

Lewes Leisure Centre Group Exercise Timetable 2017

Day	Morning	Morning	Morning	Afternoon	Evening	Evening	Evening	Evening
MON	Body Conditioning* 9:30 am - 10:30 am				Circuits+ 6:00 pm - 7:00 pm	Core & More+ 7:00 pm - 8:00 pm	Zumba+ 8:00 pm - 9:00 pm	
TUE	Indoor Cycling+ 6:15 am - 7:00 am	Seniors Exercise Class 9:00 am - 10:00 am	Health Walk 10:00 am - 11:00 am	Strength & Balance 1:00 pm - 2:00 pm	H.I.I.T it with Weights 6:00 pm - 6:30 pm	CXWORX™ 6:30 pm - 7:00 pm	BODYPUMP™ 7:00 pm - 8:00 pm	Aqua Aerobics+ 7:00 pm - 8:00 pm
WED	Indoor Cycling+ 6:15 am - 7:00 am	Seniors Exercise Class in the Gym 10:00 am - 11:00 am	BODYPUMP™ 12:00 pm - 12:45 pm	Legs, Bums & Tums 1:00 pm - 1:45 pm	Pilates 6:00 pm - 7:00 pm	Indoor Cycling+ 7:00 pm - 7:45 pm	Aqua Aerobics+ 7:00 pm - 8:00 pm	
THUR	Indoor Cycling*+ 9:30 am - 10:15 am	Fitness Pilates* 10:30 am - 11:30 am			Clubbercise 6:00 pm - 6:45 pm	BODYCOMBAT™+ 7:00 pm - 8:00 pm		
FRI	BODYPUMP™ 6:15 am - 7:00 am	Aqua Aerobics (ladies only) 10:30 am - 11:30 am		Yoga 12:30 pm - 2:00 pm	Pilates 5:00 pm - 6:00 pm	Barbell Conditioning 6:15 pm - 7:00 pm	Zumba+ 6:00 pm - 7:00 pm	
SAT	Indoor Cycling+ 8:05 am - 8:50 am	Indoor Cycling+ 9:00 am - 9:45 am	Fitness Pilates 10:00 am - 11:00 am					
SUN	Indoor Cycling+ 9:00 am - 9:45 am	BODYPUMP™ 10:00 am - 11:00 am	BODYCOMBAT™+ 11:00 am - 12:00 pm					

* Creche available

+ These classes are suitable for those 14 years & over. All other classes are suitable for adults aged 18 years & above

Please note the class session includes any time taken to set-up and take-down equipment necessary for the activity.

If you cannot attend a class, please cancel online or by telephone, failing to do so may result in your membership booking right being revoked



updated 12/06/2017

Class Descriptions

Aqua Aerobics

A water resistance workout. Non swimmers welcome. For 14yrs & over.

Barbell Conditioning

Burn fat, tone your body & build strength using the barbell to target all major muscle groups.

BODYCOMBAT™

A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class.

Body Conditioning

A fun toning & firming class which targets those problem areas. Helps to improve body shape, self confidence, strength, core stability & overall tone.

BODYPUMP™

55 minutes of a body changing experience (with weights & barbells).

Clubbercise

Enjoy fun dance fitness routines, using glow sticks to club anthems from 90s classics to the latest chart hits. Taught in a darkened room with disco lights.

Circuits

A motivating class combining strength & endurance training.

Core & More

Strengthening core & stability. Using hand weights, balls & banding, suitable for all.

CXWORX™

Core training to its max using weights & a tube.

Fitness Pilates

A more functional approach to the traditional Pilates class. This class involves more dynamic movement for everyday life.

Health Walk

A short walk (about 45 mins) for all ages led by our qualified health walk leaders.

To book your place visit www.wavebooking.co.uk

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H.I.I.T it with weights

Push your cardio to the limit (weights may be used).

Indoor Cycling

Stationary workout. Where will the journey take you?

Legs, Bums & Tums

A workout for those target areas, low impact or high, burn the calories from those thighs!

Pilates

Improve flexibility & achieve a toned body.

Seniors Exercise Class

A fun friendly class with lots of laughter & sweat.

Seniors Class in the Gym

For all abilities, a gentle class designed to get you supple & keep you that way. Before joining the class you need to have had a gym induction.

Strength & Balance

For the over 60yrs, this class is designed to help reduce your risk of falling by improving your strength, balance & confidence.

Yoga

Relax your mind, stretch & breathe.

Zumba

A dance based fitness class that uses a fusion of Latin & international rhythms.

let's get

MOTIVATED

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www.waveleisure.co.uk