00	Hatha Yoga (Beginners/Intermediate) ●	Events Room
19:00 - 20:00	BODYPUMP™	Studio 2
19:00 - 20:15	Pole Academy	Studio 1
19:45 - 20:45	Beginners Pilates ●	Crèche
20:00 - 21:00	BODYATTACK™	Studio 2
20:30 - 21:30	Zumba®	Studio 1

Customers must be aged 16 years+ to participate in weight-bearing classes.
For all other classes, with the exception of Youth Cycle, customers must be 14 years+.

Time	Class	Location
Friday		
06:45 - 07:30	Sencio Cycle	Studio 1
08:30 - 09:15	Sencio Cycle	Studio 1
09:30 - 10:30	Total Body Workout	Studio 2
10:30 - 11:30	Dynamic Yoga (Intermediate) ●	Studio 2
10:45 - 11:30	Sencio Cycle	Studio 1
11:30 - 12:30	Aqua	Pool
11:45 - 12:45	Pole Academy	Studio 1
13:00 - 14:00	BODYPUMP™	Studio 2
14:00 - 15:00	Line Dancing	Studio 2
18:00 - 18:45	Sencio Cycle ●	Studio 1
19:00 - 19:45	HIIT	Studio 2
19:00 - 20:00	Hatha Yoga (Beginners/Intermediate) ●	Studio 1
19:50 - 20:50	Boxing Circuits	Studio 2
20:00 - 21:00	Hatha Yoga (Beginners/Intermediate) ●	Studio 1
Saturday		
07:45 - 08:30	Sencio Cycle ●	Studio 1
08:35 - 09:20	Advanced Sencio Cycle ●	Studio 1
09:30 - 10:30	Vinyasa Yoga (Beginners) ●	Studio 1
09:30 - 10:30	BODYATTACK™	Studio 2
10:30 - 11:30	Vinyasa Yoga (Intermediate) ●	Studio 1
10:30 - 11:30	BODYPUMP™	Studio 2
12:00 - 13:00	Core Conditioning	Studio 2
Sunday		
08:30 - 09:30	BODYPUMP™	Studio 2
09:30 - 10:15	Sencio Cycle	Studio 1
09:30 - 10:30	BODYPUMP™	Studio 2
10:30 - 11:30	BODYATTACK™	Studio 2
10:30 - 11:30	Pilates ●	Studio 1
11:30 - 12:30	Fitness Yoga (Mixed ability) ●	Studio 1

- Suitable for ages 11+
- Suitable for ages 14+
- Suitable throughout pregnancy - previous experience preferred
- Suitable throughout pregnancy - only with previous experience
- Suitable after 12 wks pregnancy
- Suitable up to 20 wks pregnancy



Exercise class description

AEROBICS – A mix of high and low impact exercises for an all over body workout.

AEROTONE – Mixing aerobic moves with a period of light resistance work and floor-based exercises, Aerotone will help you build fitness, shape your body and strengthen up in this full body workout. Suitable for all abilities.

AQUA/GENTLE AQUA – A water-based aerobic workout designed to take the pressure off the joints and work the whole body. Suitable for all ages/abilities.

BEGINNERS PILATES – This introduction to Pilates is suitable for beginners looking to learn the basic fundamental moves for Pilates, strengthening the core and improving flexibility.

BEGINNERS POLE – A fantastic way to build strength; develop co-ordination and cardiovascular stamina, tone up your muscles and burn lots of calories! This class is adapted for beginners.

BODYATTACK™ – A rapid calorie burner that delivers fast improvement in general endurance and body strength.

BODYPUMP™ – An effective high repetition workout with barbells! Designed to change the shape of your body.

BOXING CIRCUITS – A high intensity, calorie blasting, circuit-based aerobics class with boxing pad work. Ideal for burning fat and improving cardiovascular fitness.

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

DANCEFIT – A dance-based fitness class for all abilities with rhythmic music and beats.

DYNAMIC YOGA – An athletic style of Hatha. This class is physically challenging as you flow through each posture and work up a sweat.

FITNESS YOGA – This freestyle class targets flexibility, core stability and strength with a fitness background. Inspired from yoga postures and breathing techniques but focusing on a complete body programme of improving flexibility.

FUNCTIONAL CIRCUIT – A circuit-based class using functional movements to help strengthen your entire body, work your core and increase your cardiovascular capacity while burning those calories. Suitable for all abilities.

GENTLE AEROBICS – A low impact workout for beginners or those returning to exercise using bodyweight aerobic moves to help you strengthen your body and increase your cardio fitness.

GRIT™ STRENGTH – A 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.

HATHA/VINYASA YOGA – A programme devised to stretch and flex the body, including breathing awareness, improving core stability, relaxation and meditation. Classes available for varying abilities.

HIIT – High intensity interval training using bodyweight-based moves that explode before rest periods to deliver quick results, burn calories and create all over body strength and fitness.

INTERMEDIATE PILATES – A more advanced class aimed for those who are confident with the basic moves and would like to further improve core strength, agility and economy of motion with more advanced moves.

LINE DANCING – A fantastic way to have fun while you exercise! Enjoy great music with easy to learn dance moves. All ages and abilities welcome.

PILATES – This class aims to improve core strength, flexibility, agility and economy of motion.

PIYO™/ BODY STABILITY – 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 and Pilates for extra fat-burning effects!

POLE ACADEMY – A fantastic way to build strength; develop co-ordination and cardiovascular stamina, tone up your muscles and burn lots of calories!

STRETCH AND CORE – Based on the practices of Pilates and Yoga, this mat-based class is designed to increase flexibility and strengthen your core.

TOTAL BODY WORKOUT – A class designed to work the entire body with a variety of different equipment and exercises.

ZUMBA® – A dance-based fitness class for all abilities with its infectious music and easy-to-follow dance moves. This class also includes exercises to help tone those troublesome areas.

ZUMBA® GOLD – The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold provides modified, low-impact moves for active older adults.

Sencio Cycle

ADVANCED SENCIO CYCLE – A fast-paced class for regular spinners. This class will push you to develop your cardiovascular fitness as well as your lower body and core strength. You'll be challenged with various training methods. Confident beginners welcome.

SENCIO CYCLE – A mixed spinning session to include endurance, interval and strength work with both standing and seated positions including hill climbs and speed sprints, designed to challenge the rider's cardiovascular capacity and develop the ability to recover quickly.

SENCIO CYCLE AND CORE – All the benefits of Sencio Cycle with some core exercises at the end.

YOUTH SENCIO CYCLE – All the benefits of a regular spinning class but adapted for those aged 11+ (must be taller than 4'11").

Class prices

	All-in-One member	Centre member	Non-member	Advantage cardholder*
Exercise classes inc. Aqua & Sencio Cycle	FREE	£6.85	£8.95	£5.30
Yoga (90 mins)	FREE	£8.35	£10.45	£6.70

*Off-peak price. Centre member rates will apply for Advantage cardholders at peak times.

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.

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 - 11:30am

	Centre member	Non-member
Crèche 60mins	£4.20	£5.40

LES MILLS
GRIT

LES MILLS
BODYPUMP

LES MILLS
BODYATTACK

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 Buckhurst Lane, Sevenoaks, Kent TN13 1LW
01732 470700 | slc@sencio.org.uk



sencio.org.uk