

Adult Group Exercise Classes Programme 2nd January – 30th June 2019

Monday				Tuesday				Wednesday				Thursday			
Group Cycle® Rhythm	R		6.30am – 7.15am#	Rowing	N		6.30am – 7.15am #	Group Cycle® Sprint 30	R		6.30am – 7.00am #	Gentle Circuits	R		11.00am – 12 Noon
Full Body Mobility and Stretching	C		9.30am – 10.15am	Yoga	D		6.30am – 7.30am	Yoga	Ru		9.15am – 10.15am #	Yoga	N		12.30pm – 2.00pm
Pilates	R		10.30am – 11.30am	Aqua Aerobics	C		9.15am – 10.00am	Zumba® Toning	N		10.00am – 11.00am	Group Cycle® Family +	R		5.00pm – 5.45pm #
Aqua Zumba®	R		12 Noon – 12.45pm	Circuits	N		9.30am – 10.30am	Easy Circuits	N		11.15am – 12 .15pm	Pilates	N		6.00pm – 7.00pm
Gentle Circuits – Town Hall	D		1.00pm – 2.00pm	Leisurely Walk	R		10.00am – 10.45am	Aqua Zumba®	N		11.30am – 12.30pm	Studio Cycling	D		6.00pm – 6.45pm #
Gentle Circuits	C		2.00pm – 3.00pm	Easyline® Circuit	R		11.00am – 12 Noon	Easyline® Circuit	R		12 Noon – 1.00pm	Tabata	Ru		6.00pm – 6.45pm #
Group Cycle® Family Intro +	R		5.30pm – 6.15pm #	Tai Chi	N		4.00pm – 5.00pm	Gentle Circuits – Town Hall	D		1.00pm – 2.00pm	Group Cycle® Sprint 30	R		6.00pm – 6.30pm #
Total Body Tone	D		6.00pm – 7.00pm	Studio Cycling 'Vibe'	D		5.45pm – 6.30pm #	Rowing	N		6.00pm – 6.45pm #	Legs, Bums and Tums	C		6.15pm – 7.00pm
Powertone	R		6.00pm – 7.00pm #	Studio Cycling	LI		6.00pm – 6.45pm #	Aqua Aerobics	D		6.00pm – 6.45pm	Cardio Bounce	R		6.15pm – 7.15pm #
Boxfit	N		6.00pm – 7.00pm	Circuits	C		6.00pm – 6.45pm	Kettlebells	D		6.00pm – 6.45pm #	Boxfit	D		7.00pm – 7.45pm
Circuits	Ru		6.00pm – 7.00pm #	Legs, Bums and Tums	N		6.00pm – 7.00pm	Group Cycle® R P M	R		6.00pm – 6.45pm #	Pilates	Ru		7.00pm – 8.00pm
Step Fitness	Ru		6.00pm – 7.00pm #	Tri Circuit	R		6.00pm – 7.00pm #	HIIT Step	Ru		6.00pm – 6.45pm #	Total Core until 30/03/19	St		7.15pm – 8.00pm
Yoga	LI		6.00pm – 7.00pm	Bodytone	Ru		6.00pm – 7.00pm #	Boxfit	R		6.00pm – 6.45pm	Nordic Walking Starts 01/04/19	St		7.15pm – 8.00pm
Pilates	St		6.00pm – 7.00pm	Kettlebell Circuits	St		6.15pm – 7.00pm	Power	St		6.15pm – 7.00pm	Studio Cycling	LI		7.15pm – 8.00pm #
Circuits	N		6.30pm – 7.30pm #	Group Cycle® Power	R		6.00pm – 6.45pm #	Total Body Tone	R		6.30pm – 7.30pm	Zumba®	N		7.15pm – 8.15pm
Group Cycle® Power	R		6.30pm – 7.30pm #	Bokwa®	D		6.45pm – 7.45pm #	Abs Circuit	N		6.30pm – 7.15pm #	Aqua Aerobics	C		7.30pm – 8.30pm
Body Blitz	C		6.45pm – 7.30pm	HIIT	St		7.15pm – 8.00pm	HIIT Step	Ru		7.00pm – 7.45pm #				
ViPR® Core	N		7.00pm – 7.45pm #	Group Cycle® R P M	R		7.15pm – 8.00pm #	Legs, Bums & Tums	D		7.00pm – 8.00pm				
Tabata	LI		7.00pm – 7.45pm	Studio Cycling	LI		7.15pm – 8.00pm #	BodyStrong	LI		7.00pm – 8.00pm				
Step & Tone	D		7.00pm – 8.00pm #	Yoga	Ru		7.15pm – 8.15pm #	Rig Circuits	R		7.05pm – 8.05pm #				
Circuits	St		7.15pm – 8.00pm	Family Aqua Zumba® +	R		7.30pm – 8.30pm	Aqua HIIT	Ru		7.30pm – 8.30pm				
Step	R		7.15pm – 8.15pm #	Aqua HIIT	D		8.00pm – 8.30pm	HIIT	C		8.00pm – 8.45pm				
Family Aqua Zumba®+	N		7.45pm – 8.45pm	Family Swim Fit Lengths +	Ru		8.30pm – 9.30pm	Yogalates	R		8.00pm – 9.00pm				
Swim Fit Widths	R		8.00pm – 9.00pm												
Swim Fit Lengths	R		9.00pm – 10.00pm												

Cardio
 Complete Body Workout
 Interval
 Body and mind
 Water workout
 Strength and Conditioning

Friday				Saturday			
Group Cycle® Rhythm	R		6.30am – 7.15am #	Studio Cycling 'Vibe'	D		8.30am – 9.15am #
Pilates	Ru		7.00am – 8.00am	Group Cycle® Power	R		9.00am – 10.00am#
Aqua Aerobics	D		8.00am – 8.45am	Abs Sculpt	Ru		9.00am – 9.45am
Abs Sculpt	N		10.00am – 10.45am	Studio Cycling	LI		9.15am – 10.00am#
Pilates	R		10.00am – 11.00am				
Zumba® Toning	R		11.15am – 12.15pm				
Gentle Circuits	D		12.30pm – 1.30pm				
				Sunday			
Group Cycle® Family Intro+	R		5.15pm – 6.00pm #	Group Cycle® Rhythm	R		9.00am – 10.00am#
Ultimate Intervals	R		6.00pm – 7.00pm #	Step Moves	R		10.00am – 11.00am
Group Cycle® Rhythm	R		6.15pm – 7.00pm #				
Studio Cycling	D		6.00pm – 6.45pm #				
Aqua Circuits	D		6.30pm – 7.30pm				

Class Information

Please arrive 10 minutes before a class starts, once class start time has passed no further entries will be allowed. The classes may be subject to change, however every effort will be made to cover classes during Instructor absences. All classes are for adults aged 16+

- Class requires booking. * Off Peak Session + - Junior member can attend
 For a description of the classes please see over. For further information please contact Reception.

C	Corwen	D	Denbigh	LI	Llangollen
N	Nova Prestatyn	R	Rhyl	Ru	Ruthin
St	St Asaph				

Booking Policy

This booking policy applies to both onsite and telephone bookings

- Members can book 7 days in advance
- Non Members can book from 4 days in advance
- Cancellations – you must give at least 2 hours' notice if you are unable to attend. Failure to do so may result in a non-member fee being charged.
- Should a member not turn up for 3 classes they may lose their priority booking privilege. Member will lose their priority booking privilege for 1 week from the day of the missed class.
- 1 booking per person
- All class bookings are subject to availability. We cannot guarantee a place on group exercise classes.

Abs Sculpt – A mix of exercises to strengthen, tone, and stretch the core muscles of the abdomen and back. Stability Ball and other props may be utilised.

Aqua Aerobics - A shallow water class suitable for all levels and abilities incorporating cardiovascular fitness/fat burning exercise, muscle conditioning and toning.

Aqua Circuits - A circuit class which is the aquatic equivalent to circuits in the gym. Based on a range of activities and movement, participants use equipment such as weights and specialised floats to tone specific muscle groups. Workout which includes an element aimed at improving aerobic fitness.

Aqua HIIT - A non-weight bearing form of exercise, so the range of movement and intensity is far greater than you can achieve on dry land and most importantly without the impact. The class will improve your fitness, develop muscle tone, help with weight loss and also strengthen your abdominals and core, these are such positive reasons for attending!

Aqua Zumba® - Known as the Zumba® “pool party,” the Aqua Zumba programme gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief

Body Blitz- A toning class combining high and low compact moves using dumbbells and barbells as resistance to strengthen. An excellent class to tone and shape the body.

BodyStrong - "First move well, then move often" BodyStrong classes focus on the five fundamental human movements squat,push,pull,hinge and loaded carries. Training these movements will improve coordination, balance and body posture. Build a strong foundation that functions well and a body that looks and feels great too.

Bokwa® - A new and completely different approach to group exercise. Bokwa® participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine.

Boxfit - Top cardio calorie burner, lose weight and look and feel great. Overall body conditioning, best stress relief workout.

Bodytone - A low impact class using barbells and dumbbells to tone and sculpt the body.

Cardio Bounce - An excellent fat-burning class using a mini-trampoline for a safe non-impact workout. Great fun and suitable for all levels.

Circuits – Including Abs Circuit. This class will help to improve strength, balance, flexibility and movement quality as well as raising your cardiovascular performance. Consisting of simple aerobic training i.e. running, skipping, jumping and muscle endurance stations with options to suit all fitness levels

Rig Circuits – ‘Rig Circuits’ is a functional based class carried out in our Rig area in the Functional Training Room. The Circuit is designed with the purpose of improving all areas of fitness such as Cardiovascular, Strength, Flexibility, Co ordination, and Agility.

Easyline Circuits - Circuit training with style! Using hydraulic resistance piston technology Easyline equipment provides you with extra support whilst exercising. Easyline is ideal for people of all ages! It helps you to hold your limbs in place and maintain the correct position, so that there is no pressure on your joints and reduces risk of strain and injury.

Gentle / Easy Circuits - An exercise referral class open to the public; a moderate intensity all over body workout which can be adapted to suit your ability. Targets upper and lower body strength, aerobic fitness, mobility and flexibility. All exercises are functional and help to improve ability to perform everyday tasks.

Full Body Mobility and Stretching - A session that stretches, lengthens and strengthens the deeper muscles to improve body alignment, posture, movement and breathing. It develops awareness of body positioning, encouraging your whole body to work as an integrated unit. The aim of this class is to improve muscle tone, core stability, fitness, posture, balance and flexibility.

HIIT - HIIT (High-Intensity Interval Training) is an intense and highly time-efficient form of interval training that improves body strength, stamina and cardiovascular fitness and enhances overall physical functionality.

HIIT Step - HIIT Step is a new innovative High Intensity Interval Training exercise class using only body weight and a STEP. It has been developed using the expertise and experience from those that have competed for and worked with Team GB.

Kettlebells - Including Kettlebell Circuits. Kettlebells deliver unparalleled fitness training so if you are looking to burn fat, build up high levels of cardio fitness and phenomenal gains in strength and power then you need to start training with them now!

Leisurely Walk - An exercise referral class open to the public; A gentle paced walk from the Leisure Centre. Great opportunity to socialise and meet new people.

Legs Bums and Tums - An intensive workout to tone, strengthen and condition all major muscles. It is also designed to improve body tone and flexibility with special focus on the legs, bum and tum

Pilates - Pilates stretches, lengthens and strengthens the deeper muscles to improve body alignment, posture, movement and breathing. It develops awareness of body positioning, encouraging your whole body to work as an integrated unit. Pilates aims to improve muscle tone, core stability, fitness, posture, balance and flexibility.

Nordic Walking - Nordic walking is a full-body exercise that’s easy on the joints and suitable for all ages and fitness levels. Nordic walking was originally a summer training regime for cross-country skiers. It’s based on using specially designed walking poles in a way that harnesses the power of the upper body to propel you forward as you walk. It’s now a recognised way to turn a walk into whole-body exercise that can be done by anybody, anywhere.

Powertone - A top to toe toning class using dumbbells and barbells as resistance to strengthen tone and shape both the upper and lower body. An excellent all over conditioning class

Rowing - Health benefits of an indoor rowing class are many and varied As an ultimate full body workout, you are using 85% of your muscles across nine major muscle groups. An indoor rowing class is highly efficient, and a short session burns upwards of 300 calories in 30 minutes. Indoor rowing is a great cross training which benefits many different sports using the machine for cardiovascular training. Rowing workouts are flexible and can be varied so that you never get bored.

Power - Power is a freestyle resistance class with the focus on strength and power – low reps with high resistance. It is predominantly a barbell based class but many aspects of equipment training can be utilised. This class gets participants results FAST and feels great too!

Studio / Group Cycle® - Indoor cycling classes are done with various music settings to create an energised atmosphere.

Instructors guide participants through workout phases. Warm-up, steady uptempo cadences, sprints, climbs, cool-downs, etc. You control resistance on your bike to make the pedalling as easy or difficult as you choose.

Classes include introduction classes, Rhythm, RPM, Sprint and Power

Step - A fantastic fat-burning class that aids weight loss and improves general overall fitness. Low and high workout options given to suit all levels.

Step Fitness - A fat burning class that improves general fitness. Low and High work out options given to suit all levels.

Step & Tone - A classic form of exercise that’s suitable for all abilities with and improves general overall fitness. Low and high workout options given to suit all levels” follow step combinations with body conditioning.

Swim Fit - Swim Fit Widths is a class which focuses on stroke technique. Swim Fit Lengths combines a cardiovascular workout with stroke technique. Both classes are tailored to your swimming ability.

Step Moves - A simple and effective workout using easy to follow step combinations with body conditioning intervals. Suitable for all levels with options for higher intensity as required.

Tabata - A form of high intensity training done for a specific period of time usually between 4-24 minutes. Whatever exercise you use, Tabata training will raise your metabolism and heart rate immediately

Tai Chi – Tai Chi Qong is a gentle group activity which helps with stress relief, poor circulation, joint problems and respiratory disorders. It also helps improve body alignment and balance. Suitable for Cardiac Rehabilitation

Total Body Tone – A Combination of easy to follow energy moves with targeted body shaping exercises. Increase your motivation with this fun workout and get results!

Total Core – A universal core workout focusing on building core strength, endurance and definition.

Tri-Circuits - A challenging combination of step, rebounder and resistance for a fabulous interval training class. Working to varying tempos for a great calorie killer

Ultimate Intervals - A simple to follow workout which incorporates the option of short bursts of high intensity intervals giving maximum results in the minimum of time. A fantastic training session that fires the body to burn calories up to 40 hours post workout

ViPR® Core - The ultimate whole body workout by bridging the gap between movement and strength. The possibilities are quite literally endless and is a great dynamic way to work out. Suitable for all fitness abilities.

Yogalates - Yogalates blends together the best principles of Yoga and Pilates. Concentrating on strength, flexibility and postural alignment to improve core stability, enhance body shape and muscle tone.

Yoga - An authentic professional blend of asana (posture), pranayama (control), mudra (energetic gestures) and mantra (sound vibrations) Cultivating unity and mind, promoting strength, balance and flexibility, inspiring, challenging yet a gentle practice open to all abilities

Zumba® - Loaded with red-hot dance steps, Latin rhythms and easy to follow routines, this dance-fitness "party" will have you moving, grooving and shaking the weight off to exotic rhythms of Salsa, Cumbia, Samba, Merengue, Reggaeton and much more

Zumba® Toning - When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast

Group Exercise Class Prices

Leisure Card - £4.80

Standard - £6

Yoga (1.5 hrs)

Leisure Card - £4.20 / Standard £6.30

Come here often?

Class Direct Debit Membership

£29.00 per month

Classes, Gym and Swim

£32 per month