

Edenbridge Leisure Centre

Summer Exercise Programme 2005

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.30	Hi/Lo Aerobics (55 mins) (Paula)	Step Aerobics (55 mins) (Sarah)	Body Blitz (55 mins) (Nikki Dean)	Aqua Bump (45 mins) (Di) Triple Challenge (55 mins) (Ivonne)	Bums & Tums (55 mins) (Paula)		
10.00						Total Body Workout (Maddy)	Step Aerobics (Sarah)
10.30	Fitness Pilates (55 mins) (Paula)	Hatha Yoga (Emily)		Fitball Tone Zone (Ivonne) Post Natal Aqua (45 mins) (Di)			
11.00		Aqua (45 mins) Ivonne					
11.45					Aqua (45 mins) (Ivonne)		
14.00			Aqua (45 mins) (Paula A)				
18.30		Hatha Yoga* (55 mins) (Emily)	Bums & Tums (55 mins) (Maddy)	Salsa Aerobics (55 mins) (Paula)			
19.00		Liquid Cardio (55 mins) (Nikki)		Liquid Cardio (55 mins) (Antonia)			
19.30	Boxercise (Andrew)	Pump Action (Bev)	Aerobic Circuits (Maddy)	Boxercise Blitz (Steve)			

All Classes are for 1 hour unless stated otherwise

* these may be run as a course or a booking system.

Descriptions

Aerobic Circuits

Challenging cross training class for both men and women.

Aqua Bump

Antenatal aqua classes aimed to help you work at your own pace right up to the birth.

Aqua/Liquid Cardio

An aerobic and conditioning class performed in water. Water exercise improves fitness and muscle tone and reduces stress on the joints.

Body Blitz

A class that works the whole body using a combination of aerobics, step and body conditioning.

Boxercise

Combines boxing methods to help with co-ordination, balance and timing. Suitable for both sexes, all ages and all levels of ability.

Bums & Tums

Maximise your lower body potential with the specific conditioning class. Work your bum, thighs and abdominals....the areas we all love to hate!

Fitball Tone Zone

Maximise your core body potential with this specific conditioning class. Work you abdominals and core body with a difference on the fitballs.

Fitness Pilates

Improve your balance, core stability, strength and posture with this low impact class.

Hi/Lo Aerobics

A mixture of high and low impact exercises for an all over body workout.

Post Natal Aquafit

Ideal for mums looking to get back into shape.

Pump Action

High-repetition weight training with aerobic conditioning. Suitable for all levels.

Salsa Aerobics

A low impact and energetic way to burn calories with easy to learn salsa moves.

Super Circuits

A high impact class that takes circuits to another level.

Total Body Workout

A high impact workout for anyone looking to burn calories fast! This aerobic based class is designed for a full body workout.

Hatha Yoga

Low impact class designed for anyone looking to tone up and de-stress through deep breathing and stretching techniques

Triple Challenge

A variety of high impact exercises to tone up and burn calories

Step Aerobics

A combination of high and low impact exercise using steps to tone muscles and burn calories.

Fees

	All-in-One Member	Choice 2 Member	Centre Member	Non- Member
Exercise Classes	FREE	FREE	£ 3.70	£ 4.85
Aqua Class	FREE	FREE	£ 3.45	£ 4.60
Aqua Bump	FREE	FREE	£ 3.25	£ 4.40
Fitball	FREE	FREE	£ 3.70	£ 4.85
Fitness Pilates	£ 3.95	£ 3.95	£ 3.95	£ 5.10
Pilates – 6 week course	£34.00	£34.00	£34.00	£39.75
Pump Action	FREE	FREE	£ 4.50	£ 5.65
Step Class	FREE	FREE	£ 4.00	£ 5.15
Yoga	FREE	FREE	£ 3.95	£ 5.10

Save £££'s with a CHOICE 2 MEMBERSHIP

For just £31 per month CHOICE 2 gives you access to all classes on the exercise programme plus FREE swimming!

or

you could save even more by Paying in Full. Pay £341 for 11 months and we'll give you the 12th month FREE!

For more information on this great value for money membership, please speak to reception.

All classes are FREE to All-in-One and Choice 2 members except Pilates, please speak to reception for more details.