

Aqua 50+ / 50+ Workout

Lower intensity classes designed for those over 50. Aimed to increase cardiovascular fitness and tone. All 50+ classes come under our Active Life sessions.

Aqua Aerobics

A motivational workout in the pool. Using the water as resistance, you can tone and strengthen the body whilst having fun.

Aqua Jog

A deep water, non-impact exercise programme designed to give you an aerobic workout as well as developing muscle tone. A flotation belt is worn to help maintain correct body alignment.

Body Balance

A dynamic combination of Yoga, Pilates and Tai Chi, Body Balance invigorates, releases tension and tones gently. It also encourages good posture, increases core stability, and improves co-ordination and balance. Body Balance will leave you in a state of energised calm.

Body Combat

A high intensity, high motivation cardiovascular, martial art based workout. A non contact combination of punches and kicks coupled with controlled breathing strengthens and tones the body, whilst burning large amounts of calories. This class will have you fighting fit in no time!!

Body Pump

Body Pump is the world's first class to combine high repetition weight training with aerobic conditioning. It will tone, strengthen and shape your whole body. Can help you lose weight and above all else is a fun, motivating workout... be warned it will change the shape of your body.

Nordic Walking

Full-body workout using over 90% of skeletal muscle and burning 46% more calories than normal walking.

Tai Chi

Generates movement using your whole body & mind. Control is key and co ordination of your breathing is an essential part of the benefits of Tai Chi.

Body Attack

An intense athletic workout using simple interval training techniques combined with strength and stabilisation exercises. The ultimate cardiovascular challenge encouraging you to reach your endurance limits and keep you motivated towards your fitness goals.

Pre/Post Natal

A one to one session with a fully qualified pre/post natal instructor to allow you to exercise safely throughout your pregnancy.

Boxercise

Use your entire body taking part in this fun and varied stress busting workout. With your gloves on box focus pads, punch bags and bums more calories an hour than a stair climber.

Circuits

A fun and intense workout based on combining high intensity exercises and high repetition resistance work. This class is guaranteed to make you burn calories, tone and strengthen. Suitable for all, this class is a must for all those that lack co-ordination but love the group workout environment.

Indoor Cycling

All the fun & fitness of group exercise but without the complicated choreography. It's tailored to your own level to develop your fitness and burn the calories. Enjoy the ride!

Pilates

A mat based workout. A combination of multi-muscle exercise techniques that help correct postural alignment and strengthen core (stomach and back) muscles. Performed using controlled breathing to promote well-being, flexibility and relaxation.

Technique sessions – Body Pump and Body Combat

A 15minute pre-class session that goes through specific technique. All beginners are recommended to attend a technique session before your first Body Pump/Combat class.

Tums & Bums

A combination of cardiovascular exercise and resistance work to help burn calories, tone, lose weight and increase fitness levels. This class is a favourite and suitable for all abilities.

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow dance moves to create a one of a kind of fitness programme, that will blow you away. We want you to want to work out and have fun, to get hooked, so come on, join the party!

Class booking conditions**General**

Places in all our Group Exercise classes are required to be booked in advance, online or in centre. On arrival, please sign in at reception. We do require a minimum of 4 people in attendance in order to run a group exercise class. Unfortunately late arrivals will be unable to join a class that has already begun.

Booking

Secure your place in your favourite class by booking online up to 7 days in advance. If classes are not included as a part of your

membership benefits then you will be required to make payment at the time of booking.

Cancellations

You are free to cancel your booking anytime up to 2hrs before a class either by phone, online or in centre. On these occasions we will issue a credit note for a future class. Should you not attend and did not manage to cancel 2hrs before, we regret full payment will still be taken for your booked class.

Where to find us**Loughborough Leisure Centre**

Browns Lane,
Loughborough,
Leicester LE11 3HE

T: 01509 611 080

Opening times

Mon – Fri 06:15 – 23:00
Sat and Sun 08:00 – 21:00



Available in **LARGE** print

www.charnwoodleisure.com

Your Charnwood Leisure Centres are brought to you by Charnwood Borough Council in partnership with Fusion – an experienced sport and leisure management organisation.

As a registered charity, Fusion continually reinvests to improve the sport & leisure offer in your community.



Group Exercise

Timetable

Loughborough Leisure Centre



TIME	CLASS	LOCATION	TIME	CLASS	LOCATION	TIME	CLASS	LOCATION
MONDAY			WEDNESDAY			FRIDAY		
07:00-07:45	Boot Camp	Queens Park	09:30-10:30	Body Attack	Studio	09:30-10:30	Pilates	Studio
09:30-10:30	Body Combat	Studio	09:30-10:30	Aqua Aerobics	Studio	09:30-10:15	Indoor Cycling	Activity Rm 2
09:30-10:30	Aqua Aerobics	Pool	09:30-10:15	Indoor Cycling	Activity Rm 2	10:35-11:35	Active Life Aerobics	Studio
09:30-10:15	Indoor Cycling	Activity Rm 2	09:30-11:00	Buggy Walking	Reception	12:15-13:00	Body Balance	Studio
10:30-11:00	Aqua Jog	Pool	12:15-13:00	Body Balance	Studio	17:15-18:10	Pilates	Studio
11:00-12:00	Pre and Post Pilates	Activity Rm 2	18:00-19:00	Pilates	Studio	18:15-19:15	Tums and Bums	Studio
12:15-13:00	Pilates	Studio	18:15-19:00	Indoor Cycling	Activity Rm 2	SATURDAY		
14:00-14:45	Active Life Aerobics	Studio	18:30-19:00	Aqua Jog	Pool	08:45-09:45	Body Pump	Studio
14:30-15:15	Active Life Aqua	Pool	18:30-19:15	Boot Camp	Queens Park	10:00-11:00	Body Attack	Studio
18:00-19:00	Circuits	Studio	19:00-20:00	Aqua aerobics	Pool	SUNDAY		
18:15-19:00	Indoor Cycling	Activity Rm 2	19:10-20:10	Tums and Bums	Studio	09:00-09:55	Body Balance	Studio
19:10-20:10	Body Balance	Studio	20:15-21:15	Body Pump	Studio	09:05-09:50	Indoor Cycling	Activity Rm2
20:15-21:15	Zumba	Studio	THURSDAY			10:00-11:00	Body Pump	Studio
20:30-21:15	Indoor Cycling	Activity Rm 2	09:30-10:30	Body Pump	Studio	10:00-11:30	Cycling Club	Reception
TUESDAY			10:35-11:35	Boxercise	Studio	11:10-12:10	Body Combat	Studio
09:30-10:30	Body Balance	Studio	12:15-13:00	Pilates	Studio			
10:35-11:35	Zumba	Studio	14:00-14:45	50+ Zumba	Studio			
12:15-13:00	Body Pump	Studio	17:45-18:00	Body Pump Tech	Studio			
17:45-18:00	Body Combat Clin	Studio	18:00-19:00	Body Pump	Studio			
18:00-19:00	Body Combat	Studio	18:00-18:45	Indoor cycling	Activity Rm 2			
18:00-18:45	Indoor Cycling	Activity Rm 2	18:30-19:30	Running Club	Nanpantan Road			
19:10-20:10	Body Pump	Studio	19:10-20:10	Body Attack	Studio			
20:15-21:15	Body Balance	Studio	20:15-21:15	Body Combat	Studio			