

Aqua 50+

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

Active Aqua

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.

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!

Step

A combination of cardiovascular and resistance work using a step block, to help tone and lose weight. Each class will vary in intensity.

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!

Tums & Bums

Designed to target abdominals backs & thighs to assist with improving posture as well as tighten the stomach.

Fight & Flex

A 50/50 split of a non contact martial arts based session followed by sculpting & toning with an emphasis on core stability.

Tai Chi

Generates movement using your whole body & mind under control & also co ordinates breathing.

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**South Charnwood Leisure Centre**

Parkstone Road, Syston, Leicester LE7 1LY

T: 0116 264 0057

**Opening times**

Mon - Fri 06:30 - 22:00
Sat and Sun 08:00 - 16:30

Off peak

Mon - Fri 06:30 - 17:30
Sat and Sun 08:00 - 16:30

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

South Charnwood Leisure Centre



Monday

09:30-10:30	Body Combat	Studio
10:45-11:30	Indoor Cycling	Studio
13:00-14:00	Tai Chi	Studio
18:00-19:00	Body Pump	Studio
19:15-20:15	Body Combat	Studio

Tuesday

09:30-10:30	Body Combat	Studio
10:45-11:30	Indoor Cycling	Studio
14:00-14:45	Aqua 50+	Pool
18:00-19:00	Tums & Bums	Studio
19:15-20:15	Zumba	Studio
19:30-20:15	Aqua	Pool
20:30-21:30	Body Pump	Studio

Wednesday

09:30-10:30	Body Pump	Studio
10:45-11:45	Body Balance	Studio
18:15-19:15	Body Pump	Studio
19:30-20:30	Body Balance	Studio
19:30-20:15	Aqua	Pool
20:20-20:50	Aqua Jog	Pool

Thursday

07:10-07:55	Indoor Cycling	Studio
09:30-10:30	Body Pump	Studio
10:45-11:45	Zumba	Studio
14:00-14:45	Aqua	Pool
18:00-19:00	Body Combat	Studio
19:15-20:15	Body Pump	Studio

Friday

09:30-10:30	Body Balance	Studio
18:00-19:00	Body Combat	Studio
19:15-20:00	Indoor Cycling	Studio

Saturday

09:30-10:30	Body Pump	Studio
10:45-11:45	Fight & Flex	Studio

Sunday

08:15-09:00	Indoor Cycling	Studio
09:30-10:30	Body Pump	Studio
10:45-11:45	Step	Studio