

## Spring Exercise Classes programme

<b>MONDAY</b>	09:30 to 10:30	Pump Fx*	Gina
	10:00 to 10:45	Deep Water Aerobics	Gaynor
	11:00 to 12:00	Prime Movers	Sue
	11:15 to 12:00	Water Aerobics	Gaynor
	18.00 to 19.00	Youth Circuit**	Instructor
	19:00 to 20:00	Circuit*	Richard
	20:15 to 21:15	Zumba*	Tracey
<b>TUESDAY</b>	09:30 to 10:15	Sencio Cycle*	Gina
	10:30 to 11:30	Zumba*	Gina
	11:45 to 13:15	Take Heart	Sue
	17.30 to 18.30	Youth Cycle**	Instructor
	18.30 to 19:30	Sencio Cycle*	Colin
	19:30 to 20:30	Pump Fx*	Gina
	19:30 to 21:00	Yoga	Brenda
<b>WEDNESDAY</b>	09:30 to 10:30	Pump Fx*	Tracey
	13:45 to 15:00	Yoga	Brenda
	17:30 to 18:30	Youth Boxing**	Instructor
	18.30 to 19.30	Zumba*	Anna-Maria
	19.30 to 20.30	Sencio Combat	Gina
<b>THURSDAY</b>	09:30 to 10:30	Total Body Conditioning	Collin
	09:45 to 10:30	Deep Water Aerobics	Gaynor
	10:30 to 11:30	Prime Movers	Sue
	10:45 to 11:30	Water Aerobics	Gaynor
	11:45 to 13:15	Take Heart	Sue
	15:30 to 17:30	Line Dancing***	Barbara/Karen
	18:30 to 19:30	Sencio Cycle*	Kyle
	19:30 to 20:30	Legs, Bums and Tums	Sue
<b>FRIDAY</b>	09:30 to 10:30	Sencio Combat	Gina
	18.30 to 19.30	Family Zumba**	TBC
<b>SATURDAY</b>	09:00 to 10:00	Circuits	Richard
	10:00 to 11:00	Pump Fx*	Gina
<b>SUNDAY</b>	10:00 to 11:00	Sencio Cycle*	Colin

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

\*\*Part of the specialist Youth Programme.

\*\*\*These classes are not included in the All-in-One membership.

# EXERCISE CLASS DESCRIPTIONS

- Pump Fx** The ultimate workout to tone and sculpt your body. A resistance based class all done to some of the best inspirational music.
- Circuit & Youth Circuit** A total body workout made up of a station based exercises which will improve your fitness fast.
- Deep Water Aerobics** An all over body workout using floating aids (not suitable for non swimmers).
- Legs, Bums and Tums** A low impact class perfect for working on 'those problem areas'.
- Line Dancing\*** Two one hour long classes, ranging for beginner to advanced.
- Prime Movers** A low impact circuit class for the 50+.
- Sencio Combat** An aerobic class inspired by fantastic music incorporating combat moves.
- Sencio Cycle & Youth Cycle** 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.
- Take Heart** A circuit class specifically for those involved in the Take Heart Programme.
- Total Body Conditioning** A motivating class which is split into three different sections to get the most from your workout. Each section ranges from a combination of weights, aerobics, step, dance and many more.
- Water Aerobics** A low impact aerobic workout in shallow water, perfect for non swimmers and those wishing to improve their fitness.
- Yoga** A programme to stretch and flex the body including breathing awareness, relaxation and meditation.
- Zumba** A dance-based fitness class for all abilities with its infectious music, easy to follow dance moves and body-beautifying benefits.
- Family Zumba** The same ZUMBA easy steps and fun with the challenge of who will pick up the steps quicker, the parents or the children?
- Youth Boxing** A whole new dimension of boxing fitness working on co-ordination, reflex reaction and cardiovascular.

\*Not included in an All in One Membership.  
Please contact a member of the Fitness Team for further details  
and advice on the perfect class for you.

## CRÉCHE OPENING TIMES

Monday - Friday 09:30am - 11:30am  
Crèche Spaces are £2.60 for 60 minutes, £3.50 for 90 minutes.  
Members can book 7 days in advance



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