

Great Cornard Sports Centre – Class Timetable

<u>INSTRUCTOR</u>	<u>CLASS</u>	<u>DAY</u>	<u>TIME</u>	<u>PLACE</u>
Sharon	Circuits	Mon	6:30-7:30pm	Studio
Lisa	Legs, Bums and Tums	Mon	7:30-8:30pm	Studio
Lisa	Group Cycling	Mon	8:30-9:15pm	Studio
Sharon	Burn & Tone	Tues	6:00-7:00pm	Studio
Lisa	Fitness Yoga	Wed	6:30-7:30pm	Studio
Sharon	Callanetics	Thurs	6:30-7:30pm	Studio
Chantell	Dancersize	Thurs	7:30-8:30pm	Studio

Prices: £3.50 Adults £3.00 Concessions

Class Description

Legs, Bums and Tums (LBT) This is a full body conditioning class focusing on those priority zones.

Burn& Tone A high intensity class to burn fat and calories, increase strength through core conditioning and tone to give you the body you want.

Callanetics A unique way of exercising isolating deep muscle groups in the body, using powerful “tiny precise” movements. This can strengthen, tone, give better flexibility and body alignment.

Dancersize This exercise class offers a variety of dance styles including Latin, Jazz, Street Salsa, and many more. The session begins with an aerobic warm up and slowly introduces a combination of both simple step sequences and more advanced routines that are designed to develop a sense of timing, technique, co-ordination and rhythm.

Fitness Yoga A deep stretching, toning and relaxation class using movements from Yoga and Pilates to strengthen and relax the body.

Group Cycling High Intensity non load bearing aerobic workout on static bikes. With use of heart rate monitors to keep you in your training zone.