

EXERCISE CLASS DESCRIPTIONS

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.

FITNESS PILATES: A low impact workout using similar principles as Pilates with different movements to tone and strengthen the core. All abilities welcome.

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

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: 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.

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

PILATES: The Pilates concept is based on developing your fitness levels through the improvement of core strength and flexibility. Pilates targets the deep stabilising muscles within your body and with practice, Pilates will help you improve your posture, strength, function and movement of your joints, core strength and flexibility.

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

POLE FITNESS: This is a fantastic way to build strength, develop co-ordination and cardiovascular stamina, tone your muscles and burn lots of calories! Run separately from our exercise class programme, see notice board for details on how to book.

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

SENCIO CYCLE: A mixed cycle 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 & 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.

STEP & TONE: A high impact aerobics class using the steps to gain the most from your workout and help tone the body.

ZUMBA®: 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.

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

20/20/20: A class which is split into three different sections to get the most from your workout. Each section ranges from a combination of weights, step, aerobics, yoga-based moves and many more.

* Run separately from the exercise class programme. Please book directly with the class instructor.

** Run as 6 week course: not included in All-in-one membership

SENCIO CRÈCHE Monday - Friday 09:30 - 12:00

	MEMBER	NON-MEMBER
Crèche 60mins	£3.50	£4.50
Crèche 90mins	£5.25	£6.75

www.sencio.org.uk



WELLNESS
sencio

**EDENBRIDGE
LEISURE CENTRE**

EXERCISE CLASS PROGRAMME

MAY - AUGUST 2015



EDENBRIDGE LEISURE CENTRE

Stangrove Park, Edenbridge, Kent TN8 5LU
01732 865665 | elc@sencio.org.uk

EXERCISE CLASSES

MONDAY

TIME	CLASS	LOCATION
09:30 - 10:30	Zumba®	Studio
09:45 - 10:45	Pilates**	Function Room
10:30 - 11:30	Gymstick	Studio
11:00 - 11:55	Aqua	Pool
18:30 - 19:15	Zumba®	Studio
19:30 - 20:30	Sencio Cycle & Core	Studio
19:30 - 20:30	Combat	Function Room

TUESDAY

09:30 - 10:25	Boot Camp	Studio
10:35 - 11:30	Kettlebells	Studio
11:30 - 12:15	Zumba Gold®	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

WEDNESDAY

06:45 - 07:30	Sencio Cycle	Studio
09:30 - 10:30	Step & Tone	Studio
10:30 - 11:30	Pure Stretch	Studio
11:00 - 11:55	Aqua	Pool
18:30 - 19:15	Pump	Studio
19:30 - 20:30	Kettlebells	Studio
19:30 - 20:30	Combat	Function Room
20:30 - 21:15	Sencio Cycle	Studio

THURSDAY

09:30 - 10:30	Sencio Cycle & Core	Studio
10:30 - 11:15	Zumba Gold®**	Studio
11:00 - 12:00	Adult SwimFit	Pool
11:15 - 12:00	Prime Movers	Studio

Continued...

Continued...

TIME	CLASS	LOCATION
18:30 - 19:15	Insanity	Studio
19:30 - 21:00	Pole Fitness*	Studio

FRIDAY

06:45 - 07:30	Sencio Cycle	Studio
09:30 - 10:30	Legs, Bums and Tums	Studio
09:30 - 10:30	Combat	Function Room
10:30 - 11:30	Fitness Pilates	Studio
10:30 - 11:30	Kettlebells	Function Room
11:00 - 11:55	Aqua	Pool

SATURDAY

09:30 - 10:30	20/20/20	Studio
10:00 - 10:45	Insanity	Sports Hall
10:45 - 11:30	Gymstick	Studio

SUNDAY

09:00 - 10:00	Kettlebells	Studio
10:00 - 11:00	Sencio Cycle & Core	Studio

CLASS PRICES

	ALL-IN-ONE MEMBER	CENTRE MEMBER	NON MEMBER	ADVANTAGE CARD HOLDER
EXERCISE CLASSES	FREE	£6.00	£7.80	£4.60
AQUA	FREE	£4.85	£6.65	£4.00
PILATES (6 WEEK COURSE)	£28.20	£41.10	£53.10	£41.10