

### Spring Exercise Classes programme

<b>MONDAY</b>	09:30 to 10:30	Zumba & Tone	Caz
	09:30 to 10:15	Water Aerobics	Becky
	10:15 to 11:00	Gentle Aqua	Becky
	10:30 to 11:30	Bodypump™**	Jo
	12:00 to 12:45	Pilates*	George/Caz
	13:00 to 13:45	Pilates*	George/Caz
	14:00 to 15:00	Gentle Aerobics	Dia
18:00 to 19:00	Bodypump™**	George/Jo	
19:00 to 20:00	Bodyattack™**	Jo	
<b>TUESDAY</b>	09:30 to 10:30	Bodyattack™**	Jo
	10:30 to 11:30	Core Conditioning	Jo
	12:00 to 13:00	Pilates*	Roy/Yusra
	13:00 to 14:00	Pilates*	Roy/Yusra
	18:00 to 19:30	Yoga (Int)	Paula
	18:00 to 19:00	Circuits	Trevor
	19:00 to 20:00	Funk Aerobics	Trevor
	19:45 to 21:00	Yoga (Beg)	Paula
	20:00 to 21:00	Circuits	Trevor
	<b>WEDNESDAY</b>	10:30 to 11:30	Zumba
11:30 to 12:30		Gentle Aerobics	Tracey
12:45 to 13:45		Bodypump™**	George/Tracey
18:00 to 19:00		Aerobatone	Dia
19:00 to 20:00		Bodypump™**	Jo
19:00 to 20:00		Water Aerobics	Becky
<b>THURSDAY</b>	09:30 to 10:30	Bodypump™**	Chris
	10:30 to 11:30	Bodyattack™**	Chris
	13:30 to 15:00	Gentle Yoga	Paula
	18:00 to 19:00	Yoga (Intro)	DiJan
	18:45 to 19:30	Pilates*	Jo
	19:00 to 20:00	Box-a-cise	Steve
	19:00 to 20:00	Yoga (Beg)	Jan
	19:30 to 20:15	Pilates*	Jo
	20:00 to 21:00	Yoga (General)	Jan
	20:30 to 21:30	Zumba	Jo
<b>FRIDAY</b>	09:30 to 10:30	Step Aerobics (adv)	Dia
	11:45 to 12:30	Stretch & Core	Dia
	12:45 to 13:45	Bodypump™**	George/Tracey
	14:00 to 15:00	Line Dancing	Liz
	18.45 to 19.45	Aerobatone	Korina
<b>SATURDAY</b>	9:30 to 10:30	Body Attack™**	Kim
	12:00 to 13:00	Core Conditioning	Jo
<b>SUNDAY</b>	09:30 to 10:30	Bodypump™**	Chris
	10:30 to 11:30	Bodyattack™**	Chirs
	11:30 to 12:15	Fitness Yoga	Chris

\*Pilates course fees are not included in All-in-one membership

\*\* - Bookable in advance due to limited space/equipment.

# EXERCISE CLASS DESCRIPTIONS

Some classes/courses may require an additional charge, please check with reception for details

<b>Aerobatone</b>	A mix of high and low impact exercises for an all over body workout. Suitable for all ages and abilities (excluding Aerobatone adv).
<b>Aero-Circuit</b>	An upbeat fun class for all ages, fitness levels and abilities.
<b>Basic Circuits</b>	A cross training workout concentrating on all areas of fitness. Suitable for all ages fitness levels and abilities.
<b>BODYATTACK™</b>	A rapid calorie burner that delivers fast improvement in general endurance and increase in body strength.
<b>BODYPUMP™</b>	An effective high repetition workout with barbells!
<b>Box-a-cise™</b>	A challenging non-contact workout. This class incorporates boxing techniques, suitable for all abilities.
<b>Body Core Conditioning</b>	A full body workout to tighten & condition those hard to reach places. Suitable for all ages fitness levels & abilities
<b>Fitness Yoga</b>	A fitness based class based on the stretching and flexing strategies of yoga.
<b>Funk Aerobics</b>	A fun class for all aerobic enthusiasts. High & low alternatives for all levels.
<b>Gentle Aerobics</b>	A gentle low impact workout for beginners or those returning to exercise.
<b>Line Dancing*</b>	A one hour long classes, ranging for beginner to advanced.
<b>Pilates*</b>	Pilates improves core strength, flexibility, agility and economy of motion.
<b>Spin &amp; Core</b>	Combines a ride with core exercises to strengthen and stabilise.
<b>Yoga</b>	A programme devised to stretch and flex the body. Including breathing awareness, relaxation & meditation.
<b>Zumba*</b>	A dance-based fitness class for all abilities with its infectious music, easy-to-follow dance moves, and body-beautifying benefits.
<b>Step Aerobics</b>	Aerobics performed in a routine by stepping up onto and down from a portable platform. Designed to increase fitness levels.
<b>Stretch &amp; Core</b>	A class designed to improve core strength and increase flexibility.
<b>Zumba &amp; Tone</b>	A dance-based fitness class for all abilities incorporating toning exercises with its infectious music, easy-to-follow dance moves and body-beautifying benefits.
<b>Water Aerobics</b>	Aerobics performed in water as a type of resistance training.

## EXERCISE CLASS PRICES

	ALL IN ONE MEMBER	CARD HOLDER	NON CARD HOLDER	ADVANTAGE
Exercise Classes	FREE	£5.60	£7.05	£4.30
Yoga	FREE	£6.40	£7.85	£4.30
Spinning	FREE	£5.70	£7.15	£4.30
Pilates (10 week course)*	£42.50	£62.50	£82.80	-

## CRÈCHE OPENING TIMES

Mon/Tues/Weds/Thurs/Fri 09:30am - 11:30am

Crèche spaces are £3.10 for card holders and £3.95 for non-cardholders (60 minutes)  
Members can book 7 days in advance



SEVENOAKS LEISURE CENTRE  
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www.sencio.org.uk

From Jan 2012

## SEVENOAKS LEISURE CENTRE



### SPINNING programme

<b>MONDAY</b>	20:15 to 21:00	Interval Training	Stacie
<b>TUESDAY</b>	06:45 to 07:30 08:30 to 09:15	Interval Training Low Intensity	Dia Monique
<b>WEDNESDAY</b>	08:30 to 09:15 09:30 to 10:15 20:15 to 21:00	Low Intensity Interval Training Interval Training	Stacie Dia Monique
<b>THURSDAY</b>	06:45 to 07:30 18:00 to 18:45	Interval Training Interval Training	Dia Dia
<b>FRIDAY</b>	06:45 to 07:30 08:30 to 09:15 10:45 to 11:30 17:45 to 18:30	Interval Training Low Intensity Interval Training Interval Training	Stacie Stacie Dia Stacie
<b>SATURDAY</b>	08:30 to 09:15 10:45 to 11:30	Low Intensity Interval Training	Monique Monique
<b>SUNDAY</b>	12:30 to 13:00	RACE DAY (Only Last Sunday of every month)	

### CLASS DESCRIPTIONS:

#### Low Intensity

Low Intensity Spinning Session: A slower pace class performed on indoor bikes. Suitable for beginners, mature spinners and recovery riders who need to give their bodies a break from high intensity sessions.

#### Interval Training:

High Intensity Spinning Session: Designed to challenge the riders' cardiovascular capacity and to develop the ability to recover quickly.

Please see separate exercise programme for all other classes.  
Please book at reception.