

# EDENBRIDGE LEISURE CENTRE

January - April 2012

## Spring Exercise Classes programme

|                  |                 |                           |                 |
|------------------|-----------------|---------------------------|-----------------|
| <b>MONDAY</b>    | 09:30 to 10:25  | Aerobics                  | Paula           |
|                  | 10:30 to 11:30  | Fitness Pilates           | Paula           |
|                  | 18:30 to 19:25  | Zumba*                    | Amanda          |
|                  | 19:30 to 20:30  | Cycling & Core*           | Amanda          |
| <b>TUESDAY</b>   | 09:30 to 10:25  | Boot Camp                 | Ashley          |
|                  | 10:35 to 11:30  | Legs, Bums & Tums**       | Ashley          |
|                  | 11:00 to 11:45  | Aqua Fit                  | Aqua Instructor |
|                  | 18:00 to 18.45  | Sencio Cycling*           | Tim             |
|                  | 18:50 to 19:35  | Pump FX*                  | Ashley          |
| 19:45 to 20:30   | Sencio Cycling* | Ashley                    |                 |
| <b>WEDNESDAY</b> | 09:30 to 10:25  | Step & Tone               | Nicky Dean      |
|                  | 10:30 to 11:30  | Belly Dancing             | Lea             |
|                  | 12:00 to 13:00  | Tai Chi*                  | Dawn            |
|                  | 14:15 to 15:00  | Aqua Fit                  | Aqua Instructor |
|                  | 18:30 to 19:25  | Pump FX*                  | Amanda          |
|                  | 19:30 to 20:25  | Zumba*                    | Amanda          |
| <b>THURSDAY</b>  | 09:30 to 10:30  | Cycling & Core*           | Amanda          |
|                  | 10:40 to 11:40  | Zumba*                    | Amanda          |
|                  | 12:00 to 12:45  | Zumba Gold*               | Amanda          |
|                  | 18:15 to 19:15  | Boot Camp                 | Ashley          |
|                  | 19:30 to 20:30  | Pole Fitness***           | Nicky           |
|                  | 20:30 to 21:30  | Pole Fitness***           | Nicky           |
| <b>FRIDAY</b>    | 09:30 to 10:25  | Legs, Bums & Tums         | Paula           |
|                  | 10:30 to 11:00  | Pump Express*             | Ashley          |
|                  | 11:10 to 12:10  | Fitness Inspired Pilates* | Nicky Dean      |
|                  | 11:00 to 11:45  | Aqua Fit                  | Nicola          |
|                  | 18:00 to 19:00  | Adult Trampoline***       | Jo              |
| <b>SATURDAY</b>  | 09:30 to 10:30  | 20/20/20                  | Amanda          |
| <b>SUNDAY</b>    | 10:00 to 11:00  | Cycling & Core*           | Amanda          |

\*These classes are bookable in advance due to limited numbers.

\*\*This class is only £2 per person & FREE to All-In-One members (crèche not included)

\*\*\*Run separately from the exercise class programme. See notice board for more details

# EXERCISE CLASS DESCRIPTIONS

**Aerobics**  
**Fitness Pilates**

A mix of high and low impact exercises for an all over body workout. All abilities welcome.  
A low impact workout using similar principles as Pilates but slightly different movements to tone and strengthen the core with the fitball. All abilities welcome.

**Legs, Bums & Tums**  
**Aqua Fit**

Low impact conditioning class concentrating on those problem areas. All abilities welcome.  
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 and abilities.

**Pump FX**

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

**Pump Express**

All the same benefits of Pump FX in a short 30 minute blast focusing on 4-5 muscle groups in each session.

**Sencio Cycling**

A low impact, motivating and fun class which offers a great workout for all fitness levels, burning lots of calories! All abilities welcome.

**Fitness Inspired Pilates**

A conditioning class designed to improve posture and spinal alignment as well as re-shaping hips, thighs, buttocks and stomach for a sleek toned appearance.

**Cycling & Core**  
**Step & Tone**

All the benefits of Sencio Cycling with some core exercises at the end. All abilities welcome.  
A high impact aerobic class using the steps to gain the most from your workout and help tone up the body. For intermediate abilities.

**Belly Dancing**

This is a great workout for all ages, shapes, sizes and is very effective in toning the body. This class is ideal for beginners

**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. All abilities welcome.

**Boot Camp**

A high energy workout using mainly body weight exercises to improve fitness and burn up to 600 calories! All abilities welcome.

**Zumba**

Zumba fuses hypnotic musical rhythms and tantalising dance moves to create a dynamic workout designed to be FUN and EASY TO DO!

**Zumba Gold**

A lower impact, easy – to follow, Latin inspired dance fitness – party that keeps you in the groove of life.

**Tai Chi (Qu Gong)**

A relaxing but energising full body workout suitable for all ages and fitness levels.

**Pole Fitness**

This is run as a course separate from our exercise class programme. Please see notice board for more details

## EXERCISE CLASS PRICES

|   | ALL IN ONE MEMBER | CARD HOLDER | NON CARD HOLDER | ADVANTAGE |
|---|-------------------|-------------|-----------------|-----------|
| Exercise Classes  | FREE              | £4.65       | £6.10           | £3.40     |
| Aqua Fit (daytime) & Zumba Gold                           | FREE              | £3.50       | £4.95           | £2.90     |
| Pump Express (1/2 hr session)                             | FREE              | £2.35       | £3.80           | £1.70     |
| Fitness Pilates, Inspired Pilates, Belly Dancing, Tai Chi | FREE              | £4.95       | £6.40           | £3.95     |

## CRECHE OPENING TIMES

Monday - Friday 09:30am - 12:00noon  
Crèche Spaces are £1.60 for 30 minutes.  
Members can book 7 days in advance



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